



INSTRUCTOR GUIDE

Water Safety

TOPIC: WATER SAFETY

TIME FRAME: 20 minutes

AUDIENCE: Age 3 – 6 / Preschool - Kindergarten

OBJECTIVES:

- The student will recognize that children should never swim without a grown-up present.

MATERIALS NEEDED:

- [Video: Safe Kids are Cool Kids – Water Safety](#)
- [Visual Aid - Information Sheet – LifeJacketFitting](#)
- Visual Aid – Different sizes of Life Jackets (Coast Guard approved)

PREPARATION:

Review the information sheet on proper life jacket fitting.

PROCEDURE:

1. Watch video with the group.
2. Explain to children that they should only swim if a grown-up is present. If the grown-up leaves the swimming area, even for a minute, the child needs to get out of, and away from the water (not OK to sit on side or steps of pool). Discuss possible scenarios that may require the grown-up to leave the swimming area, (answer the phone, doorbell rings, etc.), ask children what they should do in these different situations. With each scenario discuss the correct answer; get out and away from the water.
3. Decide with a grown-up if you need to wear a life jacket in or around water.
 - a. Discuss the purpose of life jackets – to help you float
 - b. Wear a life jacket if you can't swim, or are just learning
4. ALWAYS wear a life jacket when in rivers, lakes, or boats.
5. Referring to Information Sheet – LifeJacketFitting, discuss the proper way for a life jacket to fit.
6. Use one or more students to demonstrate proper fitting of life jackets. If different size jackets are available, try different sizes on a few students. Emphasize the importance of life jackets fitting properly.

TEACHING TIPS:

- Keep language simple; use terms they will understand.
- Short attention span, be brief and to the point. Only 1-2 messages.
- Repeat key information; have them repeat key information.
- This age likes interaction; they want to be involved. Let them demonstrate and touch.
- Give lots of positive feedback. Praise and encourage often.

Information provided by the Sacramento Metropolitan Fire District / sacmetrofire.ca.gov
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