



Irish Water Safety

Cumann Sábháilteacht Uisce

A Water Safety Awareness Programme for Primary Schools



ACTIVITY CARDS



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Foreword

Irish Water Safety's Primary School Water Safety CD and Teachers Resource Booklet provide a unique practical approach to teaching children how to enjoy aquatic environments safely.

The resource is designed specifically for primary school classes with the objective of increasing student's awareness of water safety best practices.

Irish Water Safety has endeavoured to establish a user-friendly resource for both the student and the teacher. The programme content is designed around six water safety modules - boating, inland waterways, beach, pool, farm and home. The delivery is consistent in style, content and message thus making it easy for children to understand. The programme has evolved over a number of years and reviews of the content over that period have developed an effective teaching model.

The CD and supporting Teachers Resource Booklet provides the teacher with the background knowledge required to help the children complete the tasks stimulated by the CD cartoon messages, the cloze tests, "break the codes" and the games sections. It is not intended to be prescriptive but it gives the teacher activities for initial stimulation, reference topics and ideas for extension work.

Understanding water safety is a fundamental element in the education of primary school children. The reason these skills are so important is because Ireland, as an island nation, is aquatic oriented. All major towns are located near lakes, rivers or the sea and many towns have swimming pools available for school and community use. These physical settings provide outstanding opportunities for aquatic activities, but also create hazards of which people must be suitably aware. Involvement in this programme will raise children's water safety awareness and help reduce the number of tragic fatalities due to drowning.

Captain Birds Eye became involved with Irish Water Safety last year and is very supportive of all initiatives. The collaboration between Captain Birds Eye and Irish Water Safety provides a unique opportunity to teach children not only about water safety but also about healthy eating and the important nutrition messages that help maintain a healthy lifestyle. The "Fuel for Fitness" module has been included in this regard.

I would like to convey my appreciation to all those who contributed to this resource. I am also grateful to the Education Commission of Irish Water Safety, chaired by Mr Michael Murphy and to those who were involved in the development work completed within Irish Water Safety under its former role in the National Safety Council and the Irish Red Cross. In particular, I thank Captain Birds Eye for enabling us to provide this educational resource that promotes a safe and enjoyable time around water.

Frank Nolan
Chairman



INTRODUCTION

Water is part of our everyday lives. It is vital and extremely useful in countless ways:

- Cooking
- Transport
- Fishing
- Scenery
- Washing
- Generating Electricity
- Agriculture
- Leisure Activities

Our lives depend on the availability of water. In Ireland we are lucky to have a plentiful supply of good clean water that is a natural source of beauty and can also enrich our lives in very many ways. But water must be respected. Water can also cause accidents.

Each year we read headlines like:

Child drowns in the bath

Body recovered from the canal

Three missing while fishing

Bravado ends in drowning

The message of this schools' pack is **SAFETY**.

Children can drown in as little as 5 cms of water - in such places as the bath, the paddling pool or the water barrel. They must be taught the danger of carelessness near water and it is for this purpose that this resource pack has been devised. If the pack can, with the teacher's help, save one life by making the pupils more aware, it will have been a very worthwhile project.

THE CD-ROM

The CD-Rom is divided into six modules:

- 1** Boating
- 2** Inland Waterways
- 3** Beach
- 4** Pool
- 5** Farm
- 6** Home

By choosing a module from the main page, children will view an introductory video message from Captain Birds Eye. This overview is followed by key water safety messages delivered in cartoon format. Children are then tested in a quiz module based on what they have learnt. They complete their experience by playing a module game.

In addition there is a section entitled "Fuel for Fitness" which details how food is a source of energy and explains the different nutrients requires to stay healthy.

A separate Teachers Resource section on the CD contains supplementary material for teachers.

THE CD-ROM

The format of the CD-Rom is as follows.

Each of the six modules contains:

- 1** Video introduction by Captain Birds Eye
- 2** Water Safety Rules
- 3** Quiz
- 4** Game

Teachers are encouraged to draw out pupil's own ideas. A number of topics are given in this book as an aid to discussion. Teachers and pupils will draw much more from the interactive format of the CD.

THE QUIZ

Having studied the water safety rules within each segment, the pupil has an opportunity to test what they have learned.

For 1st and 2nd classes this takes the format of a "Spot the Hazards" illustration.

At 3rd and 4th class level the activity is a cloze test.

At 5th and 6th class the activity is a cloze test of more difficulty.

In addition to running each activity directly from the CD, teachers have an option of saving each module to a PC for full class work. Furthermore each activity may be photocopied from this book. Each worksheet also features a coded message that the pupils must crack. Answers for all sections are provided.

BOATING SAFETY

WATER WISE WORDS FROM CAPTAIN BIRDS EYE

Captain Birds Eye here and I always make safety the top priority on my ship.

Before setting out, we always check the weather forecast and make sure that the boat is safe. What's more, we always wear a Personal Floatation Device. Even after doing all these things, there are many more steps to take so that you stay safe when boating with friends or family.

Making sure that you always get into a boat wearing a Personal Floatation Device and that an adult is with you is just a start. Being careful not to overload the boat because you might fall in if it becomes unstable is another important tip - and we all know how essential a Floatation Device would be if we fell in!

I've made the following list of dangers so that all my shipmates can stay safe.

WATER SAFETY RULES:

13 Steps to Boating Safety

- 1** Check condition of boat and equipment, hull, engine, fuel, tools, torch.
- 2** Check the weather forecast for the area.
- 3** Check locally concerning dangerous currents, strong tides, etc.
- 4** Carry an alternative means of propulsion, e.g. sails and oars or motor and parts.
- 5** Carry a first aid kit on board and distress signals (at least two parachute distress rockets, two red hand flares).
- 6** Carry a fire extinguisher, a hand bailer or bucket with lanyard and an anchor with rope attached.
- 7** Carry marine radio or some means of communication with shore.
- 8** Do not overload the boat - this will make it unstable.
- 9** Do not set out unless accompanied by an experienced person.
- 10** Leave details of your planned trip with someone ashore - including departure and arrival times, description of boat, names of persons on board.
- 11** Wear a personal floatation device at all times.
- 12** Keep an eye on the weather - seek shelter in good time.
- 13** In an emergency call 999 or 112 and ask for Marine.

BOATING SAFETY

WHAT IS A PERSONAL FLOATATION DEVICE?

A Personal Floatation Device (PFD) is another word for lifejackets and buoyancy aids. The main difference between lifejackets and buoyancy aids is that a lifejacket will turn a person face up in the water. A buoyancy aid may not do this but it will help to keep you afloat. It is very important that you wear a PFD such as a lifejacket

when you are on or near water. Make sure that it is the correct size, that it is properly fastened and that you understand how it works. Wearing a PFD will give you extra time for the search and rescue services to find and rescue you.

THE QUIZ - BOATING SAFETY

1st & 2nd class: Spot the hazards



THE QUIZ - BOATING SAFETY

3rd & 4th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

It was the _____ holidays. Annie and her Dad were going boating. Annie was on the internet, she was _____ the weather _____ for their area. Then Dad and Annie _____ all the things they needed for their trip including a first aid kit and distress _____. They told Mum what time they expected to get back. She knew if they didn't get back in time she should _____ the Coast Guard. Dad and Annie got to the boat and put on their personal _____ devices. They knew that if they got into trouble these would keep them _____ and they knew to stay with the boat. Before they set off Dad checked that the _____ radio was working in case he needed to call for _____.

call	marine	collected
help	checking	summer
afloat	floatation	forecast
signals		

2 BREAK THE CODE - Read the message:

XIFO PVU GUTJOH CFXBSF DIFDL UIF GPSFDBTU UBLF DBSF

THE QUIZ - BOATING SAFETY

5th & 6th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

- 1 Check _____ of boat and equipment, hull, engine, fuel, tools, torch.
- 2 Check the weather _____ for the area and check locally concerning dangerous currents or strong tides.
- 3 Carry a first aid kit on board and _____ signals.
- 4 Carry a fire _____, a hand bailer or bucket with lanyard and an anchor with rope attached.
- 5 Carry marine radio or some means of _____ with shore.
- 6 Do not _____ the boat - this will make it unstable.
- 7 Do not set out unless _____ by an experienced person.
- 8 Leave details of your planned trip with someone _____ - including departure and arrival times, description of boat, names of persons on board, etc.
- 9 Wear a _____ floatation device at all times.
- 10 Keep an eye on the weather - seek _____ in good time.

distress	forecast	personal
shelter	extinguisher	condition
overload	communication	ashore
accompanied		

2 BREAK THE CODE - Read the message:

29 30 11 35 11 16 22 25 11 30 33 19 30 18 35 25 31 28 12 25 11 30

INLAND WATERWAYS SAFETY

WATER WISE WORDS FROM CAPTAIN BIRDS EYE

Captain Birds Eye here! My shipmates spend most of their time at sea but there are lots of you nippers who have great fun at rivers, canals and lakes.

To get the most fun at inland waterways, you should follow my advice, and stay **SAFE** and **Stay Away From the Edge**.

Rivers have swift currents and very deep areas, so you need to check with adults to make sure that it's safe. Remember currents can be faster and stronger than they appear.

What's more, it can be very difficult to get out if you fall in, so don't play near the edge where slippery grass or crumbling riverbanks put you and your friends at risk. Remember - there are lots of other inland waterways where you need to be careful - lakes, park ponds, reservoirs, piers, wetlands, even construction sites!

Captain Birds Eye has plenty of advice, all listed below

WATER SAFETY RULES:

Rivers

- 1** Do not picnic or play near the edge of overhanging riverbanks. They can crumble away suddenly.
- 2** Rivers have swift currents and very deep areas. Always get an adult to check it's safe before you enter the water.
- 3** The best way is by asking an adult who knows the area; a lifeguard, a shopkeeper, caravan park owner or someone who lives nearby. They are most likely to know the dangers and direct you to a safe spot.
- 4** Always keep your eyes open and pay attention to avoid tripping over things.
- 5** Be careful of slippery grass by the edge.
- 6** Beware of submerged objects - they can be very dangerous. Keep watch for trees, branches, rocks and rubbish. Always enter the water feet first.
- 7** If you are caught in a current, float on your back and travel downstream feet first to protect your head.
- 8** Never push a friend into the water "for a laugh".
- 9** Never wade into a river to get a ball back.
- 10** Do not jump off bridges - even if you see your friends do it.

INLAND WATERWAYS SAFETY

CANALS AND OTHER WATERWAYS:

Canals

- 1** Be careful not to go on ice-covered canals.
- 2** Canals are man made and have very steep sides so do not swim there and stay away from the edge. Locks are also dangerous places
 - the water is very deep.
- 3** Do not remove or tamper with ring buoys. They could save a life.
- 4** Never drink canal water even if it looks clean.

Construction Sites, Reservoirs, Gravel Pits and Quarries

- 5** You cannot tell how deep a hole is if it is water filled.
- 6** Ground churned up by digging machinery can be very soft and become water filled, acting like "quicksand".
- 7** Sides of trenches can collapse.
- 8** Reservoirs, Gravel Pits and Quarries are deep and cold with sudden changes in depth. Never go alone.

PIERS, LAKES AND CLIFFS:

Piers

- 1** Be very careful walking along piers that you do not trip or get blown into the water.
- 2** When fishing, make sure that an adult is always with you.
- 3** Never reach out after tangled fishing lines in case you fall into the water.

Lakes

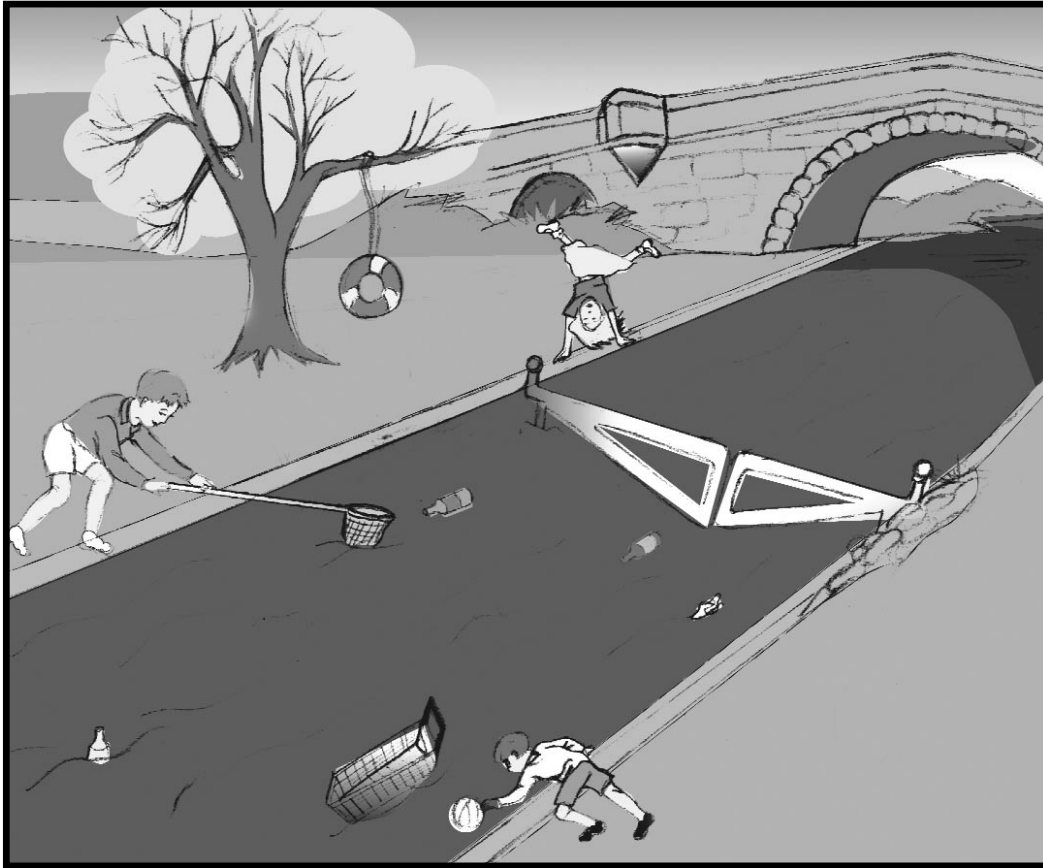
- 4** Cold water in lakes can be very dangerous. It is often much colder beneath the surface than you think. Suddenly getting into cold water can give you cold shock. If you feel cold, get out of the water straight away.
- 5** Do not walk on a frozen lake or river - use a bridge instead.
- 6** The bottom of lakes and rivers can be soft and uneven. Look out for submerged objects.
- 7** Do not retrieve model boats by wading in.
- 8** Large lakes and rivers may look calm, but remember wind will cause choppy waves that make it dangerous to swim.
- 9** Floating toys are great fun to play with but do not use them at rivers or lakes
 - you can be easily blown away from shore.

Cliffs

- 10** Keep clear of edges as cliffs can be slippery when wet and may be loose underfoot.

THE QUIZ - WATERWAYS SAFETY

1st & 2nd class: Spot the hazards



THE QUIZ - WATERWAYS SAFETY

3rd & 4th class:

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

David and Paul walk home from school along the _____ bank. They are Water Wise and always make sure to stay S.A.F.E. - their teacher says that _____ Stay Away From the Edge. But some of the _____ in their school aren't as clever. Bob often _____ past them even though he knows he could fall in. Yesterday two of the younger boys were trying to reach their football with a stick. They were standing too _____ to the edge. Sometimes the older boys play on the wall of the _____ and dive into the water. Perhaps they don't know that there's a strong _____ that could sweep them away quickly. David and Paul prefer to _____ where they can be _____ and supervised.

safe	means	current
swim	near	skateboards
bridge	river	children

3rd & 4th class:

2 BREAK THE CODE:

Read the message:

OFWFS XBML PO JDF

THE QUIZ - WATERWAYS SAFETY

5th & 6th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

- 1 Do not picnic or play near the edge of overhanging riverbanks at the water's edge. They can _____ away suddenly.
- 2 Rivers have swift _____ and very deep areas. Always get an adult to check it's safe before you enter the water.
- 3 The best way is by asking an _____ who knows the area; a lifeguard, a shopkeeper, caravan park owner or someone who lives nearby. They are most likely to know the dangers and direct you to a safe spot.
- 4 Beware of _____ objects - they can be very dangerous. Keep watch for trees, branches, rocks and rubbish. Always enter the water feet first.
- 5 If you are caught in a current, float on your back and travel _____ feet first to protect your head.
- 6 Do not _____ or tamper with ring buoys. They could save a life.
- 7 You cannot tell how _____ a hole is if it is water filled.
- 8 Be very _____ walking along piers that you do not trip or are blown into the water.
- 9 When fishing, make sure that an adult is _____ with you.
- 10 Cold water in lakes can be very dangerous. It is often much colder beneath the _____ than you think. Suddenly getting into cold water can give you a cold shock.
If you feel cold, get out of the water straight away.

submerged	adult	downstream
remove	currents	crumble
careful	deep	always
surface		

2 BREAK THE CODE - Read the message:

33 18 15 24 35 25 31 11 28 15 33 11 14 19 24 17 31 29 15 35 25 31 28 18 15 11 14
13 18 15 13 21 35 25 31 28 16 25 25 30 19 24 17 25 24 30 18 15 28 19 32 15 28 12 15 14

BEACH SAFETY

WATER WISE WORDS FROM CAPTAIN BIRDS EYE

Captain Birds Eye here. Listen up crew - now you too can learn all the beach safety advice that I give to my shipmates back on my island.

Many beaches are as pretty as a postcard but they can mask hidden dangers. When enjoying the beach with friends and family make sure that you play together - don't wander off alone.

Never use inflatable toys in open water because you could get blown out to sea and never swim out too far in case you get tired.

Staying warm is very important so when my ship mates go for a swim, I keep a close watch on them at all times in case they stay too long in the water.

And remember - never swim when the red flag is flying and always swim where a lifeguard is present.

Make your trip to the beach fun to remember - there's lots more advice and games ahead so have fun and be water wise.

I've plenty of advice me hearties to wise up to water safety on the beach, all listed below.

WATER SAFETY RULES:

Flags

1 Learn what these flags mean:

- The RED AND YELLOW FLAGS mean: **Lifeguards are on patrol.** Swim between the two red and yellow flags at the waters edge - that's the area patrolled by Lifeguards.
- The RED FLAG means: **Dangerous to bathe or swim** and you should not go into the water.
- NO FLAG means: **No lifeguard** is on duty.

BEACH SAFETY

14 Steps To Safe and Enjoyable Swimming

- 1** Don't swim alone.
- 2** Don't swim just after eating.
- 3** Don't swim when you're hot or tired.
- 4** Don't swim in strange places.
- 5** Don't swim out after anything drifting.
- 6** Don't stay in the water too long.
- 7** Don't swim out to sea.
- 8** Swim parallel and close to the shore.
- 9** Do what the lifeguard tells you.
- 10** Never use inflatable toys.
- 11** Pay attention to signs on the beach.
- 12** Don't be a bully.
- 13** Learn to use equipment before trying it out.
- 14** Learn Basic Life Support.

Hot Tips For Sun Lovers

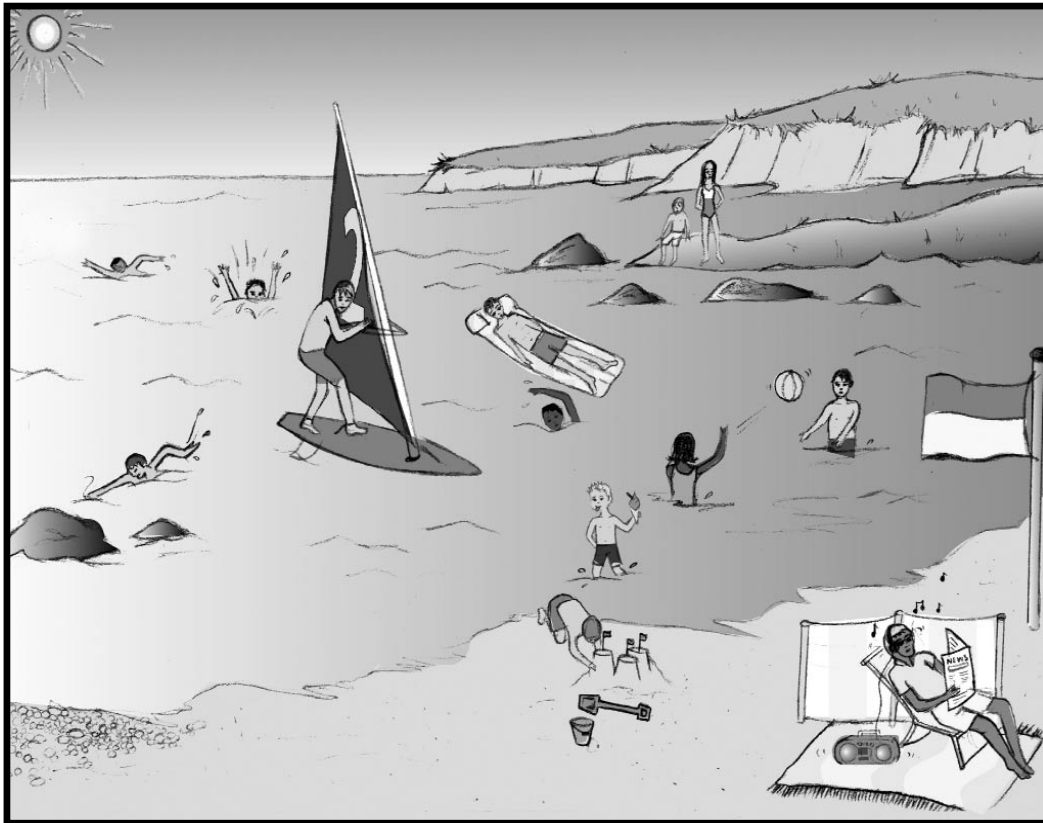
- 1** The sun's rays can be dangerous.
- 2** To protect yourself from the sun remember, slip,slop,slap:
 - SLIP! On a T-shirt.
 - SLOP! On sunscreen.
 - SLAP! On a hat.

Keep Inflatable Toys Out Of The Water

- 1** Inflatables such as airbeds and small rubber dinghies are fun but can be very dangerous.
- 2** Keep inflatables on the beach and never use them in the sea.
- 3** A wind blowing off the land makes the sea look calm, flat and safe. It takes only a light breeze to sweep an inflatable out to sea very quickly.
- 4** Surf conditions can be very dangerous for inflatable toys.
- 5** If your inflatable is swept away, do not go after it. Tell a lifeguard.

THE QUIZ - BEACH SAFETY

1st & 2nd class: Spot the hazards



THE QUIZ - BEACH SAFETY

3rd & 4th class:

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

We all love to spend a day on the beach when the weather is sunny. It's a place where people can relax and have fun. However, if people are not _____ the beach can become the scene of bad accidents. When you go to the beach look for the red and yellow striped flags that tell you that a _____ is on duty. If the flag flying is red only that means it is _____ to swim. After eating always wait an hour before swimming or you could risk getting cramps. Never bring _____ toys into the sea in case you are swept away. When swimming stay close to the shore and swim _____ otherwise you may end up out of your depth or find yourself too far out to swim back. Never swim _____, there will be nobody there to help you if you get into trouble. Don't forget to protect your skin from the _____ rays of the sun. _____ these rules and stay _____.

safe	remember	parallel
careful	inflatable	dangerous
alone	lifeguard	harmful

2 BREAK THE CODE:

Read the message:

TXJN JO BSFBT QSPUFDUFE CZ MJGFHVBSET

THE QUIZ - BEACH SAFETY

5th & 6th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

- 1 Don't swim _____ or just after eating.
- 2 Don't swim when you're hot or _____.
- 3 Don't _____ in the water too long.
- 4 Don't swim out to sea. Swim _____ and close to the shore.
- 5 Do what the lifeguard tells you. The red and yellow flags mean: **Lifeguards are on patrol.** Swim _____ the two red and yellow flags at the waters edge - that's the area patrolled by Lifeguards.
- 6 Never use inflatables such as airbeds and small rubber dinghies. They may be fun but can be very _____. Keep them on the beach and never use them in the sea.
- 7 Pay _____ to signs on the beach. No flag means that **no lifeguard** is on duty.
- 8 _____ Basic Life Support.
- 9 The sun's rays can _____ skin cancers.
- 10 To protect yourself from the sun remember:
 - Slip! On a T-shirt.
 - SLOP! On _____.
 - SLAP! On a hat.

sunscreen	learn	attention
parallel	between	dangerous
stay	tired	alone
cause		

2 BREAK THE CODE - Read the message:

14 25 24 25 30 29 33 19 23 30 25 25 29 25 25 24 11 16 30 15 28 11 23 15 11 22

POOL SAFETY

WATER WISE WORDS FROM CAPTAIN BIRDS EYE

There's nothing my shipmates like better than a dip in the sea but shiver-me-timbers the ocean can get too cold for even the hardiest shipmate. That's when my little nippers head for the pool where swimming and having fun keeps them smiling like dolphins.

You too can have lots of fun if you remember to be extra careful from the time you arrive at a pool. Find out if there is a Lifeguard on duty and follow all the pool rules that are there for your safety.

Remember to check how deep the pool is and watch out for sudden drops in the pool floor - you don't want to find yourself out of your depth!

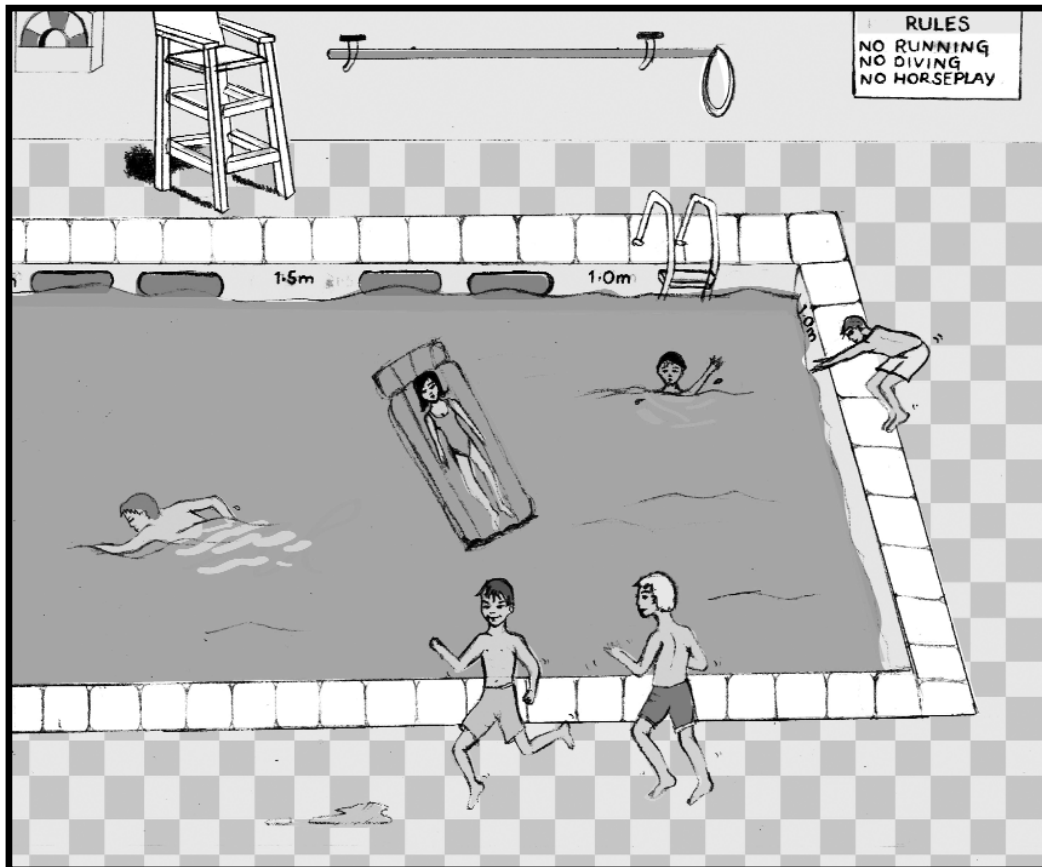
The best thing about pools is that you can have great fun learning swimming and lifesaving skills so don't forget to ask about classes. All of my crew have taken water safety classes and now Captain Birds Eye has plenty of safety advice for your pool visit all listed below.

WATER SAFETY RULES:

- 1** Find out if there is a lifeguard on duty before you go into the water. Do what the lifeguard tells you. Remember, they are there to help you have a good time.
- 2** Leave time after your meal before you go swimming.
- 3** If you had a long car journey to get there, wait a while before having a swim.
- 4** If you are with younger children, watch out for them at all times.
- 5** Be careful not to wander off from the adults who are with you.
- 6** Watch out in case there is no proper barrier between the kiddies pool and the main pool.
- 7** Check to see how deep the pool is. Ask an attendant in case the depth is not clearly marked.
- 8** Be careful not to dive into shallow water.
- 9** Watch out for sudden drops in the pool floor.
- 10** Obey all the pool safety rules such as no running, no running dives, no horseplay.
- 11** Check for tiles that are missing, uneven or slippery in or around the pool.
- 12** Remember to check for others before entering the water.
- 13** Do not swim in a pool with discoloured water.

THE QUIZ - POOL SAFETY

1st & 2nd class: Spot the hazards



THE QUIZ - POOL SAFETY

3rd & 4th class:

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

When its too cold for a dip in the sea there's no better place to go than the _____ pool. You can have lots of fun but you must _____ to follow all the pool rules that are there for your safety. Firstly, always find out if there is a _____ on duty. Then make sure you know where the deep and shallow _____ are. Stay within your depth. Remember in some pools the deep end is in the _____ ! The tiles around the pool are _____ and slippery so remember to walk carefully, you don't want to end up slipping in. Only dive in if you have permission and make _____ you're not diving into the shallow end and remember to _____ for others! Be careful not to _____ away from the adults you are with. If the water in the pool isn't _____ don't get in.

lifeguard	ends	swimming	sure	remember
middle	wander	clear	check	wet

2 BREAK THE CODE:

Read the message:

Gpmmpx fwfsz svmf xifo bu uif qppm

THE QUIZ - POOL SAFETY

5th & 6th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

- 1 Find out if there is a _____ on duty before you go into the water. Do what the lifeguard tells you.
Remember, they are there to help you have a good time.
- 2 Leave time after your _____ before you go swimming.
- 3 Be careful not to _____ off from the adults who are with you.
- 4 If you are with younger _____, watch out for them at all times.
- 5 Check to see how deep the pool is. Ask an attendant incase the depth is not clearly marked. Be careful not to dive into _____ water.
- 6 Watch out in case there is no proper _____ between the kiddies pool and the main pool.
- 7 Obey all the pool _____ rules such as no running, no running dives and no horseplay.
- 8 If you notice tiles that are missing or _____ in or around the pool report them to somebody in charge.
- 9 Do not swim in a pool with _____ water.
- 10 Remember to check for _____ before entering the water.

barrier	meal	children
wander	safety	shallow
others	discoloured	lifeguard
uneven		

2

BREAK THE CODE - Read the message:

33 11 30 13 18 25 31 30 16 25 28 29 31 14 14 15 24 14 28 25 26 29
13 18 15 13 21 16 19 28 29 30 16 25 28 30 18 15 14 15 15 26 15 24 14

FARM SAFETY

WATER WISE WORDS FROM CAPTAIN BIRDS EYE

Captain Birds Eye here! It's not just me and my crew who need to be careful around water. Lots of people live on farms and even more visit farms to see family and friends.

Visiting the countryside can be great fun and most of my shipmates think that it's a very safe place to be. But farms have lots of water hazards and it's easy to get into trouble if you don't stop to think.

Farms often have large water tanks that are impossible to climb out of if you fall in unnoticed. Reeds and grasses often hide the edge of ponds; riverbanks may be weak and could give way under your weight; even frozen ponds can look like fun to skate on, however in Ireland the ice is rarely strong enough to bear a person's weight.

Slurry pits can look solid enough to stand on but don't be fooled - you would quickly sink. Ponds are often out of view of the house so have an adult with you when playing.

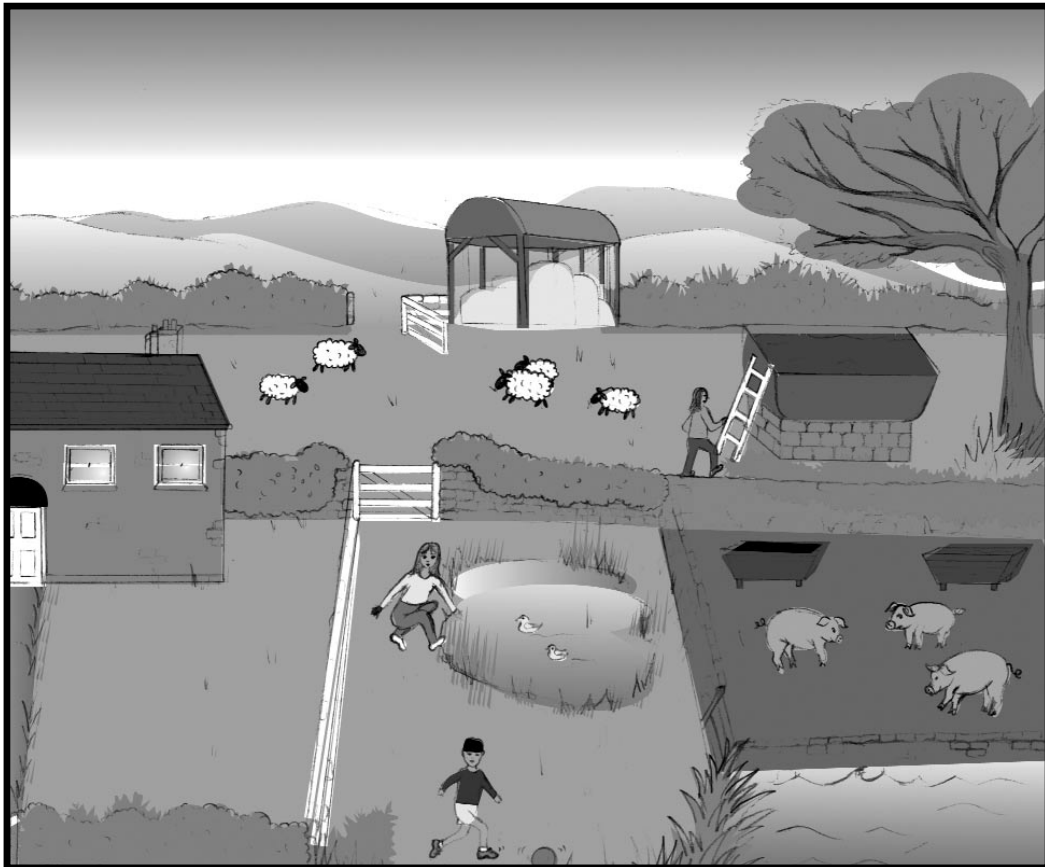
Now take Captain Birds Eye's advice and always think twice about the dangers to look out for the next time you are on a farm.

WATER SAFETY RULES:

- 1** Stay well away from water tanks, barrels and troughs. Do not use ladders to climb up - if you fall in there is not likely to be anyone around to pull you out.
- 2** Ponds on farms are often out of view of the house so always have an adult with you when you are feeding ducks or playing.
- 3** Reeds and grass often obscure the edge of a pond.
- 4** The banks of a pond may be weak and could give way under your weight.
- 5** A frozen pond or lake can look very inviting to skate on, however in Ireland the ice is rarely strong enough to bear a person's weight. Do not take chances. Never ever walk on frozen waterways.
- 6** Slurry Pits are not solid enough to stand on and you would quickly sink. They are very dangerous. Keep away!

THE QUIZ - FARM SAFETY

1st & 2nd class: Spot the hazards



THE QUIZ - FARM SAFETY

3rd & 4th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

Aoife and Conor live on a _____. They help their Mum and Dad when they can and they enjoy running in the fields and playing in the fresh air. Conor and Aoife know the dangers on a farm but when their cousins Dara and Ciara visit from the city they have to keep a close eye on them. Ciara and Dara don't know about the _____ dangers on the farm. The _____ pit is the one that confuses them most. It looks so solid but it acts like _____! Even in the fields they have to be careful, there are streams nearby but they are _____ off. However, there is always the risk of falling into a _____. Barrels collecting rainwater are _____ to prevent anyone falling in. The edges of the pond can be _____ so it's important to stay away from the edge when they go to feed the ducks. Dara and Ciara love visiting their cousins but they know they have to pay _____ to the dangers there.

quicksand	attention	hidden
fenced	slurry	covered
weak	boghole	farm

2 BREAK THE CODE - Read the message:

CFXBSF PG UIF TMVSSZ QJU
TUBZ XFMM BXBZ GSPN JU

THE QUIZ - FARM SAFETY

5th & 6th class

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

- 1 Stay well away from water _____ and troughs.
- 2 Do not use _____ to climb up into water tanks
- if you fall in there is not likely to be anyone
around to _____ you out.
- 3 Ponds on farms are often out of view of the
house so always have an adult with you when you
are _____ ducks or playing.
- 4 Reeds and grass often _____ the edge of
the pond.
- 5 The banks of a pond may be _____ and could give
way under your _____.
- 6 A frozen pond or lake can look very inviting to
_____ on, however, in Ireland the ice is rarely
strong enough to bear a person's weight. Do not
take chances. Never ever walk on frozen waterways.
- 7 Slurry pits are not _____ enough to stand on
and you would quickly sink. They are very
_____. Keep away!

weight	solid	dangerous
obscure	pull	skate
feeding	barrels	ladders
weak		

2 BREAK THE CODE - Read the message:

273119132129112414 2524 11 16112823?
 2415321528 1815112814 2516 1930!
 2815231523121528 3318152815 301815 141124171528
 1130 301815 292231282835 261930 1819141529

HOME SAFETY

WATER WISE WORDS FROM CAPTAIN BIRDS EYE

Captain Birds Eye here with great tips on water safety in the home. My shipmates always play safe when they're enjoying themselves around water. Even when they go home to rest, I know they'll be safe because just like you, they listened to my advice and now they know that accidents can easily happen at home too.

Remember that you can get into trouble in very shallow water, in such places as the stream at the end of the garden, fish ponds, barrels of water, play pools, sinks and baths - anything that holds water can cause accidents!

Baths in particular can be very dangerous so make sure that you are always supervised. Always empty baths after use and when full, see that no chairs are nearby in case younger nippers try to climb in!

Now check out my advice and learn about the dangers in and around your home. With a little care and attention, you can be accident free, just like me! I've made a list of dangers so that all my shipmates can stay safe.

WATER SAFETY RULES:

Know the dangers in the home:

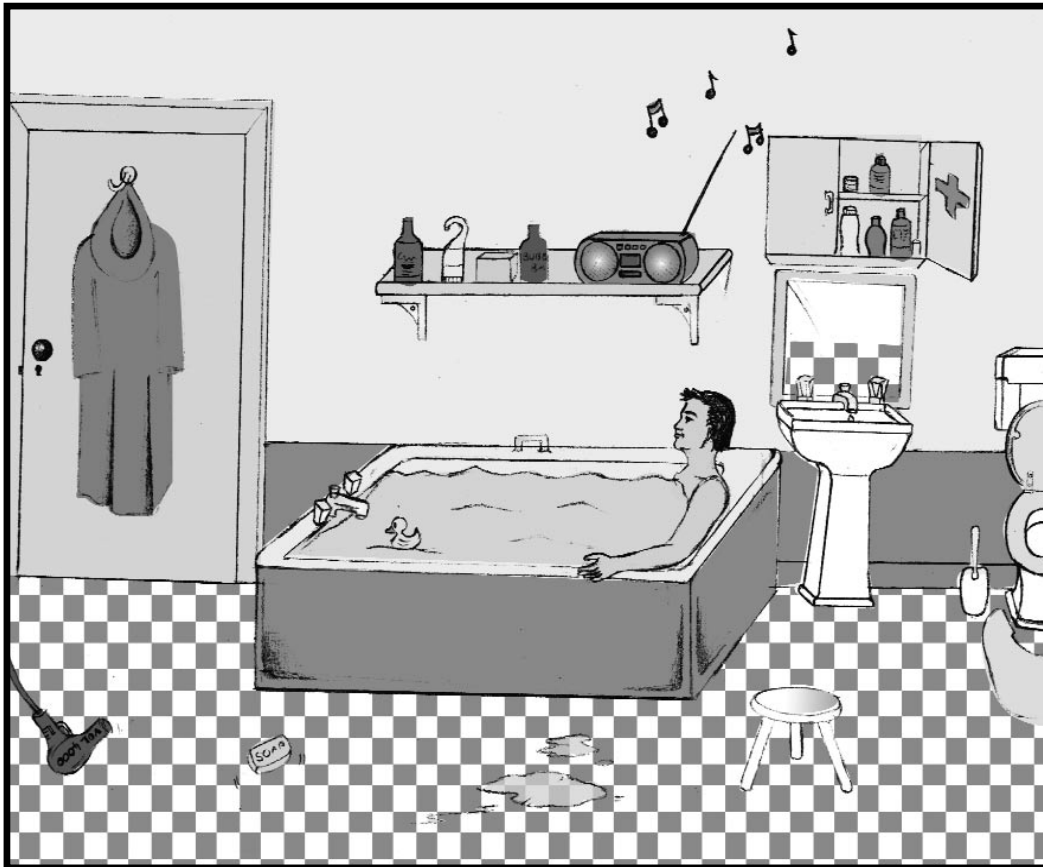
- 1** Make sure that you are always supervised at bath time.
- 2** Empty baths after use. When full, see that no chairs are nearby in case younger children climb into the bath.
- 3** Keep bath plugs out of reach of younger children.
- 4** Keep away from washing machines and other large containers of water.

Know the dangers around the home:

- 5** An adult should always supervise playtime in paddling pools.
- 6** Paddling pools should be emptied straight away after use.
- 7** Holes or drains left exposed after building work should be closed.
- 8** Rain barrels, water tanks, wells and fish ponds should be covered with wire mesh.
- 9** Private swimming pools should be fenced in and have covers that can be firmly secured.
- 10** Adults should fence rivers, streams or drains running near the home.

THE QUIZ - HOME SAFETY

1st & 2nd class: Spot the hazards



THE QUIZ - HOME SAFETY

3rd & 4th class:

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

One evening Karen decided to have a _____. When she was finished her little _____ Mark started banging on the door, he wanted to get in. Karen opened the door but she _____ to take the plug out of the bath, it was still _____ of water. Mark saw his toy boat on the windowsill. He stood on the _____ of the bath and stretched up to get it. But Mark _____ and landed in the bath, banging his head. He was _____! Just then Karen went back into the _____ and when she saw him in the water she called for _____. Their Mum was able to _____ him out. Mark was _____ he could have drowned.

brother	pull	bathroom	edge	lucky
full	help	unconscious	slipped	bath
forgot				

2 BREAK THE CODE:

Read the message:

CF DBSFGVM BU CBUI UJNF

THE QUIZ - HOME SAFETY

5th & 6th class

1 CLOZE TEST::

Read the following passage and fill in the gaps with the words below:

- 1 Empty baths after use. When full, see that no chairs are nearby in case younger children _____ into the bath.
- 2 Keep bath _____ out of reach of younger children.
- 3 Keep away from washing machines and other large _____ of water.
- 4 An _____ should always supervise playtime in paddling pools.
- 5 Paddling pools should be _____ straight away after use.
- 6 Holes or drains left exposed after _____ work should be closed.
- 7 Rain barrels, water tanks, wells and fish ponds should be _____ with wire mesh.
- 8 Private swimming pools should be fenced in and have _____ that can be firmly secured.
- 9 Adults should _____ off any rivers, streams or drains running near the home.

adult	plugs	climb
emptied	building	containers
fence	covers	covered

2 BREAK THE CODE - Read the message:

19 24 30 18 15 12 11 30 18 28 25 25 23
 12 35 30 18 15 26 11 14 14 22 19 24 17 26 25 25 22
 26 22 11 35 19 30 29 11 16 15 14 25 24 30 12 15 11 16 25 25 22

FUEL FOR FITNESS

CAPTAIN BIRDS EYE NUTRITION ADVICE

On my ship or on the island, there's always plenty to do, and my shipmates know that if they don't have the energy to work and play, they're going to miss out on all the fun.

So where do we get our energy from? Well the answer is easy - we all get energy from what we eat. Just like my ship needs wind in her sails, my shipmates and I need good food in our tummies to make sure we can keep up with all the adventures out there on the horizon. Feeling great and having lots of energy is all about eating well - and it's not difficult to do.

Good food is fun, and you might be surprised to find out how many of your favourite foods are just what you need for health and energy, so you can swim all those laps. In fact, I'm a bit of an expert on the subject, so check out my advice and you'll soon find that you're feeling fit enough to join me on my next voyage!

8 THINGS TO KNOW ABOUT FEELING GOOD:

- 1** Enjoy your food.
- 2** Eat different types of foods.
- 3** Eat the right amount of food to give you enough energy to play.
- 4** Eat plenty of foods rich in starch or fibre.
- 5** Eat plenty of fruits and vegetables.
- 6** Don't eat too many foods that contain a lot of fat.
- 7** Don't have sugary foods and drinks too often.
- 8** Food is fuel - so if you're using more energy, you might need to eat a little more to keep you going...

Not too sure what I mean about things like starch and fibre? Don't worry - here's where I explain everything. Just follow the points to find out how to be as hearty as me hearties!

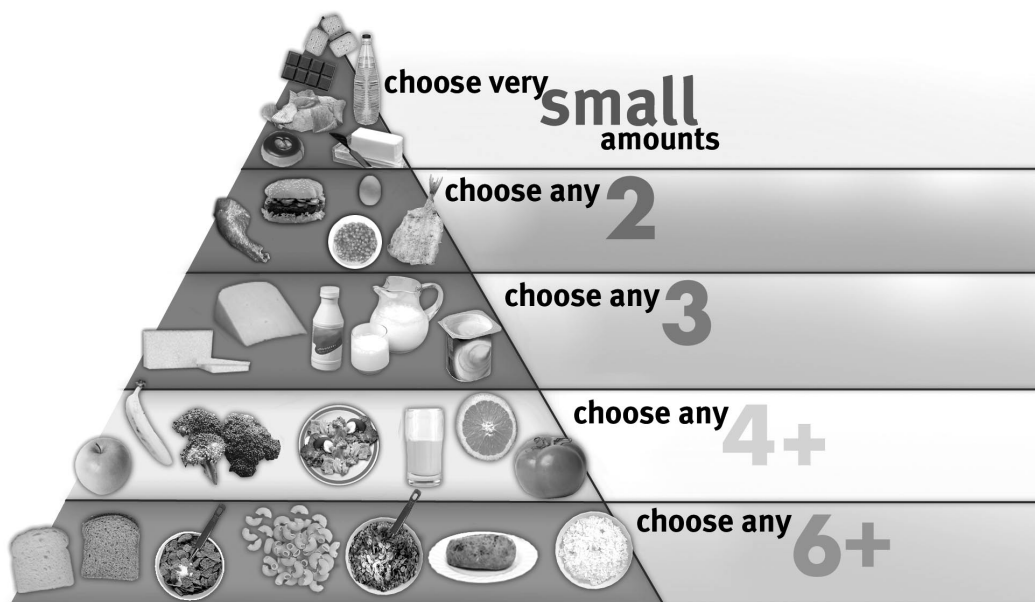
FUEL FOR FITNESS

■ Enjoy your food

- Make your favourite foods better for you - ask your Mum to grill or bake your fish fingers or burgers instead of frying them.
- If you fancy something sweet after dinner, treat yourself with lovely juicy oranges, strawberries or bananas.

■ Eat different types of food

- Our bodies need about 40 different nutrients to stay healthy. The more different kinds of food we eat, the more likely we are to get all these nutrients.
- The Food Pyramid helps us see what kinds of foods to be eating, and how much of each food type to choose.

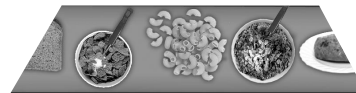


Food Pyramid

FUEL FOR FITNESS

■ The first layer of the pyramid - eat most of these

- Bread, potatoes, rice, pasta and breakfast cereals are on this list. They're the starches I was telling you about earlier. They're also called carbohydrates.



- Carbohydrates give you the energy you need to keep up with the rest of your shipmates. Without them you'd be like a ship without any wind in her sails.

■ The second layer of the pyramid - you want four or five portions of these!

- Fruit and vegetables are on the second layer of the pyramid. They're great for vitamins and minerals, and also have that fibre that's so good for you.



- Four or five portions might seem like a lot - but if you think of eating at least one piece of fruit or serving of vegetables with every meal, you won't fail!

■ The third layer of the pyramid - halfway there!

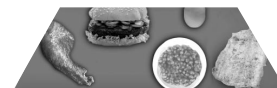
- Halfway up the food pyramid comes the dairy foods. These include milk, yoghurt, cheese and even ice cream!



- Dairy foods are full of calcium, which is really important for strong teeth and bones.

■ The fourth layer of the pyramid - nearly at the top now...

- Meat, chicken, fish, eggs, nuts, beans, peas and lentils are all really necessary to make sure you get your protein.
- Protein is one of those things that help you grow, it's good for developing your muscles.



FUEL FOR FITNESS

■ The top of the pyramid - the extras

- Sweets, cakes, fats like butter, sugary drinks, and cooking oil. There's no need to cut them out altogether, just go easy.



- Sweets and cakes will give you a quick bit of energy, but it's quickly gone again leaving you more tired than you were before.

■ Eat the right amount to be a healthy

- When you're growing you need more food, and if you're running around a lot you'll need even more!
- If you eat slowly and chew your food properly, your body will tell you when it's full up.

■ Food is fuel - so if you're using more energy, you'll need to eat a little more to keep you going...

- Energy Foods: working muscles need fuel to keep them going. Energy foods are: high in carbohydrates, low in fat, medium in protein.
- Drink lots of fluids: When you exercise so you need to drink more to replace all the fluid you're using up.

■ The Captain's Tips For Top Sportsmates and Shipmates

- Carbohydrates are the key to keeping your energy up during sports and physical activities.
- Try to eat a lower-fat diet to make room for the high-carbohydrate foods you need.
- Protein foods, like meat, chicken and fish are important, but eat them in moderate amounts.
- It is vital to drink plenty of fluids before, during and after exercising.

HAVE FUN ME HEARTIES, AND I'LL SEE YOU FOR THE NEXT ADVENTURE!

THE QUIZ - FUEL FOR FITNESS

All classes:

1 CLOZE TEST:

Read the following passage and fill in the gaps with the words below:

Our body needs 40 different nutrients to stay _____. The food _____ helps us see what kind of foods to be eating and how much of each type to choose. Breads, Cereals and Potatoes are on the first layer of the pyramid. These foods contain the starches, they're also called _____ and they give you the _____ you need to play. Fruit and vegetables are on the second layer and they are great for _____ and minerals. You should eat four or five portions of these a day. Halfway up the pyramid are the _____ foods. These include milk, yoghurt, and even ice cream! They contain the calcium that is really important for strong teeth and _____.

The fourth layer of the pyramid contains meat, fish, eggs, nuts; all really important source of _____ to make sure that your _____ grow and develop.

The top of the pyramid, the extras are made up of _____, cakes, sugary drinks, cooking oil. Just go easy on them, Remember the Captain says have butter with your bread not bread with your _____!

muscles	energy	dairy	carbohydrates	bones
sweets	butter	vitamins	healthy	protein
pyramid				

EXTENSION ACTIVITIES

GEOGRAPHY

- 1** Name the Irish beaches that have received a Blue Flag for being well kept and having clean water. Mark them on a map of Ireland.
- 2** On a map of Ireland mark in the main fishing ports.
- 3** On the same map show where lifeboats are located.

ENGLISH

- 1** There is a list of poems included in the teachers book that relate to water in serious and funny ways. Read some of these poems.
Which ones do you like? Why?
- 2** Write a poem about a day at the beach or fishing in the river. Make it a funny but safe poem.
- 3** You are on your holidays. Write a letter to your friend describing a rescue you witnessed.

P.E.

Role play of a land-based rescue - Reach, Throw, Wade, Go.

- 1** The ideal integration with physical education would be that all pupils learn
- 2** to swim. While this is not feasible everywhere the basics of safety can be covered.

EXTENSION ACTIVITIES

ENVIRONMENTAL STUDIES

- 1** List the safe swimming areas in your locality.
- 2** List the dangerous swimming areas in your locality.
What can be done to make them safe?
- 3** List the areas near where you live which are provided with lifebelts.
- 4** Recommend where additional lifebelts should be placed and why?
- 5** Study and write about water-skiing, snorkelling and jet skiing.

SCIENCE

- 1** Find out what happens when you breathe.
- 2** Find out what causes sunburn and how it can be prevented.
- 3** Investigate why some objects float and some sink. Does a large object sink faster than a smaller object of the same material?
- 4** How does a canal lock work?

ART

- 1** Make a Safety Art Poster about the place where you go swimming.
- 2** Draw or paint a sea scene on a stormy day.
- 3** Draw or paint the same scene on a calm day.
- 4** Make a collage of the beach on a lovely Summer's day.

HISTORY

- 1** Trace the paths of the Vikings across the sea when they attacked Ireland.
- 2** What rivers did the Vikings use to attack monasteries?
- 3** Find out how canals were used in the past.
Are there reasons for reopening canals now?
- 4** Discover what you can about the Titanic.
- 5** Find out about other sea tragedies - what caused them?
Could they have been avoided?

MUSIC

1 Here is a list of musical pieces that deal with water. Close your eyes and listen and discuss what pictures come into your mind.

Songs of the sea	Stanford
H.M.S. Pinafore	Sullivan
La Mer	Debussy
Fingal's Cave Overture	Mendelssohn
Blue Danube	Strauss
Water Music	Handel
March of the Smugglers	Bizet
The Pearl Fishers	Bizet
Scheherazade (The Sea & Sinbad's Ship)	Rimsky - Korsakov
Pastoral Symphony (Thunderstorm)	Beethoven
Trout Quintet	Schubert
Swan Lake	Tchaikovsky
The Swan (for Carnival of the Animals)	Saint Saens
South Pacific	Rodgers
Showboat	Kern

MUSIC

2 Many Irish songs have been written making reference to rivers and seas.

Here are a few.

Do you know any of them?

Can you add others to the list?

Oró mo Bháidin

Báidin Fhéidhlimí

Buachaill on Eirne

Anach Chuan

Bheir mé ó

Trasna Na dTonnta

3 Are there any modern songs about waterways such as rivers, canals, lakes or the sea?

POETRY

We Fish	Herman Melville
There Are Big Waves	Eleanor Farjeon
The Fish	Elizabeth Bishop
A Mermaid Song	James Reeves
Sailor Eleanor	Farjon
Jonah & The Whale	Gareth Owen
Stones by the Sea	James Reeves
Come on in the Water's Lovely	Gareth Owen
The Sea	John Reeves
Rowboats	Max Fatchen
The Beach	Leonard Clarke
The Shell	James Stephens
Paper Boat	Leonard Clarke
Bathtime	Michael Rosen
Until I see the Sea	Lilian Moore
Learning to Swim	Judith Nicholls
The River	Clive Richie
The Main Deep	James Stephens
The Shark	Lord Alfred Douglas
The Diver	Ian Serrailler
It makes a Change	Mervyn Peake
Daddy fell into the Pond	Alfred Noyes
The Black Pebble	James Reeves
Where go the Boats	Robert Louis Stevenson
The Land of Counterpane	Robert Louis Stevenson

CODES AND MESSAGES

3rd & 4th class BREAK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	ALPHABET
B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	LETTER CODE

5th & 6th class BREAK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	ALPHABET
11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	NUMBER CODE

T	U	V	W	X	Y	Z	ALPHABET
30	31	32	33	34	35	36	NUMBER CODE

BOATING

1st & 2nd class SPOT THE HAZARDS

- 1 Standing in a boat will make it unstable.
- 2 Neither child is wearing a Personal Floatation Device.
- 3 The child leaning over for the oar is in danger of falling in.
- 4 The children are not supervised by an experienced adult.
- 5 They have lost an oar and have no alternative such as a motor.

3rd & 4th class CLOZE TEST

summer	checking	forecast
collected	signals	call
floatation	afloat	marine
help		

CODES AND MESSAGES

BOATING

3rd & 4th class BREAK THE CODE

3rd & 4th class	XIFO PVU GJTIOH CFXBSF DIFDL UIF GPSFDBTU UBLF DBSF
Message	When out fishing Beware Check the forecast Take Care

5th & 6th class CLOZE TEST

condition	forecast	distress
extinguisher	communication	overload
accompanied	ashore	personal
shelter		

5th & 6th class BREAK THE CODE

5th & 6th class	29301135 111622251130 33193018 35253128 12251130
Message	Stay afloat With your boat

CODES AND MESSAGES

INLAND WATERWAYS

1st & 2nd class SPOT THE HAZARDS

- 1 The child reaching for the football is in danger of falling in.
- 2 The child reaching for the bottle is in danger of falling in.
- 3 The ringbuoy is missing from it's box.
- 4 The ringbuoy is being misused as a swing from the tree.
- 5 The child playing at the edge is in danger of falling in.
- 6 Discarded shopping trollies and rubbish are both an eyesore and a hazard.

3rd & 4th class CLOZE TEST

river	means	children
skateboards	near	bridge
current	swim	safe

3rd & 4th class BREAK THE CODE

3rd & 4th class	OFWFS XBML PO JDF
Message	Never Walk On Ice

5th & 6th class CLOZE TEST

crumble	currents	adult
submerged	downstream	remove
deep	careful	always
surface		

5th & 6th class BREAK THE CODE

5th & 6th class	33181524 352531 112815 331114192417 312915 35253128 18151114 1318151321 3523128 16252530192417 2524 301815 2819321528 121514
Message	When you are wading Use your head Check your footing On the river bed

CODES AND MESSAGES

BEACH

1st & 2nd class SPOT THE HAZARDS

- 1 Child is waving for help because s/he swam out too far.
- 2 Windsurfer: Do not swim where other water users are present.
- 3 The child should not be using an inflatable toy in the sea.
- 4 The adult playing loud music and reading the paper is not supervising the children in the water.
- 5 A person is swimming out to sea instead of swimming parallel to shore.
- 6 The children on the rocks are too close to the edge and may fall into deep water.
- 7 The person swimming too close to the rocks is in danger of injury from other rocks that may be hidden below the surface.

3rd & 4th class CLOZE TEST

careful	lifeguard	dangerous
inflatable	parallel	alone
harmful	remember	safe

3rd & 4th class BREAK THE CODE

3rd & 4th class	TXJN JO BSFBT QSPUFDUFE CZ MJGFHVBSET
Message	SWIM IN AREAS PROTECTED BY LIFEGUARDS

5th & 6th class CLOZE TEST

alone	tired	stay
parallel	between	dangerous
attention	learn	cause
sunscreen		

5th & 6th class BREAK THE CODE

5th & 6th class	14 25 24 25 30 29 33 19 23 30 25 25 29 25 25 24 11 16 30 15 28 11 23 15 11 22
Message	DO NOT SWIM TOO SOON AFTER A MEAL

CODES AND MESSAGES

POOL

1st & 2nd class SPOT THE HAZARDS

- 1 No lifeguard present.
- 2 Child diving is disobeying pool rules and may injure themselves and others nearby.
- 3 Water on the floor could cause an accident.
- 4 Children running and playing at the edge of the pool are disobeying pool rules.
- 5 Child on an inflatable toy is not supervised and may get into difficulties if she is out of her depth.

3rd & 4th class CLOZE TEST

swimming	remember	lifeguard
ends	middle	wet
sure	check	wander
clear		

3rd & 4th class BREAK THE CODE

3rd & 4th class	Qpmmpx fwfsz svmf xifo bu uif qppm
Message	Follow every rule when at the pool.

5th & 6th class CLOZE TEST

lifeguard	meal	wander
children	shallow	barrier
safety	uneven	discoloured
others		

5th & 6th class BREAK THE CODE

5th & 6th class	33 11 30 13 18 25 3130 16 25 28 29 311414 15 24 14 28 25 26 29 13 18 1513 21 16 19 28 29 30 16 25 28 30 18 15 14 15 15 26 15 24 14
Message	Watch out for sudden drops. Check first for the deep end.

CODES AND MESSAGES

FARM SAFETY

1st & 2nd class SPOT THE HAZARDS

- 1 Children playing football near ponds or slurry pits are in danger of falling in.
- 2 The edges of the pond may give way and the child is playing too close to the edge.
- 3 A child about to climb a ladder is in danger of falling into a water tank.
- 4 Others may be too far away to hear cries for help.

3rd & 4th class CLOZE TEST

farm	hidden	slurry
quicksand	fenced	boghole
covered	weak	attention

3rd & 4th class BREAK THE CODE

3rd & 4th class	CFXBSF PG UIF TMVSSZ QJU TUBZ XFMM BXBZ GSPN JU
Message	Beware of the slurry pit Stay well away from it

5th & 6th class CLOZE TEST

barrels	ladders	pull
feeding	obscure	weak
weight	skate	solid
dangerous		

5th & 6th class BREAK THE CODE

5th & 6th class	273119132129112414 2524 11 16112823? 2415321528 1815112814 2516 1930! 2815231523121528 3318152815 301815 141124171528 1819141529 1130 301815 292231282835 261930
Message	Quicksand on a farm? Never heard of it! Remember where the danger hides At the slurry pit

CODES AND MESSAGES

HOME

1st & 2nd class SPOT THE HAZARDS

- 1 The boy has closed the door and is unsupervised.
- 2 The hairdryer is on the floor and may get wet.
- 3 A bar of soap is on the floor and may cause an accident.
- 4 There is water on the floor that may cause a person to slip.
- 5 A younger child may use the stool to climb into the bath.
- 6 A child may slip if reaching for the radio. The radio may also fall into the water.
- 7 The medicine cabinet is unlocked and may be reached using the stool.

3rd & 4th class CLOZE TEST

bath	brother	forgot	full	edge
slipped	unconscious	bathroom	help	pull
lucky				

3rd & 4th class BREAK THE CODE

3rd & 4th class	CF DBSFGVM BU CBUI UJNF
Message	Be careful at bath time

5th & 6th class CLOZE TEST

climb	plugs	containers
adult	emptied	building
covered	covers	fence

5th & 6th class BREAK THE CODE

5th & 6th class	19 24 30 18 15 12 11 30 18 28 25 25 23 12 35 30 18 15 26 11 14 14 22 19 24 17 26 25 25 22 26 22 11 35 19 30 29 11 16 15 14 25 24 30 12 15 11 16 25 25 22
Message	In the bathroom, By the paddling pool Play it safe Don't be a fool

CODES AND MESSAGES

FUEL FOR FITNESS

CLOZE TEST

healthy	pyramid	carbohydrates	energy
vitamins	diary	bones	protein
muscles	sweets	butter	

BLUE FLAG AWARDS

The Blue Flag Awards Scheme was launched in EU Member states in 1987, European Year of the Environment. It is organised by the Foundation for Environmental Education In Europe (FEEE) and supported by the European Union. Blue Flags may be awarded to beaches, marinas and harbours.

The flags are awarded annually by a European jury on foot of nominations by juries in each participating state. To qualify for a Blue Flag, a beach must attain certain standards with regard to water quality, and must also meet infrastructure and other requirements such as facilities for visitors, coastal management, environmental education and information display facilities. To qualify for Blue Flags, water quality must meet the stringent guide values in the EU Bathing Water Quality Directive, which represent a very high standard.

High Standards of beach area management and safety are also required - adequate litter control and beach cleaning, proper access, lifeguards or life-saving equipment, toilets, etc. Environmental information must be displayed at the beach - information on recent water quality sampling, a public warning if the beach becomes grossly polluted and information on protected sites or areas of scientific interest in the locality.

For more information on water safety log onto www.iws.ie

Irish Water Safety would like to express its gratitude to the many people who have helped in the production of this resource pack. We are grateful to all agencies for the use of their resources. We also thank the volunteers nationwide for their selfless dedication to the promotion of water safety. In particular, we would like to express our sincere thanks to:

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Concept and Project Management: Creative Solutions