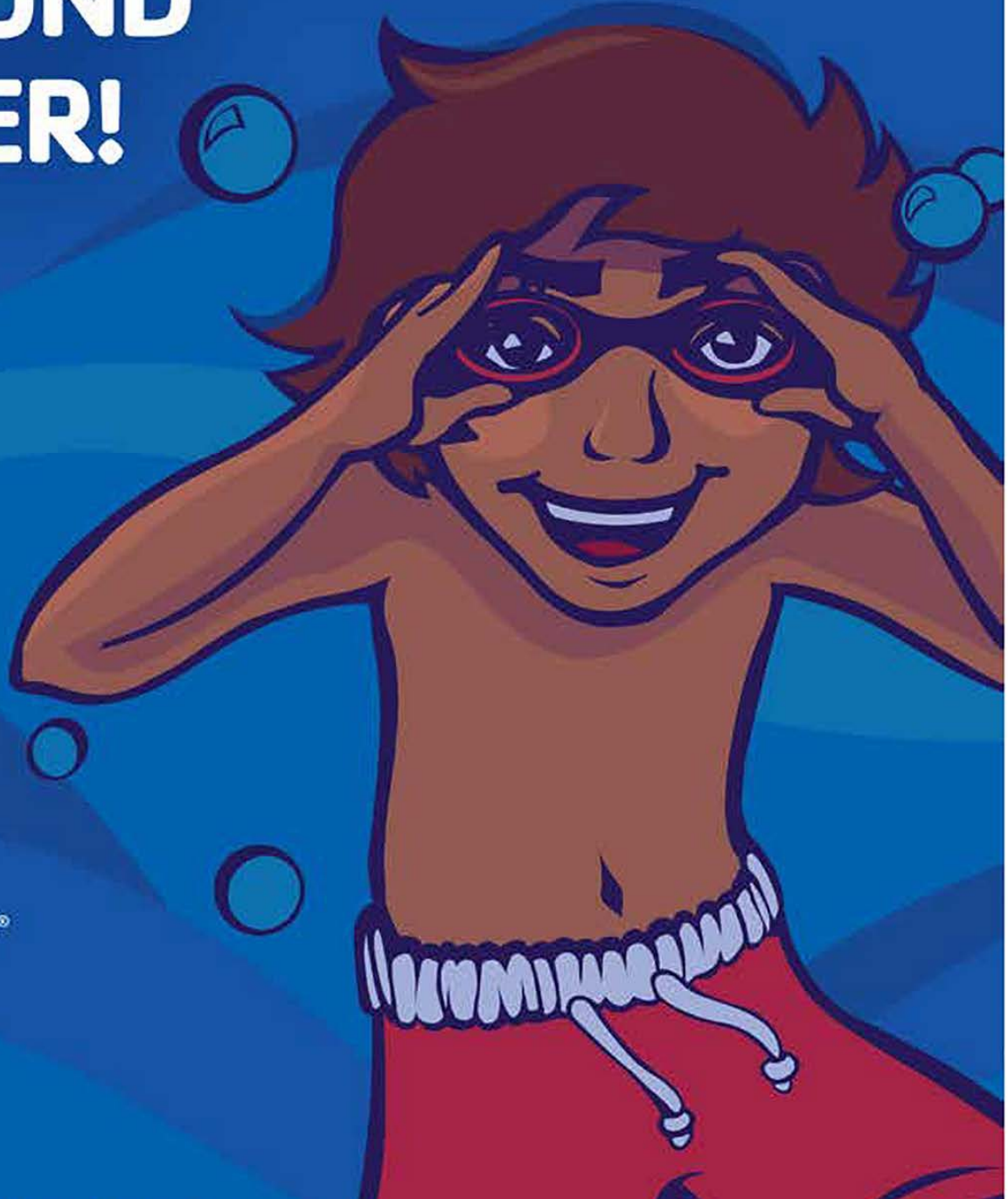
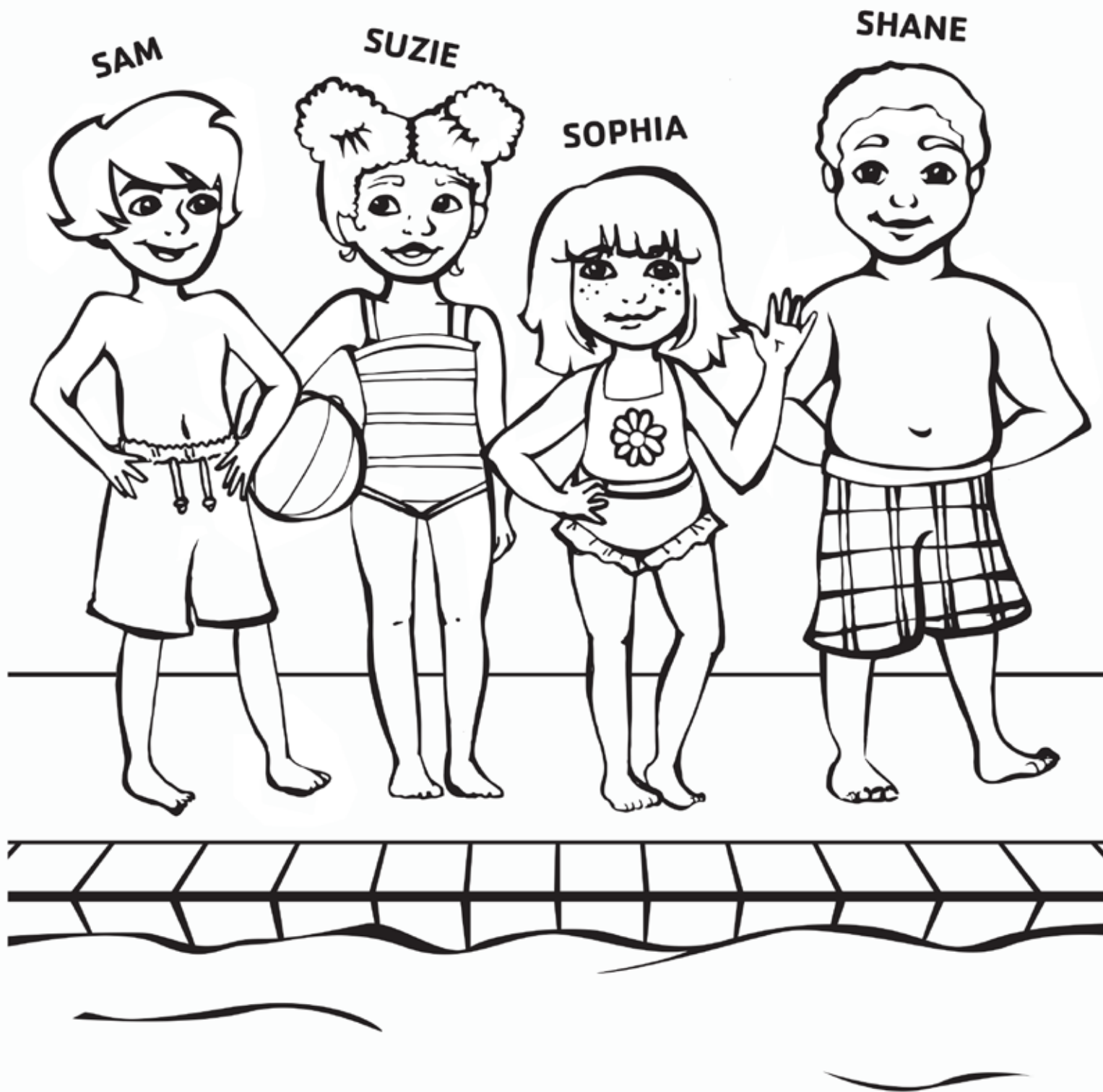


**KEEP SAM AND
HIS FRIENDS SAFE
AROUND
WATER!**



Meet Sam and His Friends!

Sam, Suzie, Sophia, and Shane are best friends. They love to play and spend time together, especially at the pool or lake! And they know that swimming together helps keep them safe.



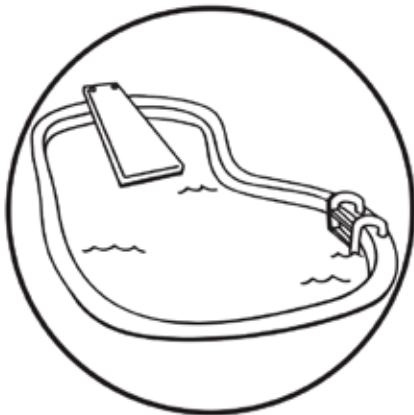
Water, Water, Everywhere!

Water makes up 70% of our bodies and 71% of the world!

Sam and his friends discover water everywhere they look. Color in all the places where water is!



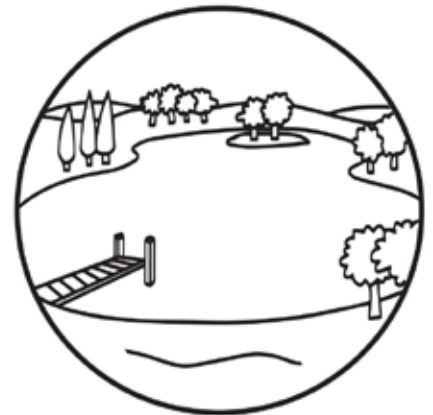
POOL



BATHROOM



LAKE



RIVER



BOATS



Keep Sam Safe at Home

You may not think about safety around water at home. But there are a lot of ways we use water every day and a lot of reasons we need to be careful. Draw a line to match each of Sam's activities to the sign that says "Safe" or "Not Safe."



- Leaving baby brother alone in the tub.
- Splash in a puddle.
- Wash hair.
- Touch water that's boiling on the stove.
- Use a hairdryer in the water.
- Leave buckets and kiddy pools full of water.
- Drink a tall glass of water.

Keep Suzie Safe at the Pool

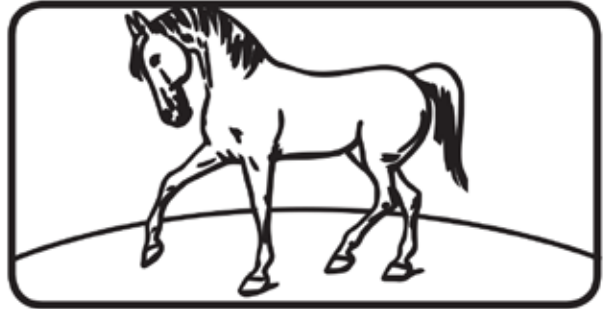
It's always important to be safe when you're at the pool, and that means following the pool rules! Help Suzie get to know the rules better. Use the picture hints to fill in the missing word in the directions below.



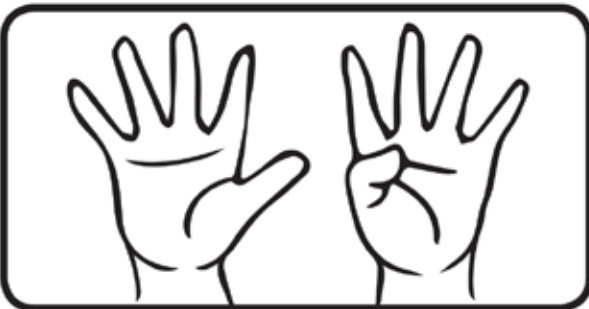
1 Walk. Don't _____ .



4 Play safely. No _____ play.



2 Do not dive into less than _____ feet of water.



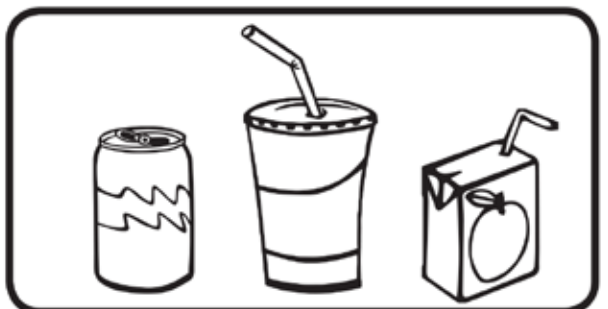
5 _____ before entering the pool.



3 Do not hold your _____ under water for a long time.

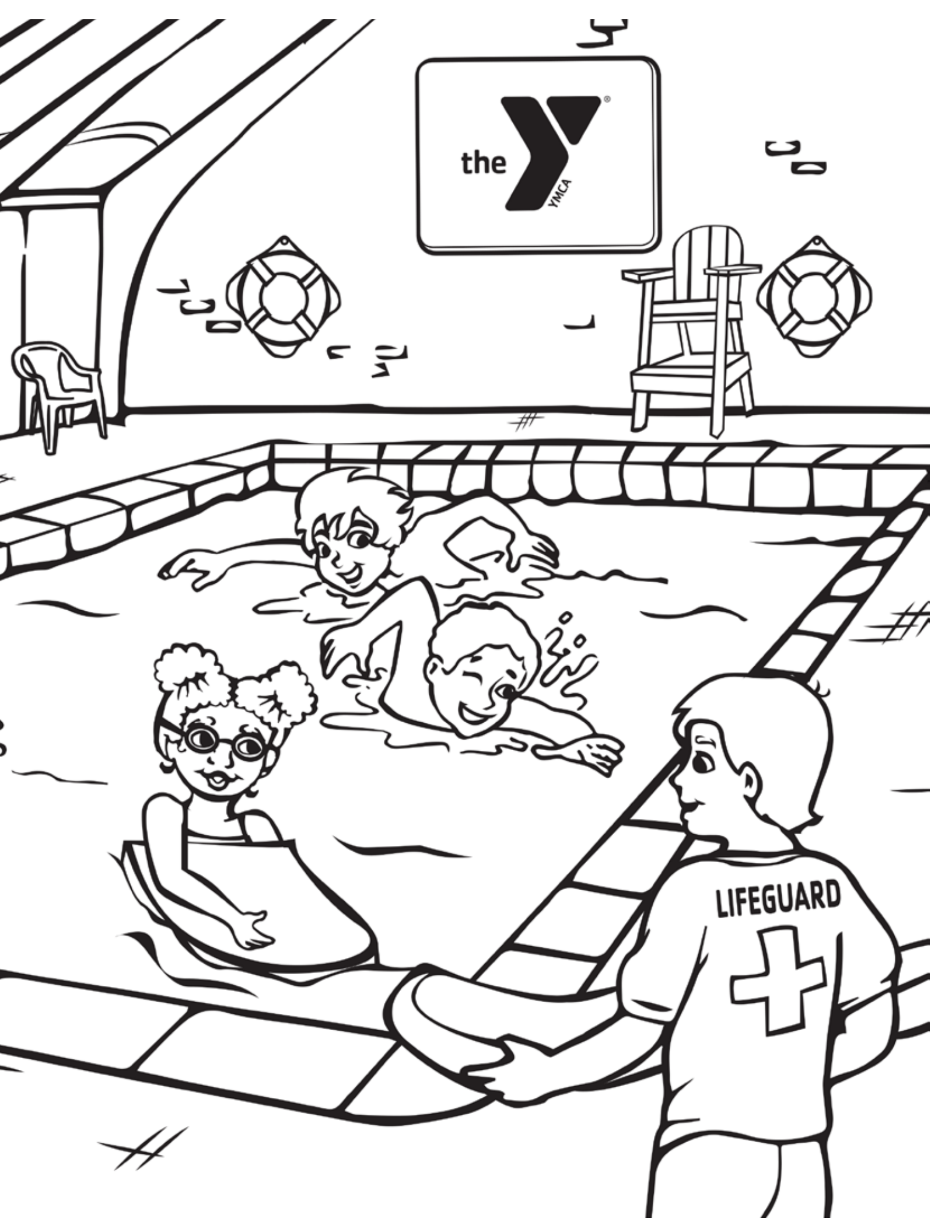


6 Don't bring food, _____ or gum into the pool.





Sam and his friends are having fun in the water and staying safe. Color this picture of their day at the pool!



LIFEGUARD



Find the Fun!

When you're safe, water can be fun and not feared! Find all the fun things Sam and Sophia can do safely in the pool.



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

FIND THESE WORDS:

Kick

Backstroke

Dogpaddle

Crawl

Jump

Turn

Laps

Butterfly

Breaststroke

Goggles

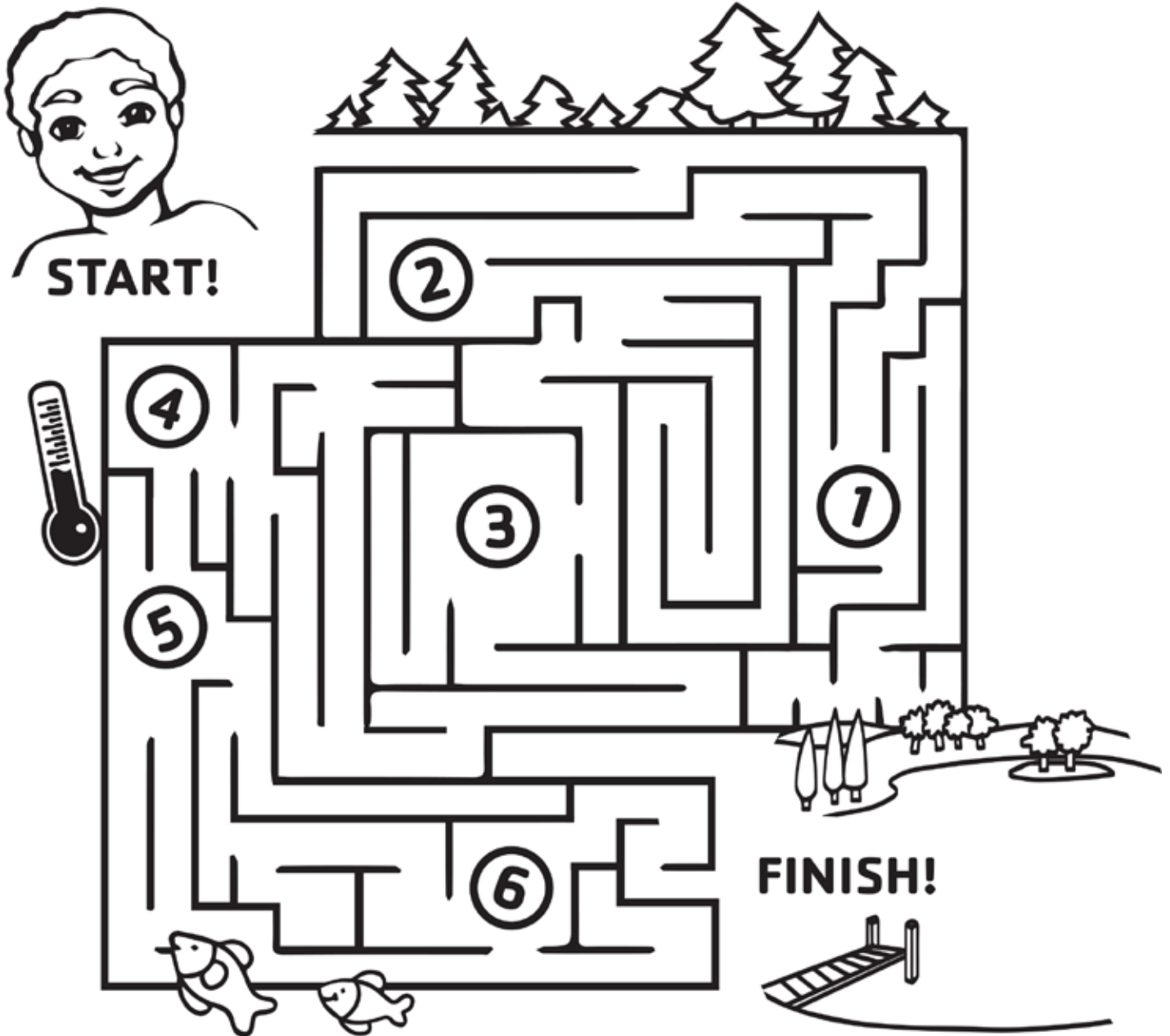
Exercise

Swim



Keep Shane Safe at the Lake

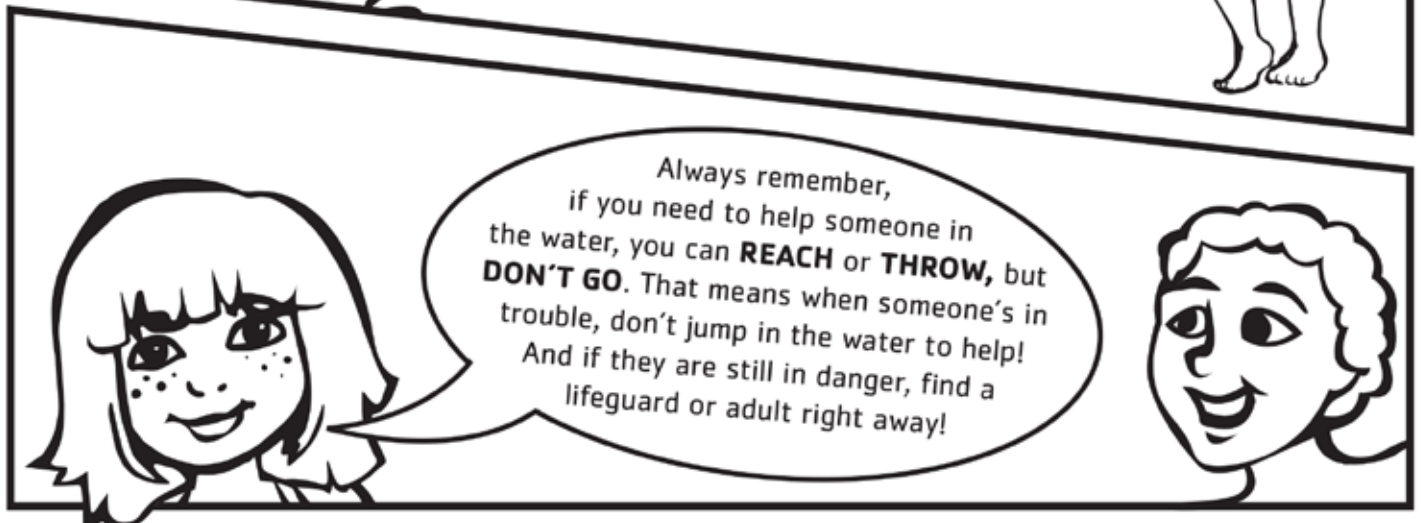
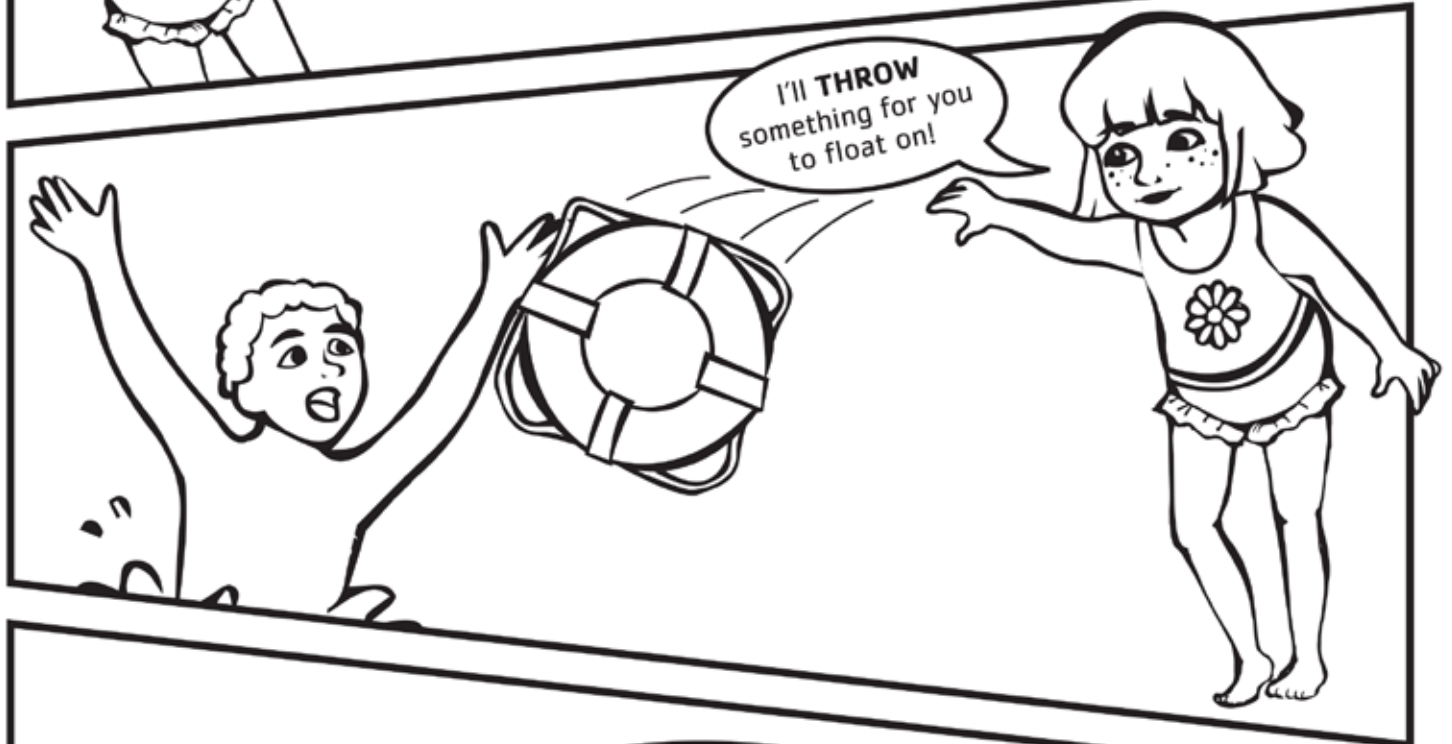
Like Sam and Suzie, Shane loves to swim too. But he likes open water! Help Shane swim from the shore to the dock - and along the way, find all the important tips on how he can stay safe! Can you find all 6?



1. Always swim with a friend.
2. Watch out for currents and waves.
3. Don't dive in head first - protect your neck.
4. Check the temperature - it's harder to swim in cold water.
5. Don't float where you can't swim.
6. Watch out for things below the surface, like fish or plants.

Safety for Everyone!

Oh no! Sophia sees a younger kid struggling in the water. But if Sophia jumps in to save the child, she could get hurt herself! Instead, she remembers to "**REACH, THROW, DON'T GO.**"



Calling 911!

Sam needs to help somebody too, and he needs to call 911! Help Sam talk to the 911 operator!



"911. What's your emergency?"



"Someone's had an accident and needs help!"

"Okay, we'll be there soon! Can you tell us more?"

Help Sam talk to the operator by circling all the things he should be ready to say:

Your first and last name

The type of swim suit you're wearing

Your favorite color

The phone number you're calling from

Where you are now

What you had for breakfast

Great job! With your help, Sam stayed calm and gave all the important information to the 911 responders so they could save the person in danger!

Thank you for your hard work in keeping Sam and all his friends safe!



With your help, they're remembering all their water safety lessons! Remember, the YMCA wants you to always have fun safely in the water! Ask your parents to find out more about:

- YMCA Swim Lessons
- YMCA Swim Teams
- Safety Around Water Program
- Lifeguard Certification for Older Kids

