



## **HOLD HANDS: LESSON PLAN FOR EDUCATORS**

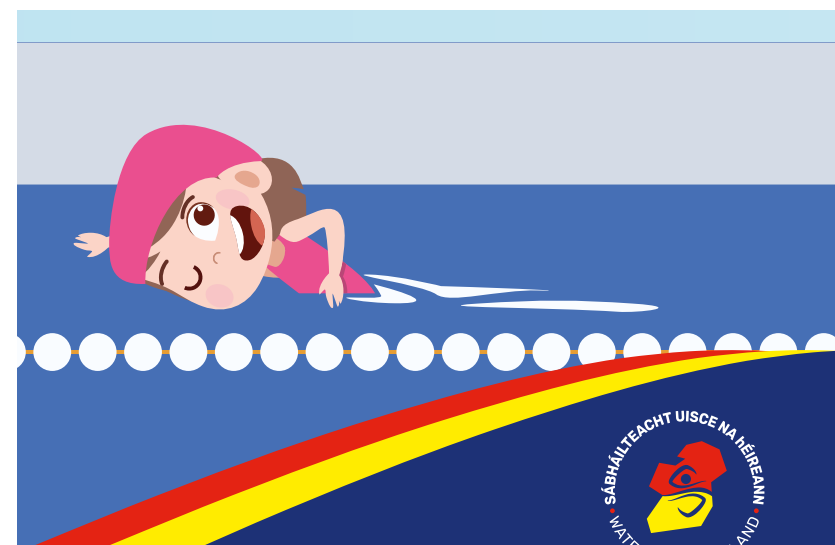
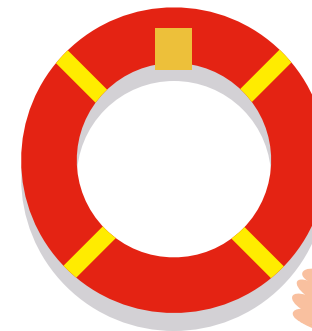
# **STAY SAFE AT THE SWIMMING POOL**

### **Overview: At the Swimming Pool**

**By the end of this lesson, students should be able to identify the basic safety principles while at the swimming pool:**

- Always have adult supervision – Hold Hands
- Listen to the Lifeguards
- Safe Entry/Exit from the swimming pool
- Check the depth

Resources required: Hold Hands storyboards (physical/digital)





## Lesson Structure:

### 1. Introduction to Being Safe at the Swimming Pool

Ask students to look at the storyboard and discuss the characters:

- Is everyone being safe?

### 2. We only go near water with an adult, never without them. Remember: Hold Hands.

a. Only ever go near the water's edge with an adult.  
Always remember to hold the adult's hand.

b. Never stray too far from an adult's supervision

### 3. The lifeguard is there to help keep us safe.

a. What does the lifeguard look like? What do they wear?

b. Always listen to what the lifeguard says.

- What else does the lifeguard do?



## 4. We always use the ladders and steps.

We always take our time and hold on to the handrails.

- Ask the students to spot who is using the ladder and entering the water safely.
- Ask the students how they would get into the water from the side?  
*Use a Swivel Entry*
- Demonstrate and ask the students to show you their Swivel Entry



## 5. We only walk in the swimming pool and do not run.

Tiles are slippery, especially when wet.

- Can the students find any slippery spots around the swimming pool?



## 6. We only go into the deep end with our adult.

- a. We make sure to wear our armbands if we need them.
- b. We stay with our adult and listen to what they say.

## 7. We play safely and take turns.

Ask the students what games they like to play in the swimming pool.

- Do they blow bubbles?
- Dive down for sinkers?

## Activities:

### 1. Drama/Roleplay

Lifeguard says (Simon Says).  
The educator can use pool safety terminology and signs with the children saying "Lifeguard Says" instead of "Simon Says".

### 2. Arts and Crafts

Create a pool rules poster for the classroom.  
The children can use their learning from the storyboard to work together and create their own pool rules poster – how to be safe at the swimming pool!

### 3. Storybooks

Water Safety Awareness books in the library/quiet corner.  
The setting can introduce storybooks that involve water safety awareness and will promote children's discussion of how to be safe around water.

### 4. Messy Play

Engage with the Water Table/Fill a tub of water. Ask the children to blow bubbles using straws and the water table. Have toys in the water that the children can "dive" for. (Reach down with hands and picukup)

