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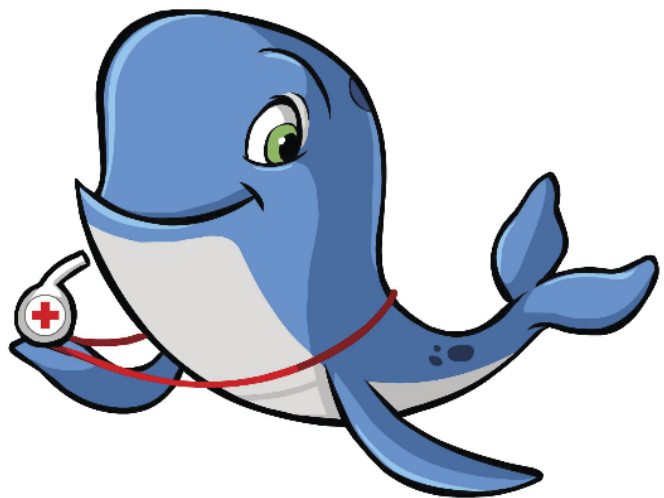
# Longfellow's WHALE Tales

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## Water Habits Are Learned Early

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Discussion Guide for  
Parents and Caregivers



*Your child's personal safety engaging in this content is of utmost importance to us. Using this material is not a substitute for formal instruction by a properly certified swimming instructor. We suggest that you use a certified swimming instructor that you trust to assist your child's transition into swimming. We take reasonable measures to ensure the accuracy and completeness of this content; but, do not warrant the accuracy and completeness of the content. We are not liable for any loss or claim arising out of any event beyond our reasonable control and reserve the right to make changes or corrections to this content, from time to time.*

## Longfellow's WHALE Tales

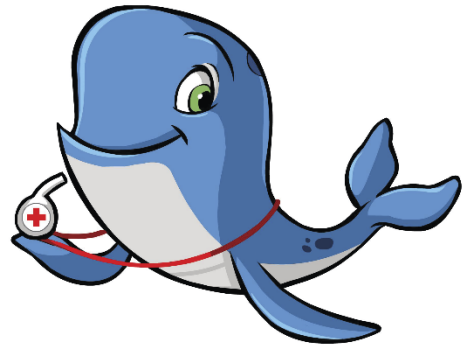
### Discussion Guide for Parents and Caregivers

Welcome to the American Red Cross Longfellow's WHALE Tales water safety program! We are glad you are here and looking for support to help teach your children about water safety. It doesn't matter what your level of swimming experience or water safety training might be--you've got this! This resource guide was created to help you—a parent, caregiver or even an older sibling—enhance what they are learning.

WHALE Tales is a program designed to help make children “water smart.” WHALE is an acronym for Water Habits Are Learned Early. Longfellow, the animated whale, guides children through eight “episodes” about water safety in different situations and environments, such as pools, waterparks, oceans, lakes and rivers. Longfellow teaches them about water hazards around the home and neighborhood and covers sun safety, boating safety and much more. Each topic is presented as a rhyme to help children remember the important water safety messages.

The safety episodes are:

1. Swim as a Pair Near a Lifeguard's Chair
2. Look Before You Leap
3. Think So You Don't Sink
4. Reach or Throw, Don't Go
5. Don't Just Pack It, Wear Your Jacket
6. Too Much Sun Is No Fun
7. In Your House and in Your Yard, Watch for Water,  
Be on Guard
8. Wave, Tide or Ride, Follow the Guide



To ensure that your children have the fullest experience with this online program, it is recommended that they complete the age-appropriate activities for each safety topic, which includes a video segment, parent/caregiver-led discussion, activity sheet and a fun, 3-question quiz. You can find the answer keys to the activity sheets at the end of this document.

Once they have completed all eight episodes, be sure to download a certificate to reward them for a job well done. We encourage you to take a photo of your children with their certificates and post on social media, tagging @AmericanRedCrossTrainingServices and using these hashtags.

#RedCrossWaterSafety  
#NotOneMoreDrowning  
#SavingLivesStartsHere  
#MakeWaterSafetyHappen

If you would like to gain more water smarts yourself, these free Red Cross resources can help:

The **Water Safety for Parents and Caregivers** online course focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This online course, which is about 20 minutes in length, teaches parents and caregivers about water competency, the Circle of Drowning Prevention and Chain of Drowning Survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.

The **Becoming a Water Safety Ambassador** online course, which is about 30 minutes in length, covers fundamentals of water safety, provides an orientation to Red Cross materials to teach water safety in a dryland, classroom-based setting and offers ideas on how to implement water safety education in your community. This eLearning module is intended for teachers as well as adult and youth leaders in the community who are committed to sharing Red Cross resources to impact drowning rates, especially in places that are most at risk for drowning.

To register for either course, go to [www.redcross.org/take-a-class](http://www.redcross.org/take-a-class) and select Online Only or Swimming + Water Safety.

The **Red Cross Swim app** features drowning prevention and emergency response information, including:

- Water safety content for home pools, beaches, lakes and rivers
- Safety videos, tips and quizzes designed for children
- Instructional videos with stroke performance charts
- Learn-to-Swim class progress tracker with shareable badges
- Activities that parents, caregivers and children can do together

To download this free app, visit [www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html), text 'SWIM' to 90999, or search 'Red Cross Swim' in the Apple App Store™, Google Play™ or Amazon Marketplace.

**RedCross.org/WaterSafety** is our webpage dedicated to important water safety information. This page helps raise awareness about the risks around different water environments, how to be safer in and around water and what to do in an emergency. It also offers downloadable resources to print and share.

**RedCross.org/TeachWaterSafety** contains free educational resources that can be used by anyone to teach water safety by registering as an Aquatic leader and completing a simple orientation to the materials. This site provides the full set of educational materials, including complete lesson plans with activities, for each of the Longfellow's WHALE Tales lessons. There are also resources for teaching older youth and adults.

## Discussion Guide by Episode/Safety Topic

Here are our recommendations for ensuring that your children have the fullest experience with this online program. For each episode/safety topic:

1. Begin by having your children watch the video.
2. Using the discussion guide for the safety topic, talk with your children about the choices the children in the video faced and the decisions they made. Each topic has two parts:
  - Video Discussion which is a review of the video segment.
  - Additional Discussion Points which helps you delve deeper into the safety topic. Each includes points to guide a discussion with your children. This section includes questions to help spur conversation with appropriate answers provided in italics.
3. Have them click on the tab for their age group to get access to a downloadable activity sheet and complete it.
  - You can find the answer keys to the activity sheets at the end of this document.
4. Have them complete the 3-question quiz on the topic.

Once they have completed all eight episodes, be sure to download the certificate at the end of this resource guide to reward them for a job well done.

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### Episode 1: Swim as a Pair Near a Lifeguard's Chair

#### Video Discussion

The kids had a decision to make – should they go swimming at the lake, or go to a place that had lifeguards?

- What decision did the kids make?
- Do you think the kids made a good, safe decision?
- What might happen if they swam in a place where there was no lifeguard or grown up there to watch them swim?
- Whenever you go swimming, who should be there to watch you swim?

#### Additional Discussion Points

- Swimming alone is dangerous. You never know what may happen.
- Always swim as a pair—with a “buddy” (another person who can help you in case of an emergency).
- You should also always swim near a lifeguard or another adult who is responsible for watching while you swim.
- Why should you not swim alone?
  - *If you have trouble swimming or if something unexpected happens to you, there will be no one to help you.*

- What is an emergency?
  - *An emergency is a serious situation that needs immediate action.*
- You should always swim as a pair—or swim with a buddy. A buddy is a person who helps another person and can get help in an emergency.
  - A buddy is a partner.
  - You look out for each other.
  - A buddy helps you follow the rules.
  - If you get hurt, your buddy can help you or go get an adult to help you.
- The buddy system means, you never go anywhere alone. You always go as a pair.
- Whenever you go swimming, you should be supervised. What does “supervised” mean?
  - *Being watched closely by someone who ensures that you are safe.*
- Who should supervise you when you are swimming?
  - *A lifeguard or responsible adult who knows how to swim.*
- Why do you need supervision?
  - *In case of an emergency, someone is there to help.*
- A supervised swimming area is an area that has been made safe for swimming.
- A supervised swimming area has lifeguards on duty.
  - Lifeguards have special training.
  - Lifeguards have equipment they can use to help rescue a person from the water.
  - Lifeguards have first aid equipment they can use if someone is injured or ill.
- A home pool with an adult watching at all times can also be considered a supervised swimming area.
- A lifeguard is responsible for the safety of people when they are swimming or playing in water.
- A lifeguard recognizes and responds to emergencies.
  - Sometimes a lifeguard gives first aid if someone is injured or ill.
  - Sometimes a lifeguard has to give rescue breaths and push on the chest to help someone who is not breathing or whose heart may have stopped beating. This is called CPR.
- A lifeguard helps prevent emergencies and injuries by:
  - Watching out for dangerous situations or behaviors.
  - Enforcing rules and teaching people about them.
- How can you help the lifeguard?
  - *Obey the rules.*
  - *Listen when the lifeguard talks to you.*
  - *Watch out for your friends.*
- A lifeguard has special equipment that helps keep people safe. What kind of equipment does a lifeguard use?
  - *Whistle*

- *Ring buoy, rescue tube, rescue buoy.*
- *Reaching pole, shepherd's crook (A shepherd's crook is a long pool with a hook attached)*
- *First aid kit*
- *Backboard*
- *Warning flags, binoculars (waterfront environments)*
- *Heaving line, throw-rope bag*
- Would you like to be a lifeguard? Why?

*Parent/Guardian Note: American Red Cross Junior Lifeguarding is for children 11 years of age or older. Junior Lifeguarding provides youth with a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding course.*

### **Extra Activity**

- Have children create a water safety poster to remind them of the importance of swimming as a pair near a lifeguard's chair. They can draw a picture of their favorite water place—beach, community pool, backyard pool, lake or waterpark. Tell them to include:
  - Things that they would find at the beach, lake, pool or waterpark.
  - Things that they would do to stay safe while swimming.
- Upon completion, review their poster with them. Ask:
  - Is everyone swimming as a pair in your picture?
  - Is there a lifeguard or adult in the picture who is watching over you?
- For each question answered yes, reinforce that they made a good choice. For each question answered no, have them add the missing component such as a buddy and/or lifeguard to the picture.
- What two things should we be sure to do when we go swimming?
  - *Swim as a pair. That means always swim with a buddy or partner. You and your buddy watch out for each other.*
  - *Swim near a lifeguard's chair. That means always swim in an area where someone is responsible for watching you, such as a lifeguard or an adult that you know.*
- (Have your children recite the message with you) **Swim as a Pair, Near a Lifeguard's Chair.**

## Episode 2: Look Before You Leap

### Video Discussion

The boys thought it was cool to find the ball in the water. One thought that they should go in and get it.

- What did they decide to do?
- Do you think it may have been dangerous if they went into the water?
- What might be under the water that they cannot see?
- If you are at a pool where you can see the bottom, what are things you should think about to be safe?

### Additional Discussion Points

- Before you go swimming anywhere, you should check to be sure it is a safe place to swim.
- You should only go swimming in places that are “designated” for swimming. This means that it has been checked out and the conditions are suitable for swimming.
- What are signals that it is a safe place for swimming?
  - *There are lifeguards on duty.*
  - *There is safety equipment, such as a ring buoy, reaching pole and rescue tube.*
  - *There are signs with rules to help keep you safe, such as “No Diving” signs.*
- There are some water conditions in natural waters, like a pond, river, lake or ocean, that could make it different from swimming in a pool. What are some conditions that are different?
  - *Currents or moving water*
  - *Waves*
  - *Water temperature*
  - *How deep or shallow the water is*
  - *Objects or debris below the surface*
  - *Aquatic life—like animals or plants*
- These conditions can make it too dangerous for swimming. That is why you should always “Look Before You Leap.”
- If you can’t swim, don’t go in water any deeper than waist to chest deep. In this case, it’s a good idea to wear a United States Coast Guard approved life jacket. (More about life jackets later!)
- What are different ways that you can enter the water?
  - *Climbing down steps or a ladder*
  - *Walking if there is a gentle slope*
  - *Jumping in*
  - *Diving in head first*
- The first time in water, whether a pool or in natural waters, walk in. Don’t jump or dive. Be sure to check for objects under the surface.
- Here are some more safety rules for entering the water:



- Find out how deep it is. At a pool or waterpark, the depth should be marked on the deck and the wall. You may need to ask a lifeguard.
- Never dive headfirst into water unless it is clearly marked for diving.
- A headfirst entry into shallow water is the leading cause of head, neck or back injuries in the water.
  - Never dive into cloudy or murky (dark) water. You don't know what is beneath the surface.
- Don't dive headfirst into waves.
  - You don't know how deep the water is since depth changes when waves come in.
- When you go swimming in an ocean or a very large lake, you could get caught in a strong current. If that happens, you should:
  - Call for help or have your buddy yell for help.
  - If the current carries you straight out, try to swim along the shoreline until you are out of the current. Then swim toward shore.
  - If you cannot swim out of the current, stay calm and float on your back or tread water. Once out of the current, swim towards shore.
  - If you still cannot reach shore, let others know you need help: face the shore, wave your arms and yell for help.
  - If you see someone in trouble, get help from a lifeguard or have someone call 9-1-1. Do not try to go in the water to help them. It is dangerous for you.
- How can you prevent a problem if there are warnings about currents or the waves are very high?
  - *Don't go in the water!*
- Two important things to remember from this lesson is to:
  - *Only swim in places that are safe for swimming and...*
  - (Have your children recite the message with you) **Look Before You Leap!**

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### Episode 3: Think So You Don't Sink

#### Video Discussion

The boy fell off of his inflatable float and was struggling to stay above water.

- What decision did the boy make that helped him stay safe?
- What may have happened if the boy panicked?
- What did the girl do to help the boy?
- What will you do if something unexpected happens to you while you're swimming?

#### Additional Discussion Points

- Many people love to be in, on and around water. Even when you are careful around the water, accidents and emergencies can still happen.

- It is important to stay calm and keep yourself safe when something unexpected happens.
- Have you ever seen someone in trouble in the water?
- How do you think that person felt?
- How would you feel if you had trouble in the water?
- Panic is a sudden and overwhelming terror that can make you unable to help yourself or others. Some things that might make you panic in the water are:
  - Leg cramps
  - Exhaustion
  - Getting caught in weeds
  - Strong currents
  - Being in a boat that turns over
  - Cold water
  - Being pushed in
  - Swimming out too far
- What could you do to help yourself?
  - *Call for help*
  - *Relax*
  - *Float on your back*
  - *Hold onto the overturned boat*
  - *Get out of the cold water*
- What is an emergency?
  - *An emergency is a sudden, serious, usually unforeseen situation that needs immediate action.*
- You can prevent emergency situations in the water by knowing your limits and by swimming only in areas that have been approved for swimming and are supervised by a lifeguard.
- What rule helps us remember what to do in an aquatic emergency?
  - *Think so you don't sink.*
- What are some types of aquatic environments?
  - *Beach*
  - *River*
  - *Ocean*
  - *Bay*
  - *Pool*
  - *Waterpark*
  - *Hotel pool*
  - *Cruise Ship*
- What kinds of emergencies can happen in aquatic environments?
  - *Your boat can turn over (capsize)*
  - *You can be pushed by a current.*

- *You could get a cramp or be too tired to swim any more (exhaustion)*
  - *You could get cold and start shivering (hypothermia)*
  - Why is it important to think when you are faced with an aquatic emergency?
    - *You should think so that you do not panic. Instead you can consider what your actions should be to keep you safe.*
  - (Have your children recite the message with you) **Think So You Don't Sink.**
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## Episode 4: Reach or Throw, Don't Go!

### Video Discussion

The boy is floating toward the deep end when an object is thrown at him that causes him to lose his balance and fall off his float.

- What decision did the girl make to help her friend?
- What may have happened if she decided to go into the water to help him?
- What did she use to help her friend get to the side of the pool safely?
- What would you do if your friend needed help while swimming and they were close to the edge of the pool?

### Additional Discussion Points

- We can help someone who is having trouble in the water without getting wet.
- This is important because you need to stay safe. Going in the water to help someone who is having trouble could cause you to get in trouble too.
- When helping someone in the water it is always best to reach or throw, don't go.
- Can you think of some reasons that people might get into trouble in the water and might drown?
  - *If they are in water over their head and can't swim*
  - *If they become too tired or too cold*
  - *If they panic*
- If someone is showing signs that he or she is having trouble in the water and is close to shore or close to the side of the pool, you should reach something out to the person.
- What are some things you may use to reach out to someone in the water?
  - *Fishing pole*
  - *Rake*
  - *Canoe paddle*
  - *Boat oar*
  - *Stick*
  - *Tree branch*
  - *Baseball bat*

- If you want to assist someone in trouble in the water and you can reach the person with an object, you should:
  - Stay out of the water.
  - Brace yourself on a pool deck, pier surface or shoreline.
  - Reach out to the person using any object that extends your reach, such as a pole, an oar, a paddle, a tree branch, a belt.
  - When the person grasps the object, slowly and carefully pull him or her to safety.
  - Keep your body low and lean back to avoid being pulled into the water.

### Extra Activity

- Establish a small area as a body of water. Lay a rug or a blanket down to represent the body of water.
  - Have a child lie or sit down in the “body of water” and pretend to have problems and not be able to make it back to shore or the side of the pool (if you have only 1 child, they can pretend there is someone in the “water” that needs help).
  - Have your child get in a good bracing position, then have them reach out to someone with an arm or a leg.
  - Lay the reaching rescue items you have on hand on the floor near the “water.” Items could include a boat paddle or oar, noodle, fishing rod, or tree branch.
  - Let each child demonstrate how they could safely rescue the person by reaching one of the reaching items out to them.
  - Make sure children are bracing themselves, keeping their bodies low and leaning back to avoid being pulled into the water.
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- Emphasize that a person who is in trouble in the water could be rescued using ordinary items.
  - How can you help a person who is out of your reach?
    - *Throw an object that floats to the person.*
  - What kind of objects could be thrown to someone in trouble?
    - *Kickboard*
    - *Empty picnic cooler*
    - *Life jacket*
    - *Ring buoy*
    - *Water jug*
    - *Basketball*
    - *Beach ball*
    - *Inner tube*
  - What is the one thing you do not want to do if you see someone who is having trouble in the water?
    - *Jump in the water to help.*

- Who is the only person who should get in the water to help a person who is drowning?
    - *A lifeguard*
  - The best thing a person can do if he or she cannot reach or throw something to the person that is in trouble is to go and get help.
  - What is the rule for helping someone in trouble in the water?
    - (Have your children recite the message with you) ***Reach or Throw, Don't Go.***
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## Episode 5: Don't Just Pack It, Wear Your Jacket!

### Video Discussion

One girl did not want to put on a life jacket before getting into the canoe but her friend thought that she should put it on before they went out on the water.

- Why do you think it's important to wear a life jacket when you're in a boat?
- What could happen if the girl did not put on a life jacket before getting into the canoe?
- Why is it important that everyone in the boat is wearing a life jacket?
- What might happen if not everyone is wearing a life jacket?

### Additional Discussion Points

- A life jacket is a personal flotation device (PFD) approved by the United States Coast Guard for use during activities in, on or around water.
- A life jacket should always be worn while boating, but life jackets are not just for boating.
- Children and inexperienced swimmers should wear life jackets whenever they are in or around water.
- You should always wear the type of lifejacket that is recommended for the activity you will be doing and the place you will be swimming or boating.
  - Some types of water environments or activities need life jackets that have more flotation properties or will automatically turn you onto your back.
- Have you ever worn a life jacket?
- What were you doing when you had the life jacket on?
- What might happen if you fell off a boat without a life jacket on and became too tired to keep your head above water?
  - *You might drown.*
- A personal flotation device is designed to help a person float and keep them on top of the water. It helps a person keep his or her head out of the water, even if he or she is very tired.
- A personal flotation device, also called a PFD, should be approved by the U.S. Coast Guard. This means a laboratory approved by the U.S. Coast Guard has tested the PFD and has found that it works the way it is supposed to work.
- When should you wear a life jacket?

- *You should always wear a life jacket when you are on a boat or any watercraft (vessel for water transportation). You never know when something unexpected might happen.*
- *Inexperienced swimmers and young children should wear life jackets any time they are around water.*
- *Life jackets are also commonly worn at waterparks on various attractions.*
- *Everyone should wear a life jacket in open water (oceans, large lakes) or in any challenging water environment.*
- *Life jackets should always be worn around cold water. Life jackets help conserve body heat and help you keep your head out of water.*
- The best answer is to always wear a life jacket when you are in, on or around water.
- Make sure the life jacket is in good condition. Check buckles and straps for proper function.
- Make sure the life jacket is properly fastened. To work best, life jackets must be worn with all straps, zippers and ties fastened. Tuck in any loose strap ends to avoid getting caught on something.
- To check the fit:
  - Hold your arms straight up over your head.
  - Ask a friend to grasp the tops of the arm openings and gently pull up.
  - Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.
- How can a life jacket be most effective?
  - *A life jacket is most effective when it is worn.*

### **Extra Activity**

- If you have life jackets available, have your children:
  - Check for the U.S. Coast Guard approved label.
  - Determine which one is the correct size for them.
  - Have them try it on.
- Check the fit to be sure it is the right size, and make any corrections as needed.
- Talk with them about what types of activities this type of life jacket is suitable for.
- If you do not have life jackets available, have your children:
  - Pretend to put on the life jacket.
  - Pretend to zip and up buckle up completely.
- A life jacket is for putting on, not for sitting on.
- Always make sure you wear a life jacket that is approved by the U.S. Coast Guard and that is the right type for the activity.
- How do you know that a life jacket fits you properly?
  - *There is no excess room above the opening and the life jacket does not ride up over your chin.*
- Why is it important to make sure your life jacket fits you properly?

- *If a life jacket does not fit properly, it will not save your life.*
  - (Have your children recite the message with you) **Don't Just Pack It, Wear Your Jacket!**
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## Episode 6: Too Much Sun Is No Fun

### Video Discussion

The kids had to decide whether or not to wear sunscreen while they were doing outdoor activities on a cloudy day.

- What decision did the kids make?
- Do you think this was a good decision?
- What could have happened if they chose not to wear sunscreen?
- What will you do before you go outside to play?

### Additional Discussion Points

- Being in the sun is fun, but if you are in the sun for too long you can get sunburned.
- Have you ever had a sunburn?
- What was it like?
- What caused your sunburn?
- Some signs of sunburn are:
  - The skin may be red and feel warm to the touch.
  - Skin may blister or peel.
  - You may feel ill, dizzy or tired.
- The sun provides energy to the Earth in the form of light.
- Some rays of light from the sun, called ultraviolet (UV) rays, are invisible and can cause sunburn.
- Besides sunburn, too much exposure to UV rays can cause skin damage such as:
  - Dark patches
  - Loss of skin elasticity (sagging skin)
  - Wrinkles
  - Premature aging of skin (skin that looks older than it should)
  - Skin cancer
- Besides sunburn, too much exposure to UV rays can cause eye damage such as:
  - Cataracts, a condition that causes cloudy vision.
  - Skin cancer around the eyes.
  - Sunburn to the cornea, the clear layer that covers the front of the eye.
- The sun's angle changes with the seasons. UV rays are strongest in the summer.
  - The sun's rays are the strongest between 10 a.m. and 4 p.m.

- You should limit exposure to the sun during these hours.
- Apply sunscreen 15 minutes before going outdoors or entering the water. This helps the sunscreen to absorb into the skin so it does not wash off in the water or if you sweat.
- Reapply every 2 hours, even on cloudy days, and after swimming or sweating.
- If you are swimming or playing sports, make sure to use sunscreen that is waterproof.
- You should apply sunscreen in this way:
  - Completely cover the skin that will be exposed. Do not forget your ears, neck and feet!
  - Be careful when applying sunscreen on your face. Keep it away from your eyes.
  - Use plenty of sunscreen for your body. For example, if your sunscreen is a lotion, use a handful or more.
- In addition to wearing sunscreen, wear protective clothing that covers your skin when you are in the sun, especially between the hours of 10 a.m. and 4 p.m., when the sun's rays are most likely to cause sunburn.
- What else do we mean by protective clothing?
  - *Hats with a wide brim that shade your face, neck and ears.*
  - *Tightly woven, loose-fitting and full-length clothing, such as a long-sleeved shirt and long pants.*
  - *Shoes.*
  - *Sunglasses that block 99 to 100 percent of UV radiation.*

### **Extra Activity**

- Explain that you are going to play a game. The game is played like Simon Says, except rather than Simon giving directions, "The Sun" gives directions.
- "The Sun" tells children to act out certain actions related to being sun safe. Just like in Simon Says, children should do the actions only if the phrase, "The Sun says," is stated first.
- Give each of the following instructions and have the children act out each command "The Sun says":
  - The Sun says, put sunscreen on your face.
  - The Sun says, put sunscreen on your ears.
  - Put sunscreen on your neck.
  - The Sun says, put sunscreen on your neck.
  - Put sunscreen on your arms.
  - The Sun says, put sunscreen on your arms.
  - The Sun says, put on one piece of protective clothing.
  - Protect your eyes from the sun.
  - The Sun says, protect your eyes from the sun.
  - The Sun says, check your watch to see if it is a good time to be outside.



### Extra Activity

- Have your children search your home for hats, sunglasses and other clothing to wear outside for protection against the sun.
  - Whenever you are spending time outdoors, you should protect yourself from too much sun.
  - How can you protect your skin from too much sun?
    - *Play in the shade when you can.*
    - *Avoid being in the sun between the hours of 10 a.m. and 4 p.m.*
    - *Wear protective clothing.*
    - *Use sunscreen to protect the skin that will be exposed. Do not forget your ears, neck and feet!*
    - *Apply sunscreen 15 minutes before going outdoors or entering the water. This helps the sunscreen to absorb into the skin so it does not wash off in the water or if you sweat.*
    - *Reapply every 2 hours (or more), even on cloudy days, and after swimming or sweating.*
  - How can you protect your eyes from too much sun?
    - *Wear sunglasses that block 99 to 100 percent of UV radiation.*
    - *Wear a hat with a brim.*
  - Go have fun, but don't get too much sun!
  - (Have your children recite the message with you) **Too Much Sun Is No Fun**
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## Episode 7: In Your House and In Your Yard, Watch for Water, Be On Guard

### Video Discussion

The babysitter had an important decision to make for the child she was watching.

- What decision did the babysitter need to make?
- Did the babysitter make a good, safe decision?
- What other kinds of water could the child have gotten into while at home?
- What can you do at your home to make sure it is safe for younger children?

### Additional Discussion Points

- Water safety is important wherever there is water—not just at a swimming pool or beach.
- A person can drown in just a few inches of water.
  - If the water covers the mouth and nose, a person can drown.
- In addition to drowning in bathtubs, young children drown by falling headfirst into buckets, toilets, wading pools and other sources of water that most people would not consider to be dangerous.
- Can you think of any sources of water around the house that could be a danger?

- You can stay safe and help keep other children safe by recognizing dangerous water situations.
- If you recognize a dangerous water situation, you should tell an adult so he or she can fix the dangerous water situation.
- If you see a bathtub with water in it when nobody is taking a bath, what should you do?
  - *Drain the bathtub of water; close the bathroom door; tell an adult.*
- If you see a toilet bowl with the lid up, what should you do?
  - *Shut the toilet lid; close the bathroom door.*
- If you see a bucket with water or another liquid in it, what should you do?
  - *Move it out of the reach of young children; tell an adult so it is emptied.*
- If a family has a swimming pool in their yard, they have to be extra careful and take steps to keep children out of the pool area.
- There should be “layers of protection,” which means there should be several things that keep children away from the pool, not just one or two things. For example:
  - A fence that is at least 4 feet high and completely surrounds the pool
  - A fence with a self-closing gate
  - Fencing that provides a barrier between the pool and the house
  - A pool alarm
  - Safety locks on doors and windows leading to the pool area
- Children should only be in a backyard pool area when an adult has given them permission and is there to supervise them.
- Whenever children are in, on or around any body of water (such as pools, rivers, lakes, streams), adults must provide constant and active supervision.

### **Extra Activity**

- Write the words “I can” three times on the white board or easel pad or piece of paper. Leave space after each.
  - Write the following statement last: I can do my part and be water smart!
  - Ask children to offer suggestions about what they can do to reduce water hazards in their homes and yards. Write these down as the children provide them.
  - Have children recite all of the statements aloud.
- 
- Any container of water that a very young child could fall headfirst into, such as a bathtub, bucket or toilet, can be dangerous.
  - (Have your children recite the message with you) **In Your House and In Your Yard, Watch for Water, Be On Guard**

## Episode 8: Wave, Tide or Ride, Follow the Guide

### Video Discussion

There are many different types of places where you can swim and each has their own set of important safety rules.

- What are some of the different types of places where you can swim?
- How will you know what to expect at each of these places?
- What can you do to make sure you are safe no matter where you swim?

### Additional Discussion Points

- Many people learn to swim at a traditional swimming pool, such as the YMCA or a public pool.
- What are some other great places that can be designated swimming areas?
  - *Waterparks*
  - *Lakes*
  - *Rivers*
  - *Oceans*
  - *Hotel pools*
  - *Cruise Ships*
- A designated swimming area is supervised by a lifeguard.
- Before heading out to a swimming area, the best thing anyone can do to stay safe is to learn how to swim.

*Parent/Guardian Note: American Red Cross swim lessons are offered by Red Cross training providers at aquatic facilities throughout the United States. To find swim lessons in your area, visit [www.redcross.org/learntoswimproviders](http://www.redcross.org/learntoswimproviders) or check with a local aquatic facility and ask for Red Cross swim lessons.*

- When you go to a new swimming area, what are some things you should do to be water smart?
  - *Read and obey all posted signs. The rules are there to keep you safe.*
  - *Never swim alone or in unsupervised places. Remember Longfellow's rule: Swim as a Pair Near a Lifeguard's Chair.*
  - *Learn about the features of the attractions or rides at a waterpark.*
  - *Learn about swimming in a waterfront area such as a lake, river or ocean.*
- Have you ever been to a waterpark?
- What types of rides did you go on?
  - *Winding rivers*
  - *Wave pools*
  - *Various slides*
  - *Spray fountains*

- *Splash pads*
- Waterparks can have different types of moving water. Many of the rides copy nature. For example:
  - A winding river is a long, narrow shallow pool that flows like a river. The current is usually slow and people ride along on rafts or tubes.
  - A wave pool is a pool that has waves similar to ocean waves.
  - River rapids are designed to be similar to the part of a river where the current is fast and splashing water creates “white water.”
- People must do their part to be water smart. They must follow the procedures and rules to remain safe.
- What kinds of “floats” can you use, depending on the activity?
  - *Mats*
  - *Tubes*
  - *Rafts*
  - *Only your body!*
- Safety procedures may include:
  - The type of clothing worn.
  - The correct body position to be in.
  - How people get on the ride.
  - How people exit the ride.
  - The amount of time between riders.
- Some safety rules you might see at a waterpark include:
  - Remain in the tube at all times on a winding river.
  - Get and stay in the proper position when going down a water slide.
  - Always enter a wave pool from the zero depth; do not jump in from the side. (Zero depth is the shallow end of the pool where the water meets the concrete. It allows people to walk into the pool the way you walk into the ocean or a lake.)
  - Some rides or attractions have height or weight requirements to make sure a person is able to safely use the ride.
  - Some rides or attractions require strong swimming skills. If the attraction has a strong current or large waves, this could cause trouble for someone who is not a strong swimmer.
- Now I will tell you certain things that are not permitted on most water slides, and you tell me why you think that item is not permitted.
  - Swim suits with metal objects
    - *They can create scratches on the slide and could cause injuries to riders.*
  - Loose eyeglasses, including sunglasses
    - *They can fly off and become lost.*

- Masks and goggles
  - *They can cause injury resulting from the force created on the slide or by hitting the slide.*
- Life jackets and other flotation devices
  - *They can interfere with proper body position for riding the slide.*
- Shoes
  - *They can cause injury by sticking to the slide or the bottom of the catch pool.*
- A waterfront is a natural water environment, such as an ocean, river, lake or pond.
- You should swim only in natural areas that are designated for swimming and protected by a lifeguard.

### Extra Activity

- Ask children, “Which type of swimming area would you like to go to and why?”
- Hand out a piece of drawing paper to each child. Tell children to draw a picture of themselves having fun at a waterpark or waterfront.
- Give children time to draw their pictures.
- Ask, “Do you have a buddy with you in your picture?”
  - If they answer “Yes,” tell them that they made a good choice to have a buddy.
  - If they answer “No,” have them add a buddy to their picture.
- Ask, “Are lifeguards in your picture?”
  - Their pictures should show lifeguards either in elevated chairs (at a lake or ocean) or at the catch pool (bottom of the water slide) or top of a water slide or ride at a waterpark.
- Ask, “Are there rules posted in your picture?”
  - Signs and height restriction signs should be posted at the entrance and at the beginning of the ride at a waterpark. Rules should be posted near the lifeguard at a waterfront environment.
- Ask, “Is there rescue equipment in your picture?”
  - Some of the following should be in their pictures:
    - Ring buoy
    - Reaching pole
    - First aid kit
    - Rescue buoys
    - Rescue tubes
    - Backboard
- You should only swim in designated swimming areas.
- What is a designated swimming area?

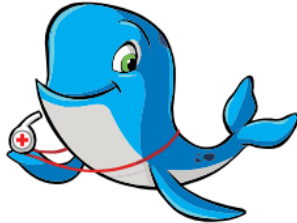

- *An area that has been checked for safe swimming and is supervised by a lifeguard.*
  - Which basic water safety rules should you remember before you head out to any swimming area?
    - *Learn to swim well.*
    - *Read and obey all posted signs. The rules are there to keep you safe.*
    - *Never swim alone or in unsupervised places. Remember Longfellow's rule: Swim as a Pair Near a Lifeguard's Chair.*
    - *Make sure you know where the lifeguards are stationed.*
    - *Know about the features of any swimming area, including waterpark attractions or rides, before getting in.*
  - (Have your children recite the message with you) **Wave, Tide or Ride, Follow the Guide!**
-

## Certificate of Completion

If your children have completed all eight episodes, download and complete the certificate then present it to them for a job well done! We also encourage you to take a photo of them with their certificates and post on social media, tagging @AmericanRedCrossTrainingServices and using these hashtags.

#RedCrossWaterSafety  
#NotOneMoreDrowning  
#SavingLivesStartsHere  
#MakeWaterSafetyHappen

[Download the certificate](#)



**The American Red Cross recognizes that**

\_\_\_\_\_

Name

Participated in the water safety presentation  
**Longfellow's WHALE Tales**  
at

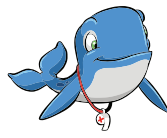
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\_\_\_\_\_

Leader's Signature

\_\_\_\_\_

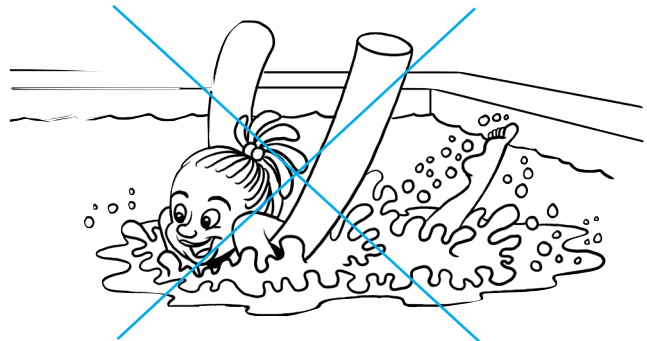
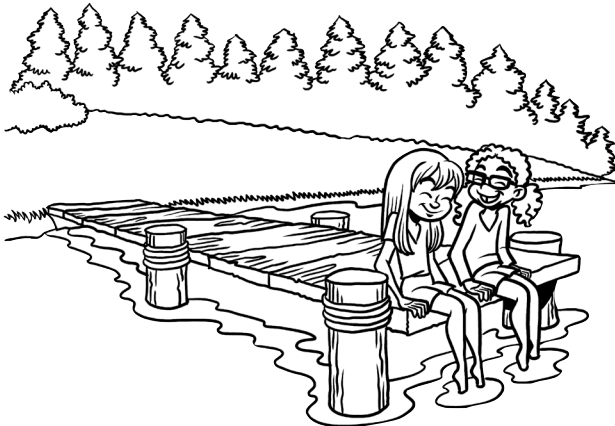
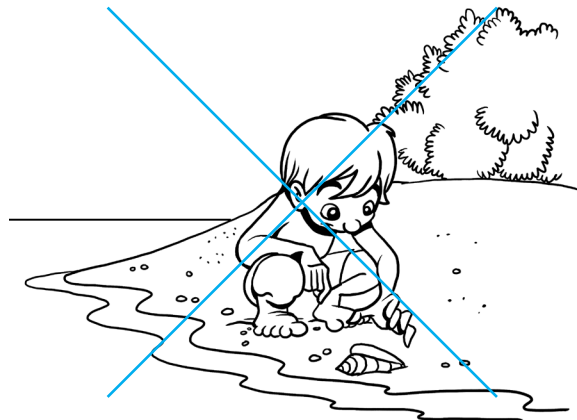
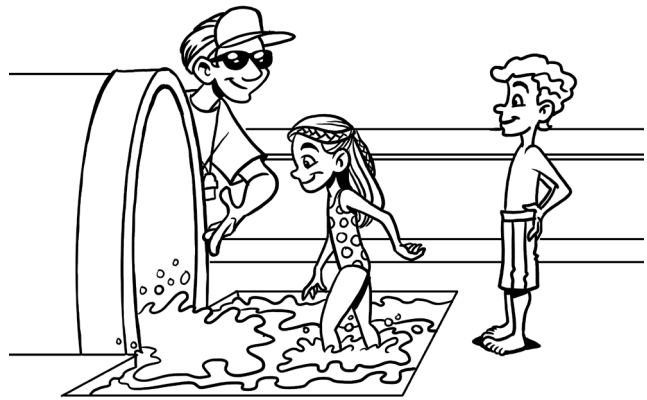
Date



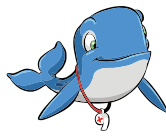
# What Is a Buddy?

Name: \_\_\_\_\_

Color the pictures that show buddies. Put an X on each picture that does NOT show a buddy.







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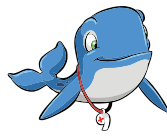
# What Does a Lifeguard Need?

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Name: \_\_\_\_\_

**Unscramble the words below to see what a lifeguard uses.**

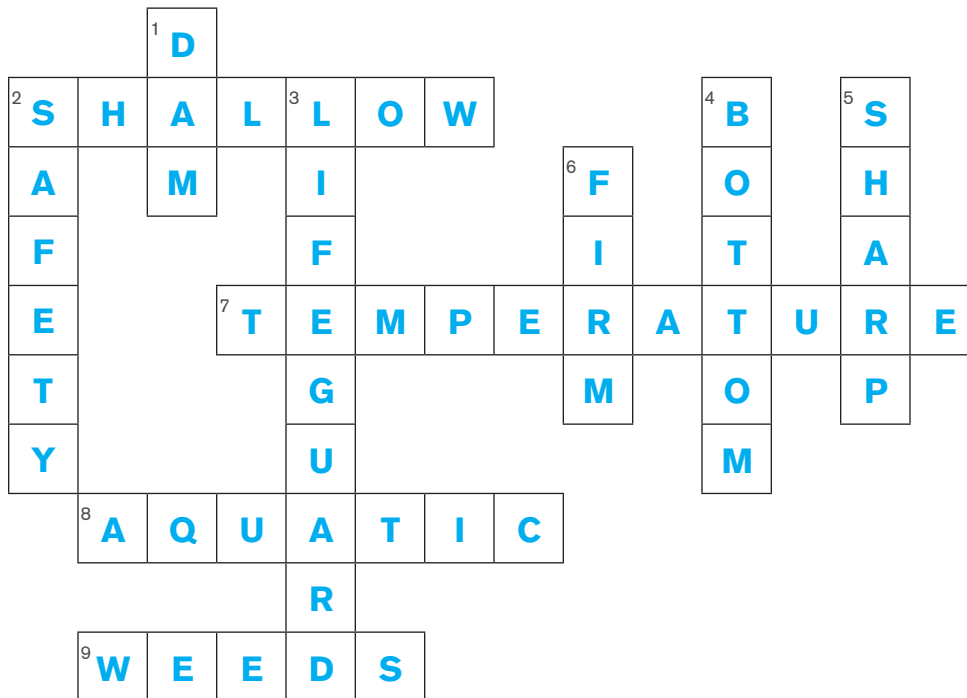
1. ishletw *whistle* \_\_\_\_\_
2. phdessreh krooc *shepherd's crook* \_\_\_\_\_
3. siftr dia tik *first aid kit* \_\_\_\_\_
4. serul *rules* \_\_\_\_\_
5. ginr byou *ring buoy* \_\_\_\_\_
6. hgirneca lepo *reaching pole* \_\_\_\_\_
7. fisnellei *lifelines* \_\_\_\_\_
8. obkadcrba *backboard* \_\_\_\_\_
9. uncrlisboa *binoculars* \_\_\_\_\_
10. srueec beut *rescue tube* \_\_\_\_\_



# Watch Out

Name: \_\_\_\_\_

Fill in the missing word in each sentence below. Then enter the word in the correct spaces on the crossword puzzle.

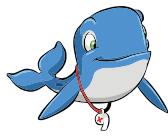


## Across

2. Do not dive in \_\_\_\_\_ water.
7. Make sure the water \_\_\_\_\_ is comfortable.
8. Be on the lookout for \_\_\_\_\_ life.
9. Make sure the bottom is free of \_\_\_\_\_ and free of grass.

## Down

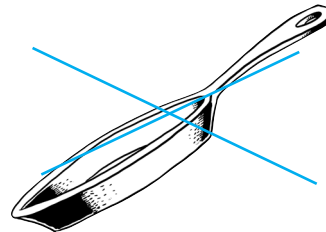
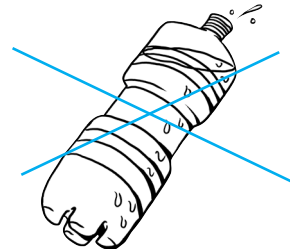
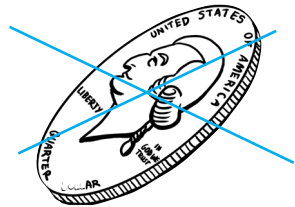
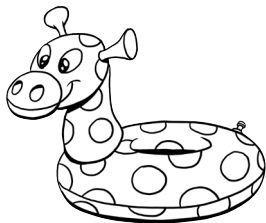
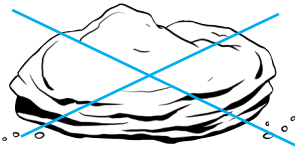
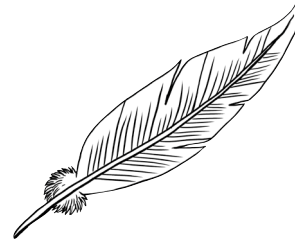
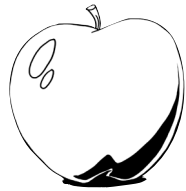
1. Do not swim close to a \_\_\_\_\_.
2. \_\_\_\_\_ equipment should be available.
3. A \_\_\_\_\_ should be on duty.
4. At a pool, the water should be clear enough to see the \_\_\_\_\_.
5. The bottom should be free from \_\_\_\_\_ objects.
6. Make sure the bottom is \_\_\_\_\_ and gently sloping.



# Find a Float

Name: \_\_\_\_\_

Look at each drawing and put a check mark next to it if you think it will float and an X if you think it will sink.



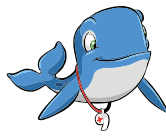
Write about why you think some objects float and some sink.

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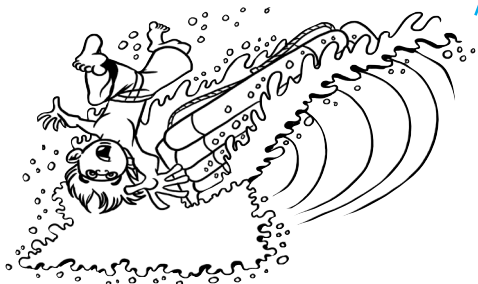
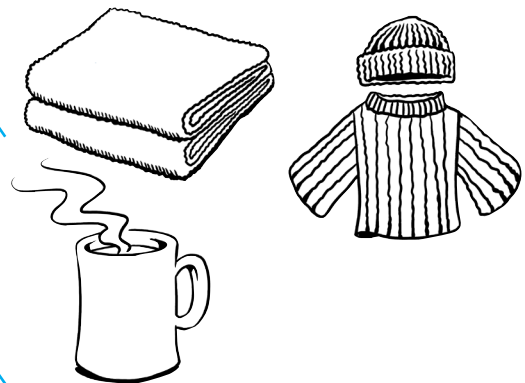
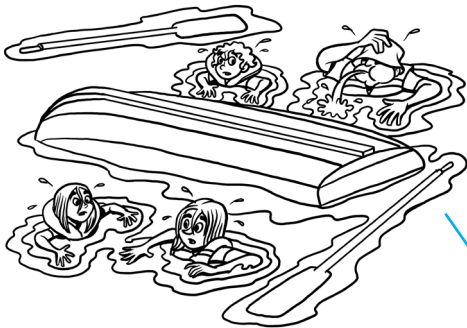
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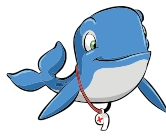


# Help Yourself

Name: \_\_\_\_\_

Here are some pictures of things that could happen to you around water. Draw a line from each problem to the self-help picture that shows how to solve the problem. Then color the pictures.

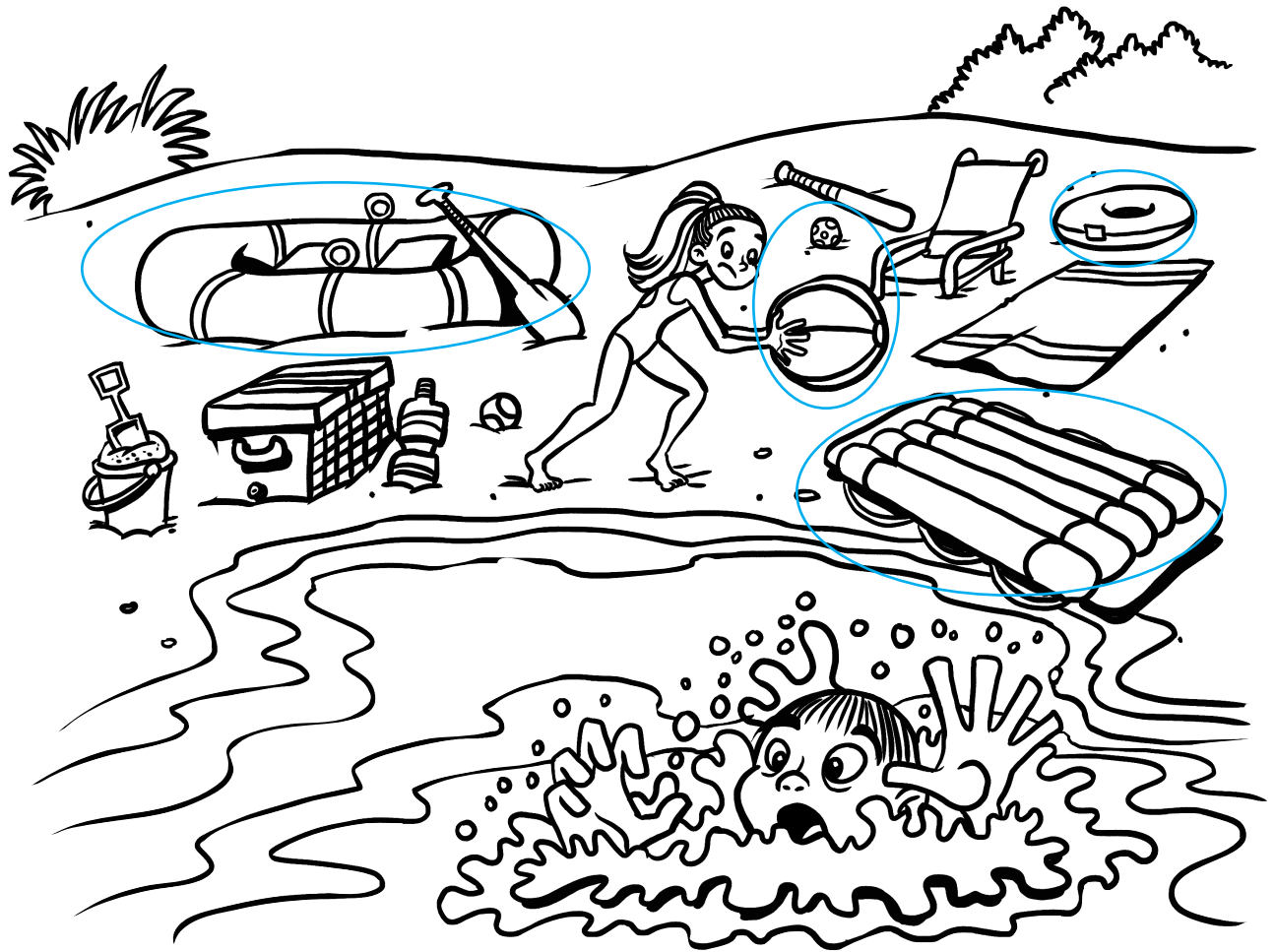




# To the Rescue

Name: \_\_\_\_\_

How many things can you see that could be used to throw to the person in the water? Color each item that could be used for a throwing assist. Then on the lines below the pictures, write why you think these things would work.

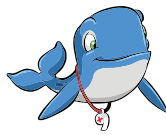


These objects float. The person could hold onto the object and kick toward shore or just hold on and float until a professional rescuer or lifeguard arrives.

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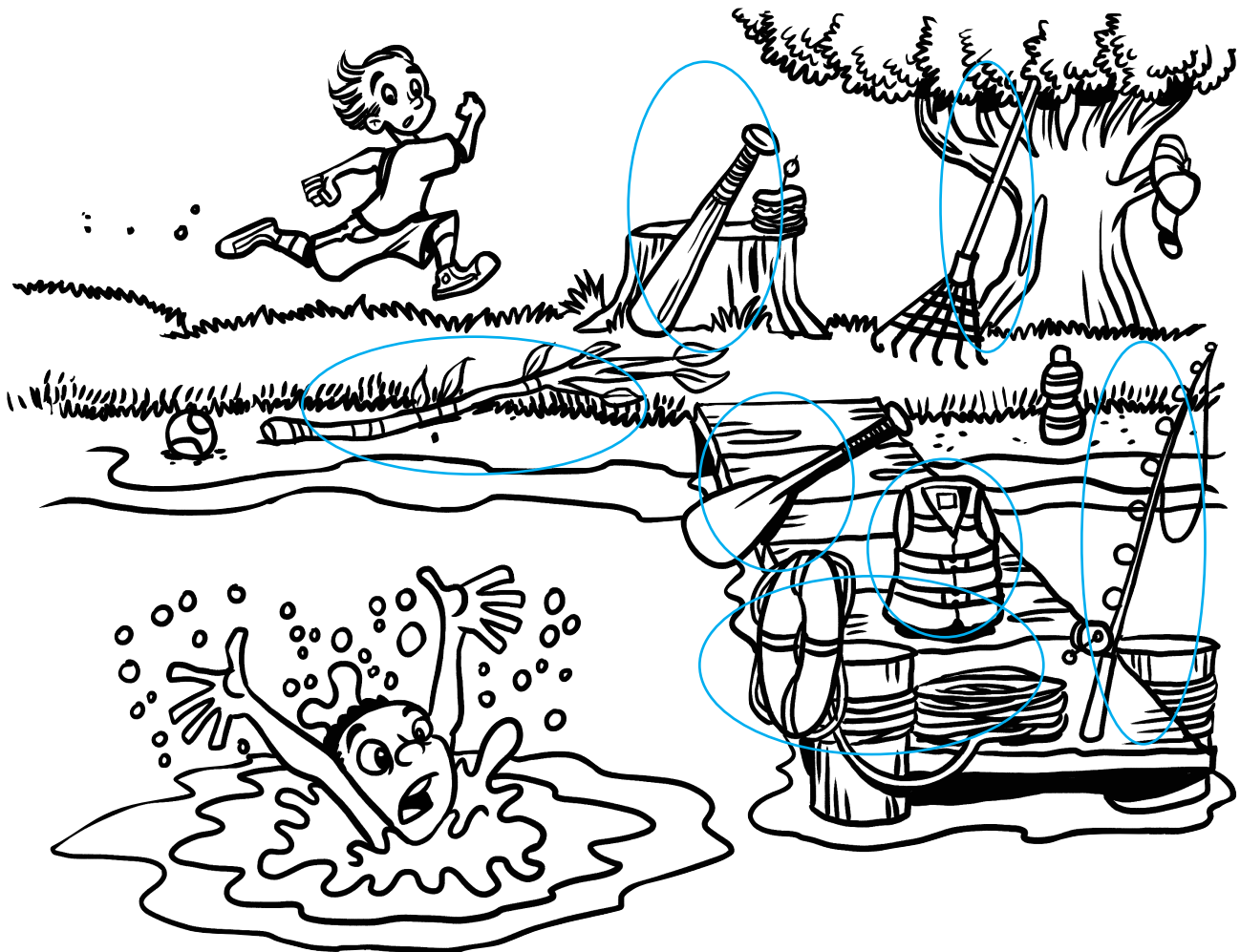
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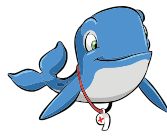


# Reach Out and Help

Name: \_\_\_\_\_

How many things can you see that could be used to reach out to the person in the water? Color each item that could be used for a reaching assist.





# Life Jackets

Name: \_\_\_\_\_

Find the hidden words listed below. They describe things about life jackets and flotation devices. The words can run across or down.

s	s	v	b	s	a	f	l	o	t	a	t	i	o	n	a	i	d	p	w
y	p	e	u	h	k	d	z	j	c	i	t	s	g	e	t	t	l	t	o
o	e	c	o	d	n	s	o	b	i	z	p	w	s	p	h	c	u	k	f
w	c	i	y	f	l	e	l	k	w	a	i	e	x	k	r	u	m	e	f
r	i	v	a	k	b	a	y	s	n	x	i	p	c	c	o	n	c	g	s
x	a	e	n	i	o	t	f	s	l	t	b	a	p	n	w	i	u	v	h
r	l	d	t	c	r	c	g	e	m	z	j	e	b	e	a	p	o	f	o
o	u	e	r	x	l	u	j	f	p	e	e	w	l	e	b	x	r	b	r
s	s	s	L	x	i	s	n	j	f	r	v	f	d	t	l	s	m	h	e
m	e	u	v	y	k	h	q	i	k	c	e	e	z	q	e	h	s	r	l
x	z	d	b	b	w	i	l	e	f	z	l	s	e	x	r	b	g	u	u
p	o	e	c	l	n	o	l	o	g	b	y	q	e	m	a	g	s	w	l
n	s	t	e	p	u	n	m	l	i	f	e	j	a	c	k	e	t	y	w
d	t	c	m	f	u	o	u	w	g	v	l	w	z	s	v	k	h	g	h
v	d	i	h	j	n	x	o	r	x	i	w	f	x	l	n	e	b	u	p
v	e	r	y	v	l	r	f	e	n	w	u	w	s	x	r	l	r	s	g
z	v	t	r	i	n	g	b	u	o	y	a	c	o	y	k	w	r	n	j
r	i	s	b	t	x	e	t	b	n	u	t	d	y	n	v	e	s	t	n
o	c	e	g	a	q	m	f	u	n	d	t	f	i	p	l	j	g	h	y
g	e	r	c	j	d	n	e	a	r	s	h	o	r	e	z	b	w	f	u

## Word List

buoyant

life jacket

ring buoy

throwable

device

near shore

seat cushion

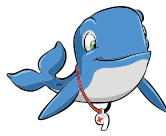
vest

flotation aid

off shore

special use

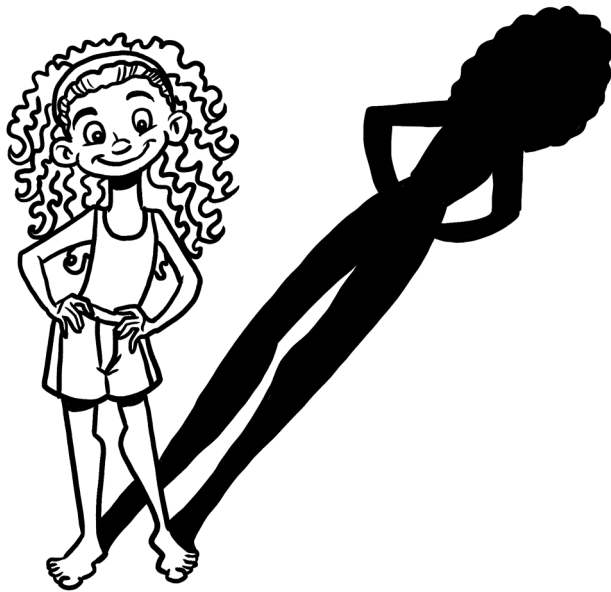




# Shadow Alert

Name: \_\_\_\_\_

Look at the two shadows below and write about whether it is a good time to be outdoors and why or why not.



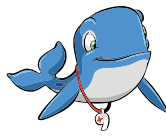
*If your shadow is taller than you are (in the early morning and late afternoon), your UV exposure is likely to be lower.*



*If your shadow is shorter than you are (around midday), you are being exposed to higher levels of UV radiation. Seek shade and protect your skin and eyes. It is not a good time to be outside.*



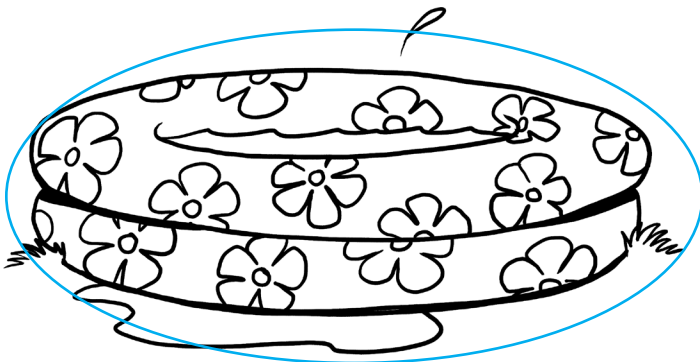
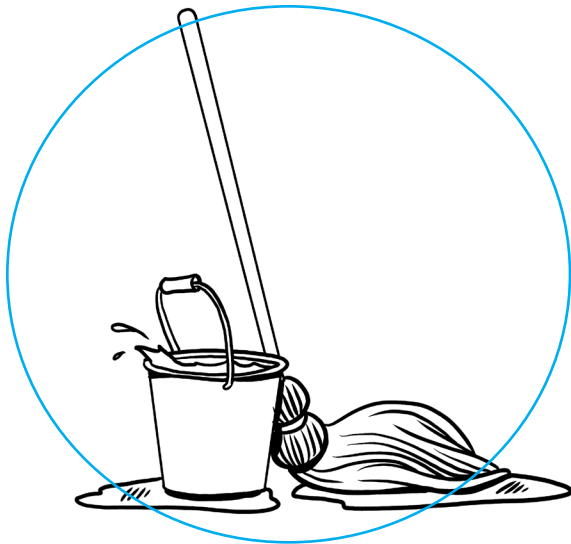
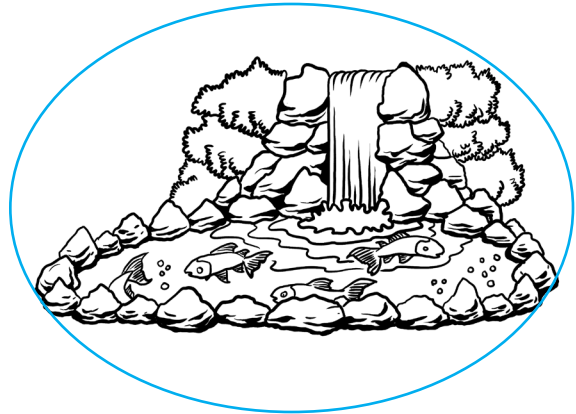
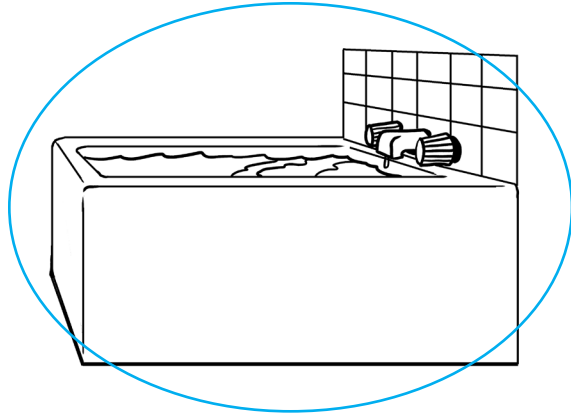


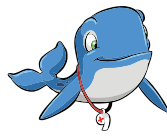


# Find the Water Hazards in the House and Yard

Name: \_\_\_\_\_

Circle the drawings that show a situation in which water could be a danger to a small child.





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# Flood Safety

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Name: \_\_\_\_\_

**Fill in the missing word in each sentence below using the words in the Word List.**

## Word List

flash      higher      urban      arroyos      coastal      turn      floodwater

1. Just 6 inches of floodwater can knock you off your feet.
2. A flash flood can occur within a few minutes or hours of a great deal of rainfall, a dam or levee failure or a sudden release of water held by an ice jam.
3. You should go to higher ground if a flood warning is issued.
4. If some streets are filling up with water, this is called urban flooding.
5. If water is covering the road, a driver should turn around.
6. Storms in dry regions can cause flash floods in arroyos.
7. Hurricanes and tropical storms can produce heavy rains that cause coastal flooding.