

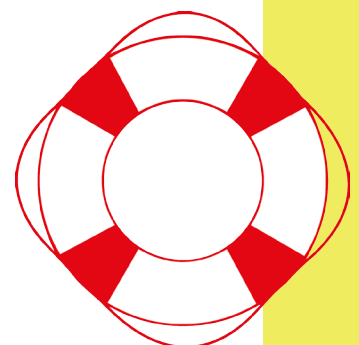


# SAFETY AT SEA

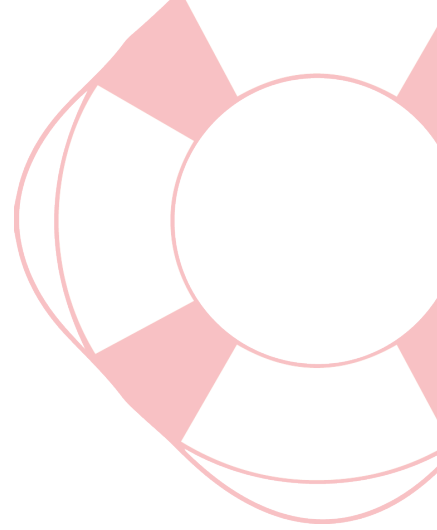
Going to the sea is an activity most children enjoy. However, some rules need to be laid down to make sure everyone enjoys themselves and no one is hurt. Discuss with the Cubs and try to make them aware of the importance of abiding with the below safety tips. The use of the buddy system is recommended as a safety measure. Whenever you take the cubs to sea, remind them of the safety tips.

## Safety tips:

- o Wait at least an hour after a meal before entering the water because while food is being digested, the body is more prone to cramps and black outs, which will cause serious accidents.
- o BUDDY SYSTEM. Always swim with someone else including an adult; NEVER ALONE.
- o Swim in depths you can handle.
- o Get out of the water before you get tired or when your hands and fingers get wrinkled and your lips turn blue.
- o If you get a cramp, swim on your back and avoid using your legs. Go straight to the shore and get out of the water (See Silver's First Aid).
- o Whenever you find yourself in difficulty, swim on your back and call for help if necessary.
- o Don't dive into unknown water; make sure that the water is deep enough.
- o Don't jump into the water unless there is plenty of room.
- o Avoid horseplay.
- o Don't duck persons unless they are prepared for you.
- o Throwing sand at people is very dangerous and is to be stopped immediately.
- o Let your parents know when you are going to swim. It is best to let them know where you are going and if possible the time that you intend to return.
- o Always protect yourself from the sun. Use sun protection, umbrellas, caps and clothes to avoid the sun.
- o Never take airbeds, balls and rubber dinghies into the water if the wind is blowing away from the shore.
- o Never attempt to drive power boats such as speed boats or ski motors.
- o Never attempt to sail boats and dinghies without adult supervision and without wearing life jackets.
- o **Never Pretend To Be Drowning. It Can Cost Another Person His Life.**



# ACTIVITY FACT SHEET



**Activity:** Safety at Sea



**Objective:** Have the Cubs identify dangers at sea



**Time:** 30 minutes



**Outline:** Ask the Cubs to suggest and discuss safety tips between themselves. At the end of the exercise, include tips they might not have mentioned. For certain aspects, eg splashing water, you can do a role play where one is splashing the water at the other, and then reverse. Discuss how they each feel. Following the discussion you can go for a swim and ask the Cubs to practice the safety tips and to remind each other about them.



**Equipment:** Bathing Suit, Beach Towel, Sunblock, Water, First Aid Box, (Floats depending on the cub).



**Place:** At the beach



**Group Size:** Arrow Group or Pack



**3rd Parties:** N/A

BRONZE ARROW



# ACTIVITY FACT SHEET



## During the Activity:

**SOCIAL** – Discuss the tips with the cubs. Ask if there were any points they did not know about. Some rules (eg. splashing water or ducking persons) may be disputed, and a compromise would need to be reached.

**PHYSICAL** – After covering these safety tips, you can have a swim.

**INTELLECTUAL** – The Cubs will think about safety tips that apply to the beach.

**CREATIVE** – Let the cubs do a role play of a simulation before going to the beach.

**EMOTIONAL** – After the role play, have the cubs discuss the feelings. Both roles might be fun at the beginning however having water splashed at you for a period of time might bring out different feelings in different persons. Some persons might feel annoyed, frustrated, angry, perhaps even unsafe because they have less control since they are in the sea.

**SPIRITUAL** – Have the cubs close their eyes and listen to the water if there are waves or take in the silence if it is calm. Help them reflect on the importance of the water, the life it gives to all the creatures in it, transport made by it, the fact that it cleanses, etc.

BRONZE ARROW

## After the Activity:

It is very important to remind the Cubs of the safety tips whenever going to the beach.

