







Swim and Survive is a swimming and water safety initiative of Royal Life Saving that seeks to increase the swimming and water safety skills of Australian children to prevent drowning and increase participation in safe aquatic activity.

Visit Lochie the Lifeguard at swimandsurvive.com.au and discover more fun, interactive games, puzzles and activities.

Learning how to be safe when you are in, on, or around the water is a valuable skill to have.

Everyone can be a lifesaver - that includes you!

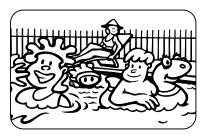
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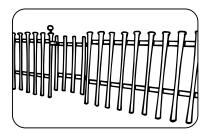


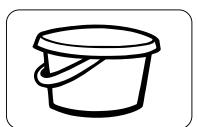
Backyard Water Dangers

When are things safe?

Draw a line to join the same picture when it isn't safe.

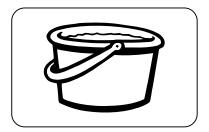




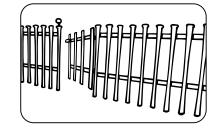












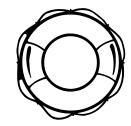


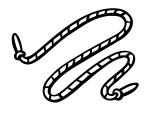


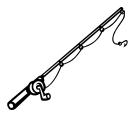
Rescue Aids

Circle the things that you could use to rescue someone.













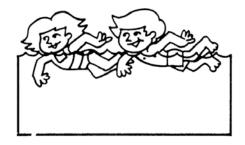






Aquacode

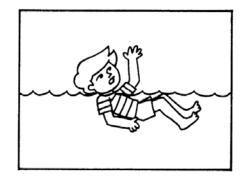
Colour in the pictures, fill in the Aquacode rules and match the correct picture to the rule.



F __ __ and W __ __



G__ T_____



R____ to R____







What's the Safety Tip?

Fill in the missing words to find out all the safety tips. Use the pictures underneath to help you find the missing words.

If you get into trouble in the water, signal for _____.

Adults should ______ children in the water.

Always wear a ____ when you go boating.

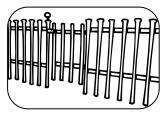
____ objects can be hidden under the water surface.

A pool must have a ____ around it to restrict access.

Learn to ___ it's fun.







PFD

SWIM

FENCE







SUPERVISE

HELP

Water Safety Tips

Write in a water safety tip for each picture in the space provided and colour the pictures in.













Crack the Code

Find the number to find the letter and fill in the blank to complete the word.

Α	В	C	D	Ε	F	G	Н	I	J	K	L	М
1	2	3	4	5	6	7	8	9	10	11	12	13

N	0	Р	Q	R	S	Т	U	V	W	X	Υ	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

20 8 5 23 1 20 5 18



Safety signs warn us of dangers you can't always see.

Draw a line to match the problem with the correct sign that will help you.

My friend has cut his finger. Where can I find **first aid**?





I want to go swimming. How will I know which is the **deep end**?





Emergency! I need help.
Someone is hurt badly.
Where can I find a **phone** to call 000?





I want to go **surfing**. How will I know if I can?





We arrive at the beach. Where can we swim at the beach safely?



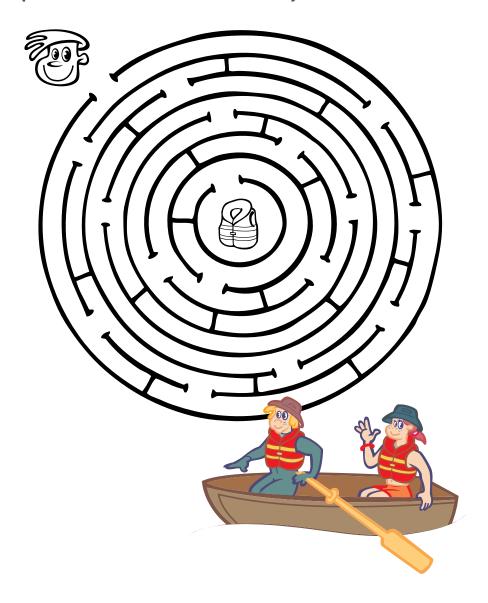






Fun Maze

Help Josh find his PFD in the maze, so he can join Jack and Jen in the boat.



Scrambled Words

Unscramble each of the clue words. Take the letters that appear in circles and unscramble them for the final message.

TUHS HET OLPO TAGE
RDAE TSFAYE GSSNI
EERNV ISMW NOLEA
WMSI WETBENE ETH LSAFG UNDER CONTROL OF CON
Final message. E R M V E





Find a word

Help Josh find the Water Safety Words in this puzzle.

w	E	Α	R	Α	S	С	Р	F	F	F	D	w	Н	S
E	N	Υ	0	Т	U	U	ı	R	E	S	С	U	E	Κ
Α	R	Е	I	R	ı	s	N	N	R	Т	Α	В	0	С
Α	Т	С	R	S	Н	L	С	E	E	Α	R	Q	U	0
Т	K	E	V	Р	Н	E	Υ	Н	Т	0	ı	E	Υ	R
S	N	w	0	Α	С	Т	ı	М	Α	L	Р	D	В	F
Т	N	N	F	N	Α	U	w	Z	w	F	V	E	G	Т
G	D	F	L	ı	E	D	S	V	Z	S	Α	Х	В	В
V	S	Α	E	Q	R	Р	Х	Z	V	E	Н	Р	F	Q
L	Α	K	Е	Q	Α	0	К	R	w	٧	Q	Υ	G	Υ
R	ı	V	Е	R	Н	0	V	N	0	Α	Н	Т	Α	В
R	J	Z	Н	S	N	L	F	J	G	w	w	J	Α	Α
W	R	Н	х	ı	Α	Н	Z	Α	Α	М	Α	D	J	G
L	х	D	V	В	Н	Т	В	Р	L	I	Α	Н	R	R
I	S	V	L	N	R	Р	N	М	F	S	E	V	0	0

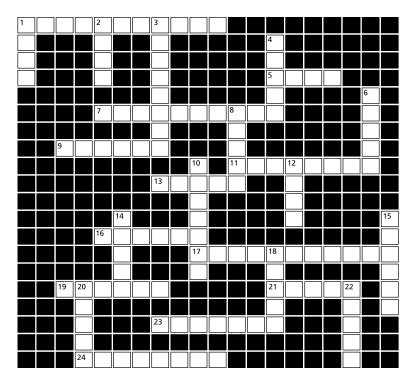
Bath	Fence	Float	Reach	River	Water
Current	Fishpond	Lake	Rescue	Rocks	Waves
Dam	Flag	Pool	Rip	Sticks	
Starting from	the top, what	do the remai	ning letters tell	us about boati	ina safety?
_	ntil you comple		_		
	•				
					



ACTIVITY 11

Find a Word

Help Josh find the water safety words in this puzzle.



Across Clues

- Children should always be under _ _ _ _ when in and around water. (11)
- 5. This aquatic environment often has a flat and still appearance. (4)
- 7. You should always listen and obey these people when at the swimming pool. (10)
- 9. This is the best way to get into cold water. (6)
- 11. These occur in rivers and can be very fast and strong. (8)
- 13. This is a popular aquatic location during the summer. (5)
- 16. To help somebody in trouble in the water is to do this. (6)
- This aquatic activity can be extremely dangerous if you do not wear safety equipment. (11)
- 19. Always swim with one of these. (6)
- 21. A safety rule is you should never swim _ _ _ _ _ . (5)
- 23. Many swimming centres offer these so people can learn to swim. (7)
- 24. When you are spending time in the sun, always put this on. (8)

Down Clues

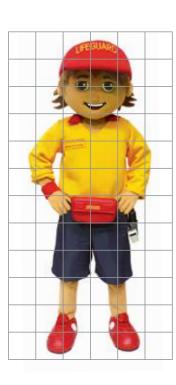
- 1. Always do this to the pool gate. (4)
- 2. A good thing to use to rescue someone in trouble. (4)
- 3. The surface around the pool edge can be this. (8)
- 4. These are made to keep people safe. (5)
- 6. Be careful of these when swimming at the beach. (5)
- 8. The best way to rescue someone in trouble if they are close to you. (5)
- 10. Always check for these before you enter the water. (7)
- 12. Dangerous fast flowing currents. (4)
- 14. Your pool at home should always have one of these around it. (5)
- 15. When in trouble in the water you should _ _ _ _ _ for help. (6)
- 18. You should swim between these when you're at the beach. (5)
- 20. These may be hidden under the surface of the water. (5)
- 22. Buckets and wading pools should always be left like this. (5)



Lochie the Lifeguard

Use the grid below to redraw Lochie the Lifeguard.

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1			



Congratulations

Fill in your details below and hand your completed Aqua Quiz to your Classroom Teacher or Swim and Survive Instructor.



