

Our Own Council's Try-It: Water Fun & Safety



Choose four activities.

Some activities will involve a certified Lifeguard in attendance as well as a First Aid/CPR trained individual. Leaders and "watchers" will be present according to Safety-Wise standards.

1. Discuss the importance of the Buddy System and how it works. Use the Buddy System when you go swimming.
2. Describe safety aspects of swimming in lake water, rivers, and above-ground and in-ground pools. Some considerations to be addressed may be foot safety, diving restrictions, river currents, use of pool ladders, appropriate behavior on deck/cement platforms around pools, protection from the sun through the use of lotions and clothing, and responsible consideration for peer and leader safety and enjoyment. Never swim alone and always have an adult present.
3. Learn a new water skill. If you've never put your face in the water, slowly attempt to do so. Learn to float or be introduced to and practice a new swimming stroke.
4. Enjoy water games such as participation in a) Marco Polo b) a simple sponge relay with assigned teams tossing or passing a sponge (or ball) randomly among team members in a circle formation c) newspaper relay - don't get the paper wet while swimming the backstroke d) earn points by throwing a ball into the interior circle of a round inflatable pool ring e) assign one girl the role of "shark" and have her float on her back with the other girls (fish) standing or swimming in a circular motion around her. Assign a safety zone for the fish to escape. When the shark decides to "have lunch" she quickly turns over from her back position and swims (or walks/runs) through the water to find her prey. The other girls (fish) attempt to swim for safety prior to being tagged by the shark. The first girl tagged becomes the next "shark".
5. Discuss the first aid and lifesaving methods for drowning victims. **GIRLS SHOULD BE INSTRUCTED NOT TO GO INTO THE WATER BUT TO QUICKLY FIND AN ADULT.** An object that is buoyant may be thrown to the drowning victim (paddle, towel, life jacket, etc) The use of life saving equipment may be demonstrated by the qualified individual.
6. Present safe boating habits, reminding girls to wear appropriate life jackets according to their weight and size. Swim with a life jacket on - first lying on your back and then your front. "Practice" falling into the water wearing a complete set of clothes to experience the weight and "feel" of being fully clothed in water. Discuss how clothing may offer some measure of buoyancy. Talk about activities other than boating during which a girl may fall into water unexpectedly. (Fishing dock, river bank, etc.).

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