Presenter Quick Reference – Children/Teen Presentations

**Defining Open Water**

* Open water is natural bodies of water, such as lakes, rivers, ponds, and oceans.
* Swimming in open water is different from swimming in a pool.

1 – Learn to Swim

* K-2
  + Always swim with a buddy! You can keep each other safe.
  + Never swim alone.
* 3-5
  + Swimming is a learned skill, and knowing how to swim can your life!
  + It is safe and wise to swim with a responsible adult, or buddy.
  + When you are near water, be sure there is a responsible adult with you.
* 6-8
  + Learning to swim is extremely important. It can keep you alive when you’re playing in or near water, and it can help you save yourself if needed.
  + Not only does it keep you safe, it also makes boating and water activities a lot more fun. Knowing how to swim makes you feel confident and powerful in the water.
* All ages - Learn water survival skills.
  + 1. Step or jump into water over your head and return to the surface.
  + 2. Turn around in the water and find the direction to safety.
  + 3. Float or tread water.
  + 4. Combine breathing with moving forward in the water.
  + 5. Exit the water.

2 – Wear a Life Jacket!

* K-2
  + Always wear your life jacket when you are playing in the water or playing near water.
  + If there’s an accident, your life jacket can save your life! It keeps you floating until someone comes to help.
* 3-5
  + Be safe. Be smart. Learn how to swim before playing in or around the water. It’s also important to wear a life jacket—it can help save your life!
  + Wear a life jacket when you’re in a boat, on a dock, or entering water that may be dangerous.
  + A life jacket can keep you warmer in cold water, and it can keep you afloat until help comes.
  + Your life jacket should have a whistle attached to the front.
  + A life jacket that fits properly should hold your head above the water.
  + A life jacket is too big if you can pull it off over your head.
  + Wear a life jacket when you’re on a moving boat—it’s the law for kids.
  + Tubes, air mattresses or ‘floaties’ are toys and are not substitutes for a life jacket.
* 6-8
  + When you’re on a boat or near the water, always wear a life jacket.
  + It’s the smart and safe thing to do, just like wearing safety equipment for most sports and many professional careers. Would a baseball player step up to the plate without a helmet? Would a scientist mix chemicals without wearing gloves and goggles? Of course not—it would be foolish. Plus, a batter wouldn’t be allowed to bat with a bare head, and the lab has rules requiring everyone to wear protective gear. It’s the same way with wearing life jackets around water.
  + It’s an easy, common-sense way to stay safe, and sometimes the law requires it. If you’re under 13, you have to wear a life jacket on a moving boat, swimming, or wading. And anyone waterskiing or riding a jetski must wear a life jacket—even grownups—just like you have to buckle your seatbelt in the car.
  + Tubes, air mattresses or ‘floaties’ are toys and are not substitutes for a life jacket.
  + Life jackets that you can borrow are hung on loaner boards along local waterways. There are also borrowing stations at some local fire stations.

1. – Learn to Float!

* K-2
  + You should learn how to float! If you can float, you can help rescue yourself. You can keep your head above water until someone comes to help you. But even if you know how to float, you should always wear a life jacket when you play around water.
* 3-5
  + Floating might look easy, but it’s actually a skill you have to learn. And it’s important to learn, because it can help you save yourself if you ever get into trouble in the water. When you learn to float the right way, you can keep your head above water until help comes—without getting too tired. Floating also helps you stay calm.
* 6-8
  + Learn to float properly; if you ever need to be rescued, it can help you stay calm and keep your head above water without getting tired.

4 –Look Before You Leap!

* K-2
  + Look for dangers before you enter the water! There may be unseen rocks, logs, garbage, or other hidden things that could injure you.
  + The water may be deeper or shallower than you think.
  + And the water may be moving way too fast to be safe.
* 3-5
  + Don’t jump into water if you can’t tell how deep it is or if you can’t check for hazards.
  + Don’t jump if you see a sign that says “No Swimming” or “No Diving.”
  + Never jump off bridges, rocks, or cliffs.
  + And never swim in a canal; the water moves quickly, and the sides of the canal are slippery, so it’s very hard to climb out. Plus, swimming in a canal is against the law.
  + Look for dangers before you into leap the water. There may be rocks, logs, garbage, or hidden objects that could injure you.
  + Be responsible, only swim in an area marked for swimming and make sure a responsible adult or lifeguard is watching.
* 6-8
  + Always look for dangers before you jump into the water. There could be rocks, garbage, or other hidden things that could hurt you if you land on them.
  + The water could be shallower or colder than you expect.
  + Even if the water looks calm, there could be a strong undercurrent beneath the surface.
  + Don’t jump in if you can’t tell how deep it is or if you can’t check for hazards.
  + Don’t jump if you see a sign that says “No Swimming” or “No Diving.”
  + Never jump off bridges, rocks, or cliffs.
  + And never swim in a canal; the water moves quickly, and the sides of the canal are slippery, so it’s very hard to climb out. Plus, swimming in a canal is against the law.

5 – Learn to Rescue Safely!

* K-2
  + If you see someone drowning, you can do three things to help.
  + First, find a safety helper you can use to reach the person.
  + Second, find a safety helper you can throw to help him float.
  + If you can’t reach or throw, then find an adult to row out to help.
* 3-5
  + You should always be safe around water, but you should also know what to do if there’s an accident.
  + There are three ways you can try to rescue someone who is in trouble.
  + First, grab something long and strong, and reach it out to the person so she can grab the other end.
  + Second, find something that floats really well and throw it to the person.
  + Third, if you can’t reach or throw, then find an adult to row out to the person.
  + If you can’t reach, throw, or find and adult to row, call 9-1-1 to get help.
* 6-8
  + A Good Safety Plan Covers the Main Points
  + Everyone should learn basic water rescue skills because an accident could happen any time you’re near water.
  + Drowning doesn’t always look like it does in the movies.
  + If someone falls into the water, there are four ways you can try to save the person.
  + 1 - First, try to reach the person. Hold out your hand if the person is close enough, or find something long and strong, like a rope, an oar, or a pole.
  + 2 - If you can’t find anything, or the person is too far to reach, then look around for something that floats very well, and throw it. You could throw an inner tube, a life preserver, a life jacket, or even an empty ice chest.
  + 3 - If you can’t reach or throw, find an adult to row out to rescue the person. The adult could use a boat, a raft, a surfboard, or even an air mattress.
  + 4 - If you can’t reach, you can’t throw, and you can’t find an adult or anything to row, then call 911 for help.

6 – Don’t Overload Your Boat!

* K-2
  + When we talk about a boat’s load, we mean all the people and things the boat is carrying. The load has to be balanced. That means it can’t be too heavy, and it has to be spread out.
* 3-5
  + All boats need to be balanced safely. An overloaded boat or unbalanced boat can turn over or capsize, even when there is no wind or rough water. Some boats, though, are easier to sink than others.
* 6-8
  + All boats need to be balanced safely. An overloaded boat or unbalanced boat can turn over or capsize, even when there is no wind or rough water.

7 –Stay With Your Boat!

* K-2
  + If your boat turns over, stay with the boat so you can be rescued. It’s hard to find a person alone in the water, but it’s easier to find a boat, because the boat is bigger.
* 3-5
  + Even when the weather is calm, boats can capsize. Capsize means to flip over in the water. If that happens, stay with the boat. Try to climb up onto it, as high as you can, and wait there until you’re rescued.

8 –Learn the Boating Rules of the Road!

* 3-5
  + People using their boats in the water have to follow rules and pay attention to signs—just like people driving cars on the road.
* 6-8
  + California waterways have navigation signs to guide boaters and keep them safe, just like there are signs on the side of the road for cars.
  + The signs direct traffic and provide important information.
  + For example, a diamond warns about a danger, like rocks, a wreck, or a shallow area.
  + A circular sign means you’re in a controlled area and you have to follow the instructions inside the circle, like a speed limit or a rule against making a wake.
  + A green can-shaped buoy marks the left side of a channel, a red nun buoy marks the right side, and a red-striped spherical buoy marks the center.
* ADD JETSKI RULES

9 – Alcohol, Drugs, and Boating Don’t Mix!

* 6-8
  + Boats can be dangerous if you aren’t careful, but if you follow the basic guidelines to keep yourself safe, they can be great fun.
  + Alcohol and drugs, however, are never safe when you’re boating. If you’re under the influence on a boat, you’ll be in danger no matter what other rules you follow.
  + It’s illegal to operate a boat while under the influence of drugs or alcohol, just like driving a car. If you got caught operating a boat under the influence, you would have a hard time getting a license once you’re old enough.
  + Drugs and alcohol affect your brain, making you have poor judgement. That means bad decisions can seem like great ideas. You’re more likely to take risks and get into life-threatening situations. Alcohol and other drugs slow your reflexes. You don’t notice things as quickly, your brain struggles to process information, and your body movements lag in obeying your thoughts. For example, if you were driving a car under the influence, and something darted across the road, it would take you longer to step on the brake.
  + Wind, noise, sun, and waves can multiply the effects of drugs and alcohol. Wind and noise can make you feel disoriented or distracted more easily.
  + Alcohol and drugs make it difficult for your body to control its’ temperature, so sun exposure makes you more likely to pass out.
  + Alcohol and other drugs mess up your peripheral vision, your night vision, and your eyes’ ability to focus.
  + Alcohol and other drugs mess with your sense of balance — they can make you dizzy and wobbly. Being hot and tired makes it even worse. Losing your balance on a boat can be dangerous.

10 –Keep Our Waterways Clean!

* K-2
  + Never leave trash lying around when you visit the water. It is dangerous.
* 3-5
  + People, plants and animals depend on clean, safe water.
* 6-8
  + We need to protect our environment and keep our waterways clean because people, plants, and animals depend on safe water to survive. Plastic is one of the worst and most common pollutants. Some types of plastic take hundreds of years to decompose. Other types decompose more quickly, but they release toxic chemicals as they do.
* Wash hands/shower after swimming and DO NOT drink river water.
* Avoid open water if you have open cuts or sores, or an immuno-suppressive disease.