



Boating & Water Safety Activity Book





Dear Parents,

On behalf of Safe Kids Grand Forks, we hope you and your children enjoy this coloring and activity book. It has been created as a means to teach children some water safety tips while allowing them to be creative with coloring.

Did you know that drowning is the second leading cause of accidental injury-related death to children ages 14 and under, taking nearly 1,000 lives each year. For every child who drowns, 4 more are hospitalized for near-drowning; for every hospital admission, approximately 4 are treated in hospital emergency rooms. The majority (92%) of the children who survive are discovered within 2 minutes of submersion and most (86%) children who die are found after 10 minutes.

Most drownings and near-drownings happen in residential swimming pools and can occur in a matter of seconds and in less than 1 inch of water. More than half of these take place in a child's home pool and 1/3rd occur at the homes of friends, neighbors, or relatives.

Drownings are a silent killer. Most children who drown are not heard, even as they fall into the water. They simply slip beneath the water and stay under. This is why it is so important to supervise visually and not depend on hearing a child in distress in the water.

Therefore, children need active adult supervision in and around water **AT ALL TIMES**. Active supervision does not include eating, visiting, resting or other distraction activities.

It is recommended that all adults and children over age 13 should learn CPR.

A lifeguard is not a substitute for parent/guardian supervision of children, it is an addition. Please remember to be close enough to see, hear and reach your children at all times.

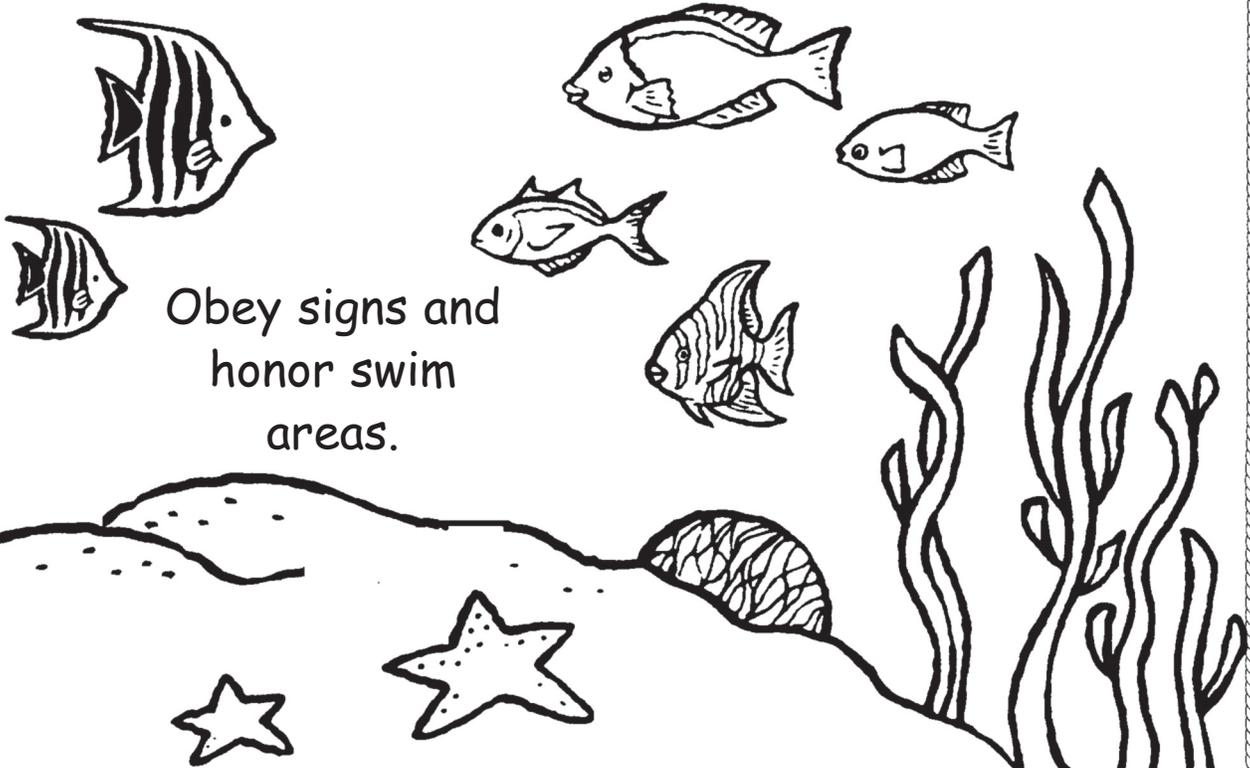
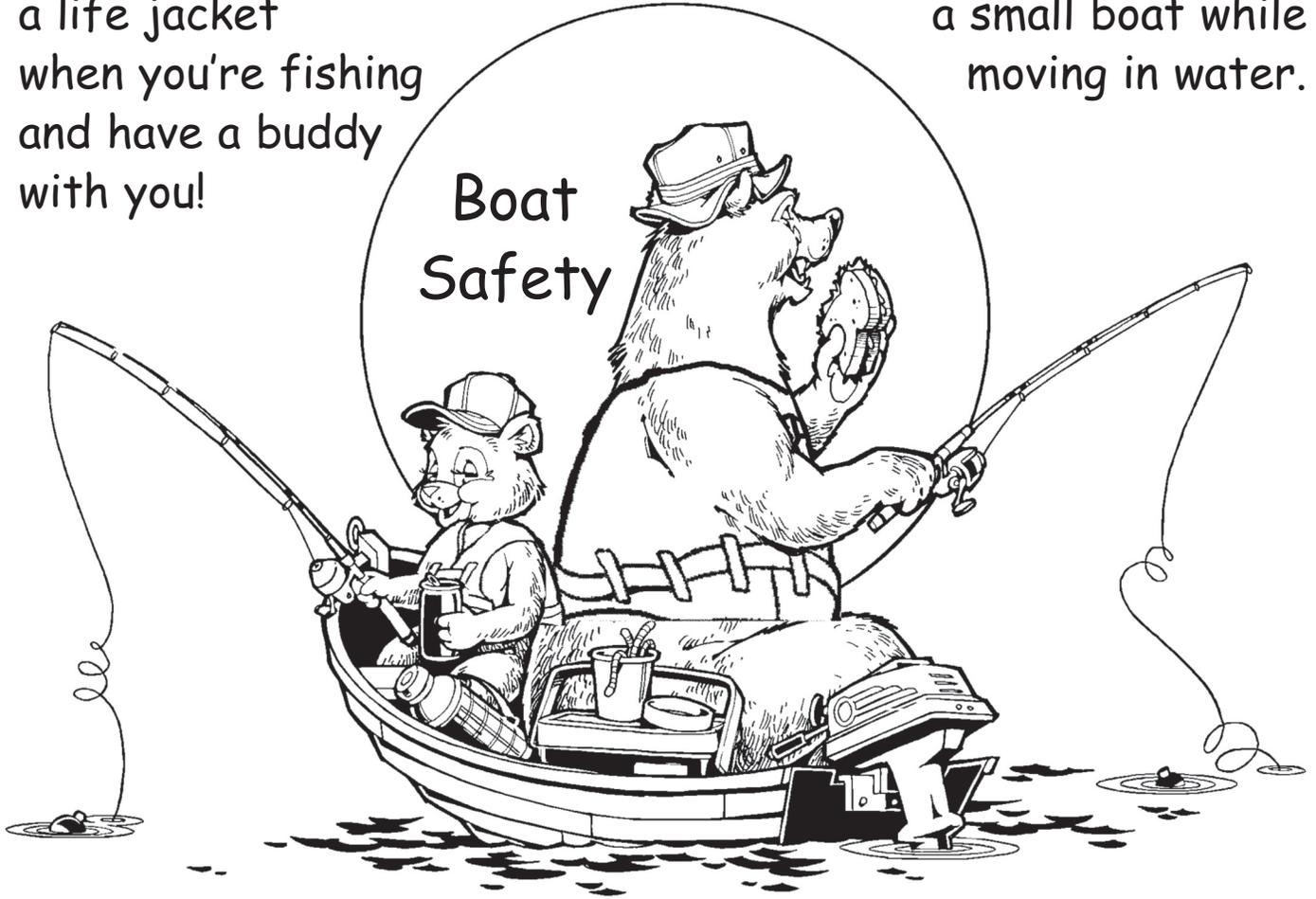
We hope this provides you with some helpful information and tips on how to keep your children safe when they are in and around water. If you have questions please contact Safe Kids at 701-780-1489, or e-mail safekids@altru.org.

Carma Hanson, MS, RN
Coordinator, Safe Kids Grand Forks

Remember to wear
a life jacket
when you're fishing
and have a buddy
with you!

Don't stand up in
a small boat while
moving in water.

Boat Safety



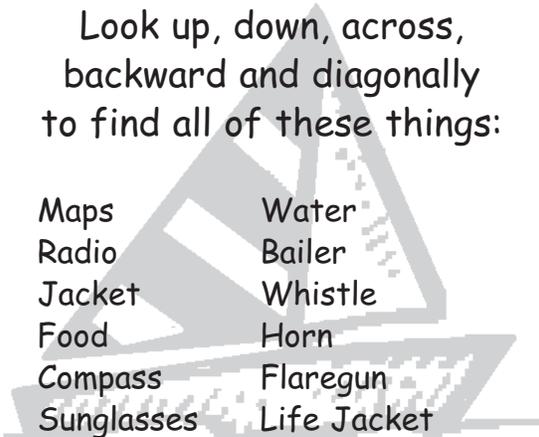
Obey signs and
honor swim
areas.

You're going boating with friends.

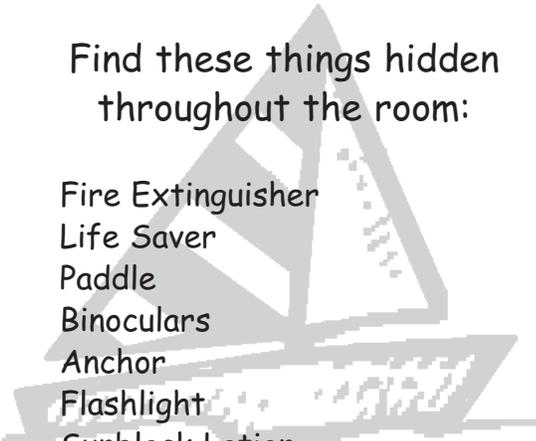
Can you find these things on your packing list that will keep you safe?



Look up, down, across,
backward and diagonally
to find all of these things:

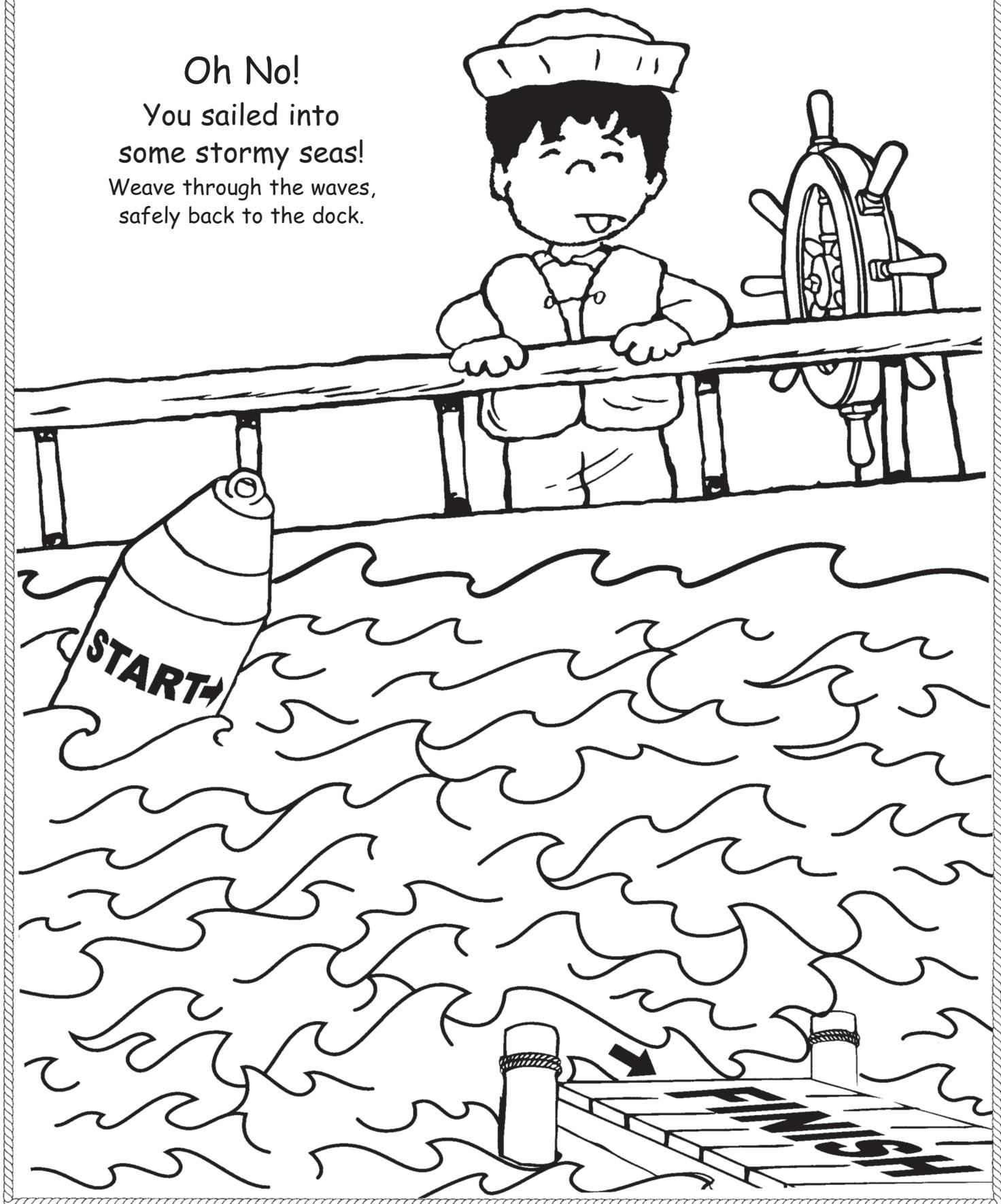
- 
- | | |
|------------|-------------|
| Maps | Water |
| Radio | Bailer |
| Jacket | Whistle |
| Food | Horn |
| Compass | Flaregun |
| Sunglasses | Life Jacket |
| Toolkit | Raft |
| Sunhat | Raincoat |

Find these things hidden
throughout the room:

- 
- Fire Extinguisher
 - Life Saver
 - Paddle
 - Binoculars
 - Anchor
 - Flashlight
 - Sunblock Lotion
 - First Aid Kit

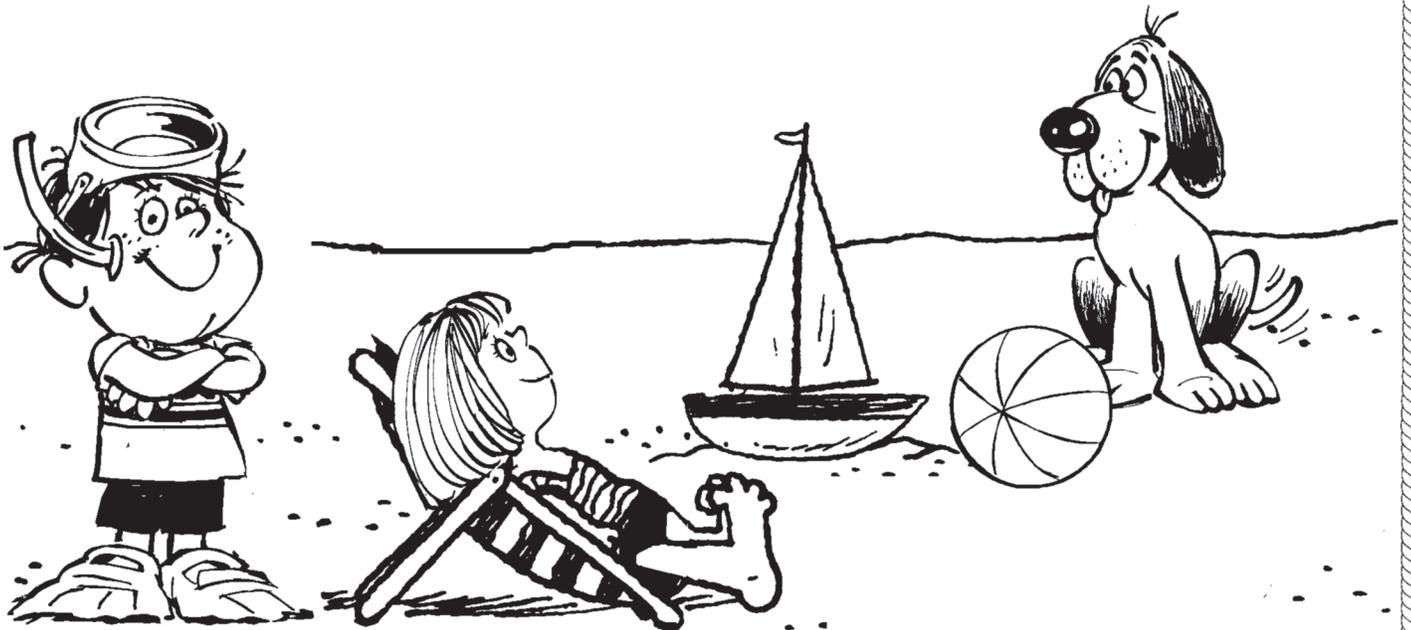
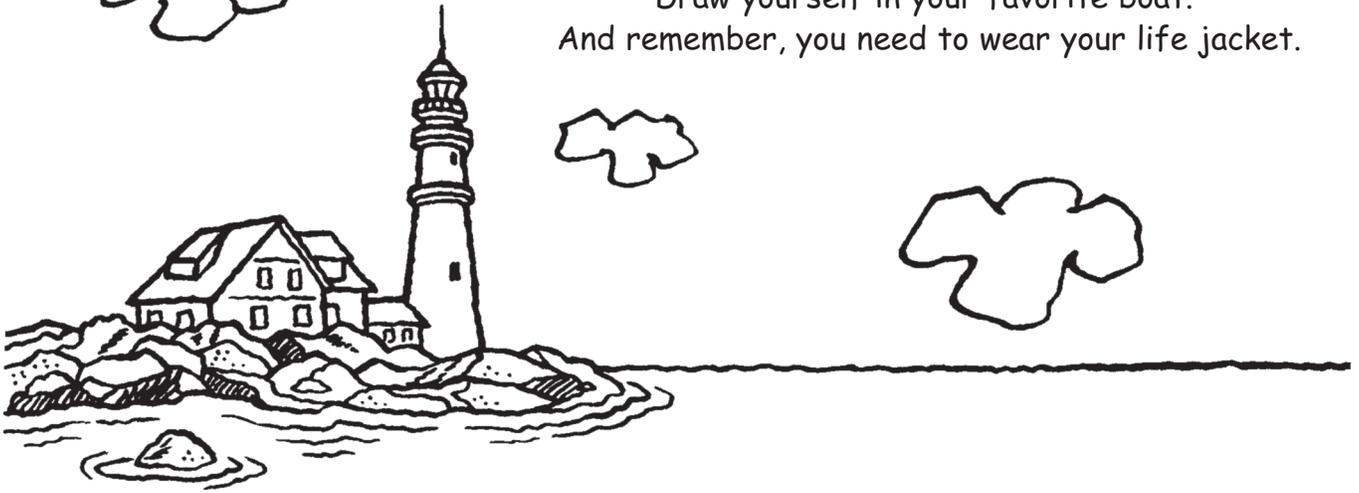


Oh No!
You sailed into
some stormy seas!
Weave through the waves,
safely back to the dock.



Who do they see boating safely? YOU!

Draw yourself in your favorite boat.
And remember, you need to wear your life jacket.

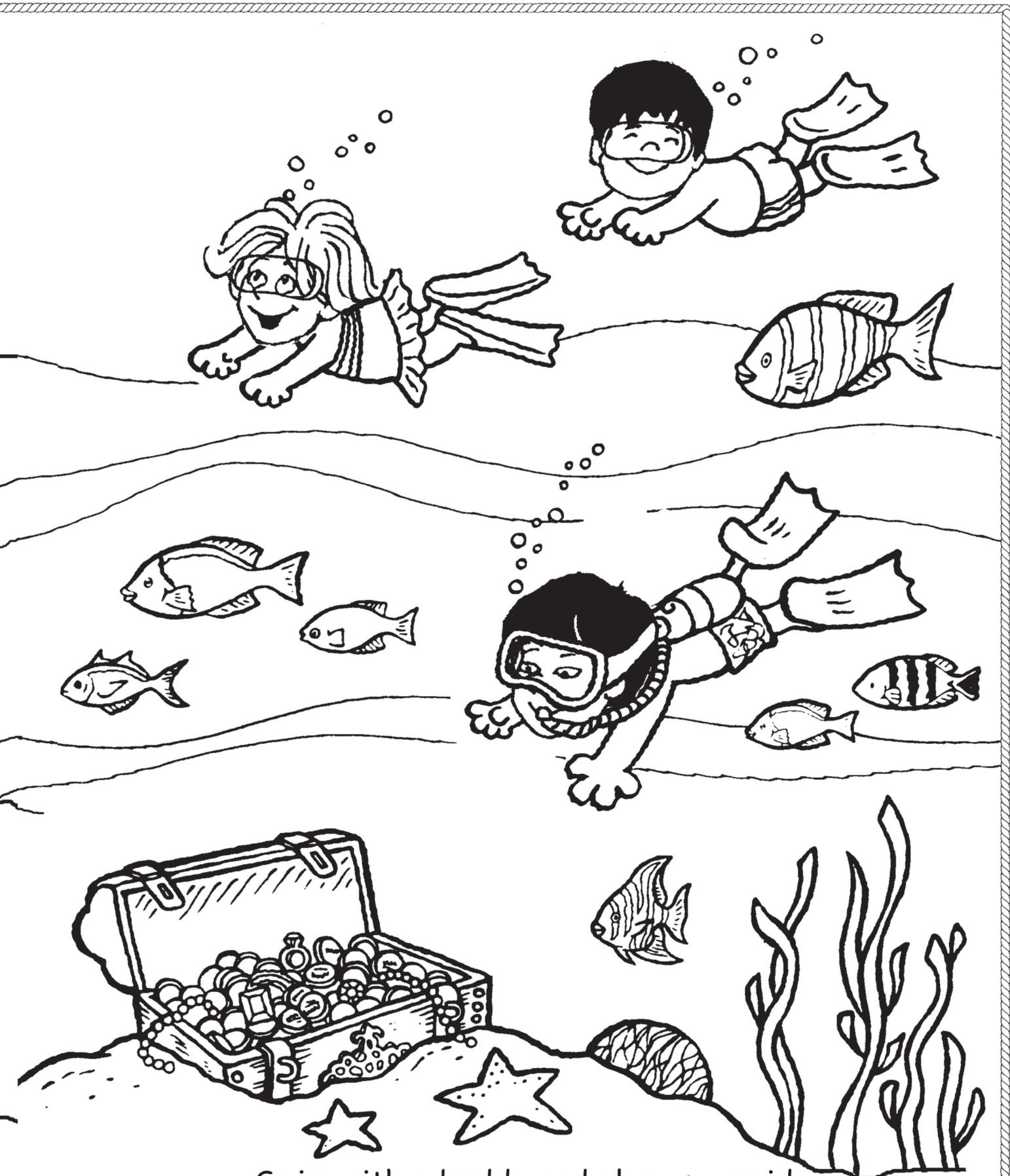


You're swimming with the gang.

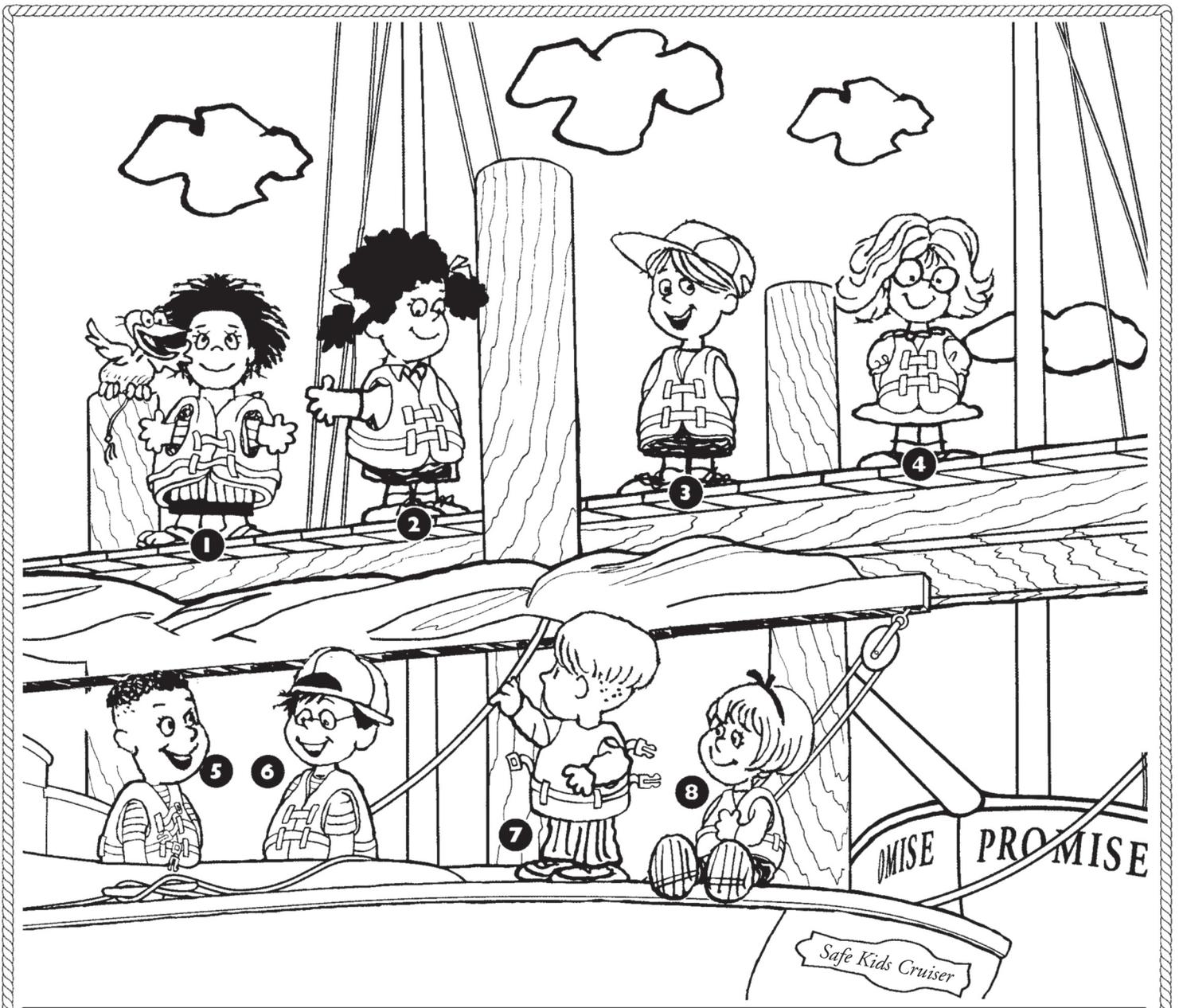
Draw a picture inside your diving mask below,
and show what you see under the sea.



Remember to never rely on swimming lessons
alone to keep you safe.



Swim with a buddy and always provide adult supervision to children when around water.



Three kids need to adjust their life jackets.

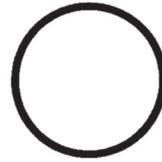
It is important to have a life jacket that fits properly and is not damaged. Write the child's number in the circle that matches what needs to be fixed.



This life jacket is unbuckled and on backwards!



This one's on right, but the straps need to be buckled and securely locked.



Too loose! Back to the boat house for a smaller size.

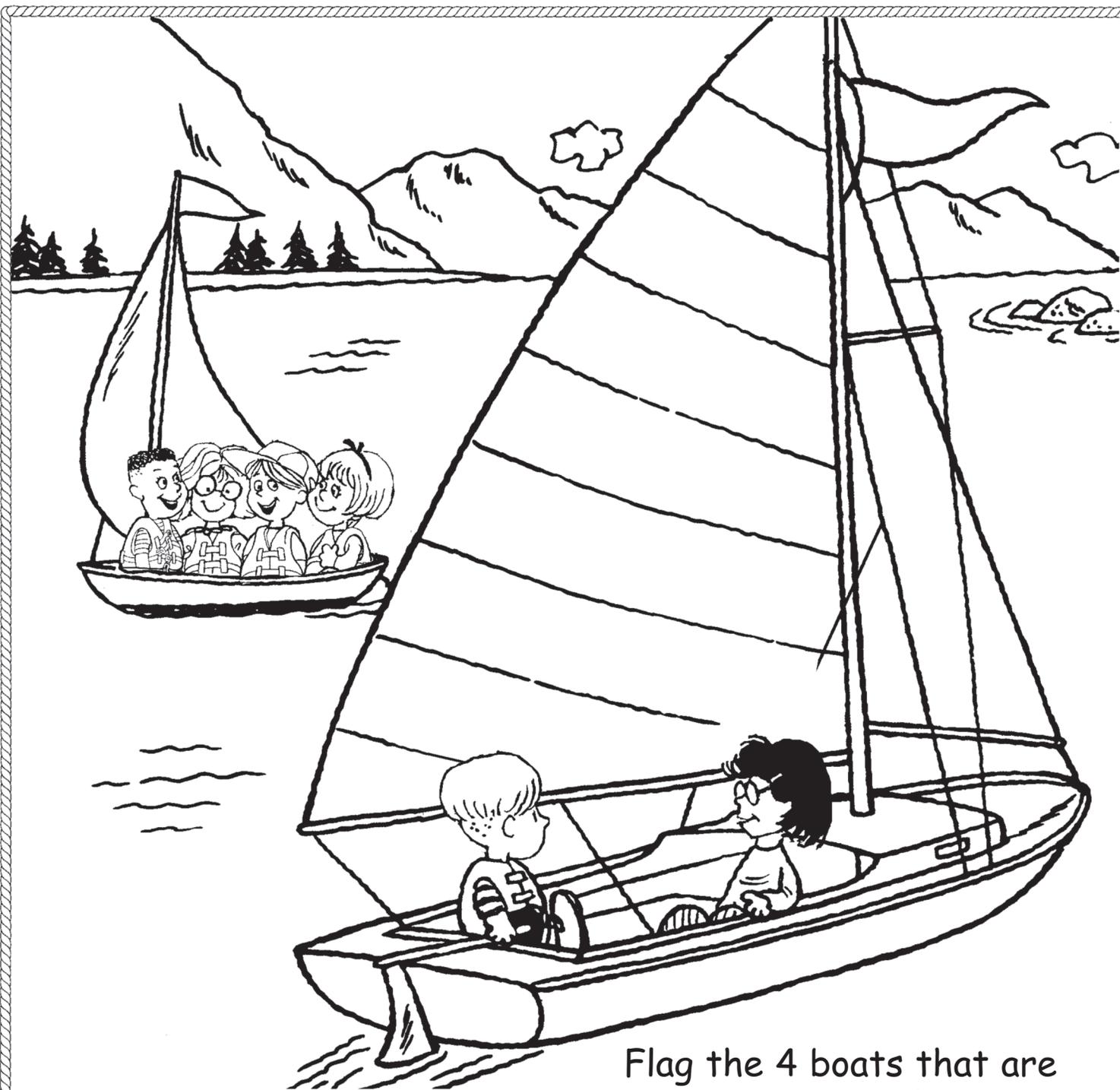
What a fun fishing trip!

Fun, and safe because everyone is wearing a life jacket.
Do you know what boats and life jackets have in common?

Use this code to find out what it is:

A	F	L	T	U	O	Y	G	N	I	P	E	K
■	*	⊕	☆	♥	○	◆	✱	✖	♣	✱	+	❄





Flag the 4 boats that are being unsafe.

Count the boats on the lake.

How many sailboats are there? _____
 + _____
 How many motorboats are there? _____
 = _____
 How many boats are there in all? _____
 - _____
 If 4 of the boats are being unsafe,
 how many boats are being safe? = 4

There are dangerous boating habits out on the lake. Put the number on the flag of the boats where you see these things happening.

- 1** Don't crowd too many people into your boat.
- 2** Never stand up in a small boat. Especially a sailboat.
- 3** ROCKS! ALWAYS look where you are going!
- 4** ALWAYS remember to wear your life jacket.

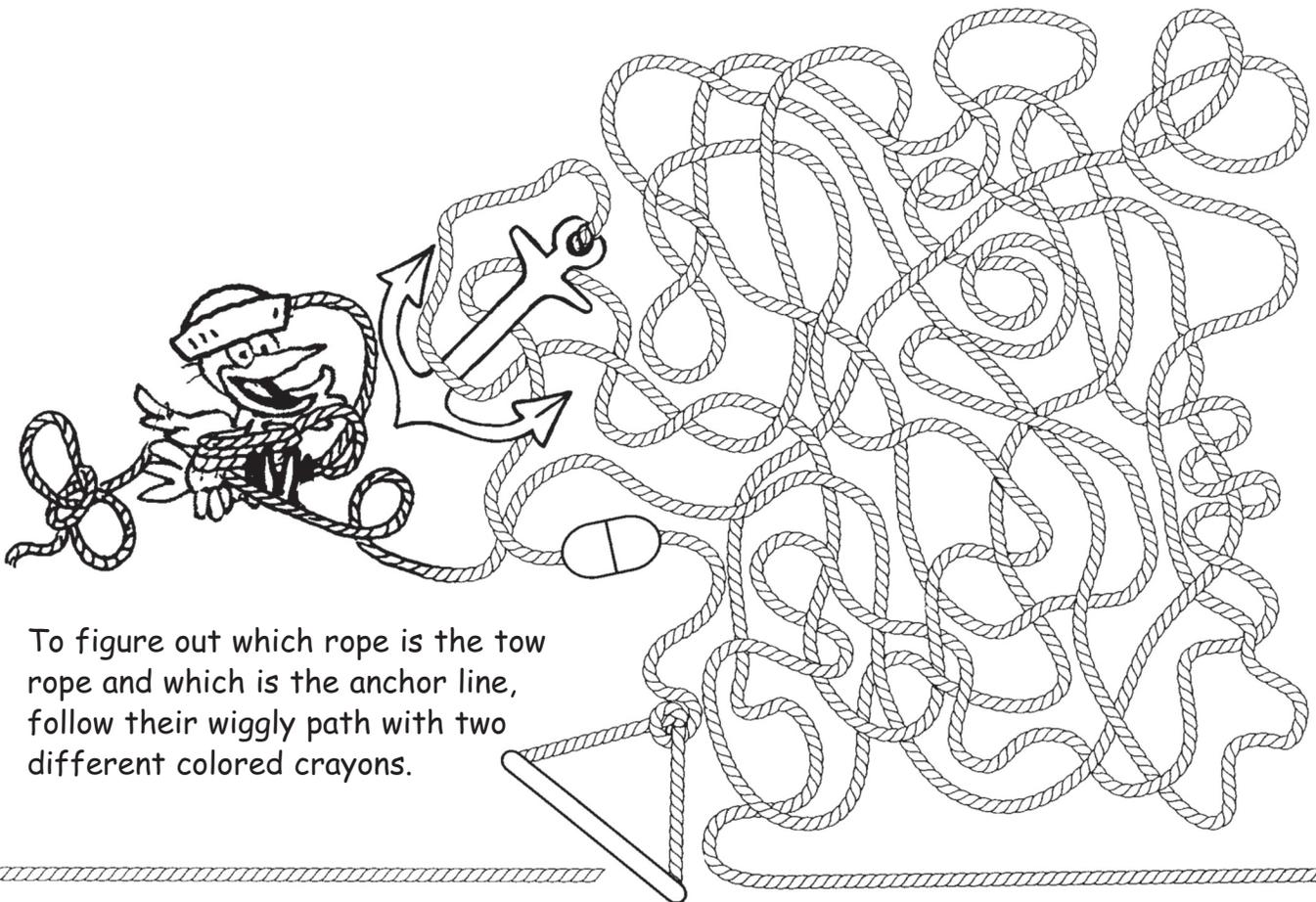


Always wear a life jacket.

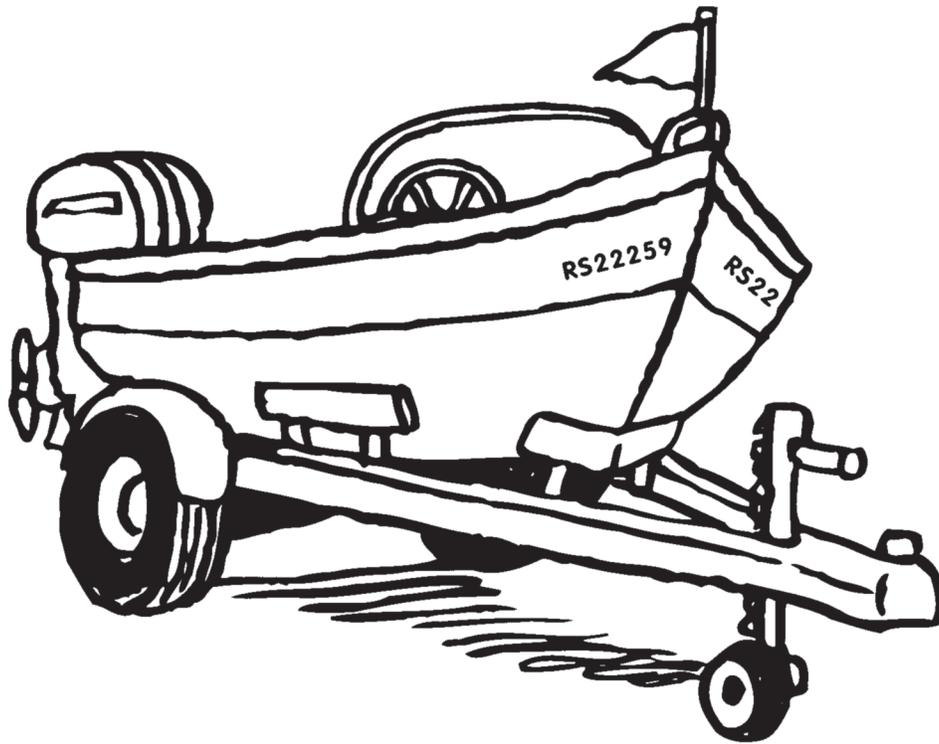
Learn how to be safe in the water.
Wearing a life jacket saves lives.
Life jackets are also called PFDs
(personal floatation devices).
Always wear a PFD
near the water.



Anchors Away!



To figure out which rope is the tow rope and which is the anchor line, follow their wiggly path with two different colored crayons.



Get your feet wet and have fun learning about water safety!

