

Longfellow's WHALE Tales

Large Group Format - ~1 hour

Lesson 1: Don't Just Pack It, Wear Your Jacket

Lesson 2: Think So You Don't Sink

Lesson 3: Reach or Throw, Don't Go

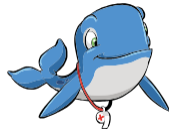
OBJECTIVES

After completing this lesson, students will be able to:

- Explain the importance of wearing a life jacket.
- Define PFD.
- Understand how to check the label to see if a life jacket is approved by the U.S. Coast Guard.
- Explain how to select a life jacket.
- Understand why a life jacket should fit properly.
- Demonstrate how to put on a life jacket.
- Explain panic and describe ways to stay calm in an aquatic emergency.
- Identify ways to stay safe in an aquatic emergency.
- Recognize the potential hazards of being immersed in cold water.
- Define hypothermia and identify the signals of hypothermia.
- Describe how to prevent hypothermia.
- Know how to handle exhaustion or sudden leg cramps.
- Describe the behaviors (signs) of someone who is having trouble in the water.
- Describe the behaviors (signs) of a drowning person.
- Explain how to help someone who is drowning or needs help in the water.
- Identify objects that would work for reaching assists.
- Identify objects that would be good for a throwing assist.
- Explain why only a lifeguard should go into the water to rescue someone.
- Describe how to properly throw a floating object to someone who is drowning or needs help in the water.

MATERIALS, EQUIPMENT AND SUPPLIES

- Posters:
 - Don't Just Pack It, Wear Your Jacket
 - Think So You Don't Sink
 - Reach or Throw, Don't Go
- *Longfellow's WHALE Tales* video segments (Suggested, but optional):
 - Don't Just Pack It, Wear Your Jacket
 - Think So You Don't Sink
 - Reach or Throw, Don't Go
- DVD player and monitor or computer with Internet access, projector and screen (If video segments will be used)
- Several Type II and/or Type III life jackets (in the various sizes that would fit the students to demonstrate)
- Crayons, markers or pencils
- Student Handouts (Print total of number of children expected in a variety so that children may receive different sheets)
 - Activity Sheet 4-1: Help Yourself
 - Activity Sheet 5-1: Reach Out and Help
 - Activity Sheet 5-5: Where There Is Ice, There Is Water
 - Activity Sheet 6-2: Where's Your Life Jacket?
 - Activity Sheet 6-4: Life Jackets
 - Activity Sheet 6-5: Read the Label
- A variety of reaching items, such as a fishing pole, canoe paddle or boat oar, foam noodle, rake, broom, baseball bat (If available at facility)
- Items that float and could be used for a throwing assist, such as a life jacket, inner tube, beach ball, kickboard (likely to be available at facility)
- Ring buoy with 20 to 40 feet of lightweight line attached (likely to be available at facility)
- Lightweight, plastic traffic cone or sport training cone (likely to be available at facility)
- A rug, blanket or towel (likely to be available at facility)



Lesson 1: Don't Just Pack It, Wear Your Jacket

KEY TERMS

Buoyant: Tending to float; capable of keeping an object afloat.

Device: Something made for a particular working purpose.

Flotation: Material that aids in floating.

Life jacket: A type of personal flotation device (PFD) approved by the U.S. Coast Guard for use during activities in, on or around water.

Personal: Pertaining to one's self.

PFD: Personal flotation device.

Throwable device: An object that can be thrown to a person in the water to help him or her float.

Watercraft: A vessel used for water transportation.

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TOPIC: INTRODUCTION

Poster and Video (Suggested, but Optional)

- Display the poster, Don't Just Pack It, Wear Your Jacket, at the front of the classroom. Begin a discussion about the poster by asking students questions such as:
 - What are the people in this picture doing to stay safe while boating?
 - When should you put on your life jacket?
 - When should you take it off?

Refer to the poster throughout the lesson. As an option, you may use a projector to display the electronic version of the poster.

- Show the Longfellow's WHALE Tales video segment, "Don't Just Pack It, Wear Your Jacket," to support this topic.

Key Points

- A life jacket is a personal flotation device (PFD) approved by the United States Coast Guard for use during activities in, on or around water.
- A life jacket should always be worn while boating.
- But life jackets are not just for boating.

- Children and inexperienced swimmers should wear life jackets whenever they are in or around water.
- Certain types of life jackets are designed to keep your head above water and help you remain in a position that allows you to breathe.
- You should always wear the type that is recommended for the activity you will be doing and the place you will be swimming or boating.

TOPIC: WHAT IS A LIFE JACKET?

Key Points and Discussion

- How many of you have ever worn a life jacket? Raise your hand.
- What were you doing when you had the life jacket on?
Answer: Responses will vary. Allow time for responses.
- What might happen if you fell off a boat without a life jacket on and became too tired to keep your head above water?
Answer: You might drown.
- A life jacket is a type of personal flotation device.
 - The reason it is called a *device* is because it is a piece of equipment that has a special purpose.
 - The reason it is called a *personal* device is because it must be the right one for each person. A life jacket should fit snugly so that a person does not slip out of it. It should have the right amount of “float” for the weight of the person.
 - The next important word in the phrase, personal flotation device, is the word *flotation*. A personal flotation device is designed to help a person float and keep them on top of the water. It helps a person keep his or her head out of the water, even if he or she is very tired.
- A personal flotation device, also called a PFD, should be approved by the U.S. Coast Guard. This means a laboratory approved by the U.S. Coast Guard has tested the PFD and has found that it works the way it is supposed to work.

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TOPIC: WHY SHOULD YOU WEAR A LIFE JACKET?

Discussion

- Most drownings occur way out in the ocean, right? Or because there weren't enough life jackets, right? Wrong! Most drownings occur in inland waters, within a few feet of safety. Most of the victims had access to a life jacket, but did not have it on.
- When you don't wear your life jacket, you are taking a chance with your life.

TOPIC: WHEN SHOULD YOU WEAR A LIFE JACKET?

Key Points and Discussion

- You should always wear a life jacket when you are on a boat or any watercraft (vessel for water transportation). You never know when something unexpected might happen.
 - The boat or watercraft could capsize (turn over) if there are waves or currents.
 - You could be thrown from the boat or watercraft if it hits something.
 - You could lose your balance while fishing.
- Inexperienced swimmers and young children should wear life jackets any time they are around water.
- Life jackets are also commonly worn at waterparks on various attractions.
- Everyone should wear a life jacket in open water (oceans, large lakes) or in any challenging water environment.
- Life jackets should always be worn around cold water.
 - Life jackets help conserve body heat and help you keep your head out of water.
- Can you think of any other time you should wear a life jacket?

Answer: Responses will vary. Tell students, “The best answer is to always wear a life jacket when you are in, on or around water.”

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TOPIC: HOW TO SELECT A LIFE JACKET

Key Points

- All of the information about which activity a life jacket can be used for and the weight and size of the person the life jacket is made for can be found on the label.
- Some life jackets are made differently for different activities. For example, life jackets for fishermen might have larger armholes, while life jackets for whitewater rafting might be less bulky.
- Life jackets for activities such as water skiing are tested for impact, to make sure they will not be damaged by hitting the water at a high speed.
- Waterparks and swimming pools may have policies about the use of life jackets.
 - Type II and III life jackets are most commonly used in these settings.
 - For some waterpark attractions, such as water slides, life jackets may not be permitted.
 - For other attractions, such as fast-moving winding rivers, life jackets may be required.

- Life jacket labels contain the following information:
 - Type of life jacket
 - Intended use
 - Size
 - User weight
 - Chest size
 - U.S. Coast Guard approval number
- Make sure to wear the right type of life jacket for the activity you are doing.
- Make sure it is approved by the U.S. Coast Guard.
 - If it doesn't have a label, it is not U.S. Coast Guard-approved!

TOPIC: HOW TO WEAR A LIFE JACKET

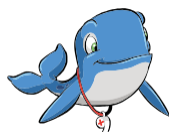
Key Points

- Make sure the life jacket is in good condition. Check buckles and straps for proper function.
- Make sure the life jacket is properly fastened. To work best, life jackets must be worn with all straps, zippers and ties fastened. Tuck in any loose strap ends to avoid getting caught on something.
- To check the fit:
 - Hold your arms straight up over your head.
 - Ask a friend to grasp the tops of the arm openings and gently pull up.
 - Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.

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Activity

- Select a couple of volunteers to demonstrate wearing a too-small and a too-large life jacket. Talk about the problems of each as you show it. Tell students, "If a life jacket does not fit properly, it will not save your life."
- Select another volunteer to demonstrate wearing a life jacket that is the proper size. Demonstrate checking that all straps and snaps are secured.
 - If there enough life jackets available, have each student select and properly put on a life jacket from the Type II and Type III life jackets you have on hand.
 - Make sure students check that all straps and snaps are secured.



Lesson 2: Think So You Don't Sink

KEY TERMS

Aquatic emergency: An emergency in the water in which a swimmer is either in distress or drowning.

Aquatic environment: An environment in which recreational water activities are played or performed. A place where aquatic organisms live and grow.

Buoyancy: The ability or tendency of an object or person to float; the upward force a fluid exerts on a body in it.

Capsize: To turn a craft upside down in the water.

Emergency: A serious situation that needs immediate action.

Exhaustion: Extremely tired or weak.

Hypothermia: A very serious (life-threatening) condition in which the body is unable to maintain warmth and the entire body cools.

Panic: A sudden and overwhelming terror that can make you unable to help yourself or others.

Sudden immersion: Being pushed or accidentally falling into the water.

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TOPIC: INTRODUCTION

Poster and Video (Suggested, but Optional)

- Display the poster, Think So You Don't Sink, at the front of the classroom. Begin a discussion about the poster by pointing to each scene and asking students questions such as:
 - What problem is this person thinking about?
 - What could happen if the person did not find a solution to this problem?
 - What solution did the person come up with so he or she will not sink?

Refer to the poster throughout the lesson. As an option, you may use a projector to display the electronic version of the poster.

- Show the Longfellow's WHALE Tales video segment, "Think So You Don't Sink," to support this topic.

Key Points

- Most of the world is covered by water.
- Many people love to be in, on and around water.
- Even when you are careful around the water, accidents and emergencies can still happen.
- It is important to stay calm and keep yourself safe when something unexpected happens.
- Wearing a life jacket can help you to stay calm.
- Today we are going to talk about how to keep yourself safe in an aquatic emergency.

TOPIC: CAUSES AND PREVENTION OF PANIC

Key Points and Discussion

- How many of you have ever seen someone in trouble in the water?

Answer: Responses will vary.

- How do you think that person felt?

Answer: Responses will vary.

- How would you feel if you had trouble in the water?

Answer: Responses will vary.

- Panic is a sudden and overwhelming terror that can make you unable to help yourself or others.

- Some things that might make you panic in the water are:

- Leg cramps.
- Exhaustion.
- Getting caught in weeds.
- Strong currents.
- Being in a boat that turns over.
- Cold water.
- Being pushed in.
- Swimming out too far.

- What could you do to help yourself?

Answer: Responses will vary but may include the following:

- *Call for help*
- *Relax*
- *Float on your back*

- *Hold onto the overturned boat*
- *Get out of the cold water*
- What is an emergency?
Answer: An emergency is a sudden, serious, usually unforeseen situation that needs immediate action.
- You can prevent emergency situations in the water by knowing your limits and by swimming only in areas that have been approved for swimming and are supervised by a lifeguard.
- What rule helps us remember what to do in an aquatic emergency?
Answer: Think so you don't sink.

TOPIC: KNOW HOW TO RESCUE YOURSELF

Key Points and Discussion

- What are some types of aquatic environments?
Answer: Responses should include the following:
 - *Beach*
 - *River*
 - *Ocean*
 - *Bay*
 - *Pool*
 - *Waterpark*
- What kinds of emergencies can happen in aquatic environments?
Answer: Responses will vary but may include the following:
 - *Your boat can turn over (capsize).*
 - *You can be pushed by a current.*
 - *You could get a cramp or be too tired to swim any more (exhaustion).*
 - *You could get cold and start shivering (hypothermia).*
- We are going to talk about how you can stay safe in each of these emergencies if you remember to think so you don't sink!

Ocean Currents

Key Points and Discussion

- What if you are swimming in the ocean and you get caught in an ocean current? Would you know what to do?

Answer: Responses will vary.

- A longshore current moves along the shore, carrying a swimmer farther down the beach.
 - *If you are caught in a longshore current, try to swim toward shore while moving along with the current. You will eventually get to shore, although you may be some distance from where you entered the water.*
- A rip current moves straight out to sea beyond the breaking waves. Rip currents can carry a swimmer into deep water.
 - *If you are caught in a rip current, swim along the shore until you are out of the current. Once you are free, turn and swim toward the shore.*

River Currents

Key Points and Discussion

- What if you are swimming in a river and you get caught in fast-moving water? What would you do?

Answer: Responses will vary.

- If you are caught in a river current, you should roll over onto your back and go downstream feetfirst to avoid hitting your head. When you are out of the fast-moving water, swim straight toward the shore.
- Swim lessons are the best way to learn to be safe in water. In swim lessons, you are taught about water safety as well as skills to be able to handle yourself in many situations. The American Red Cross has Learn-to-Swim courses for people of all ages and swimming ability.

Sudden Immersion

Key Points and Discussion

- What if you are in a boat or canoe and it capsizes (turns over)? What would you do?

Answer: Responses will vary.

- Remember that a capsized boat traps air. This will make it float.
- You should stay with the boat and hold onto it. It will help you stay afloat.

- Boats are bigger than people and rescuers can find boats easier than people in the water.
- You never know when a boat might capsize.
- That is why you should always wear a life jacket on a boat.
- If the boat capsizes, the life jacket will help you float and will help you not to panic.

TOPIC: HYPOTHERMIA

Key Points and Discussion

- Hypothermia is a condition in which the body is unable to maintain warmth and the entire body cools.
- Signals of hypothermia include the following:
 - Numbness
 - Shivering
 - Glassy stare
 - Indifference
 - Loss of consciousness
- Hypothermia is very serious. It is life threatening.
- Life jackets help conserve body heat and help you keep your head out of water. Life jackets should always be worn around cold water.
- You can protect yourself from hypothermia by:
 - Always wearing a U.S. Coast Guard-approved life jacket when you are around cold water.
 - Wearing layers of insulated clothing that keep you warm, even when wet.
 - Wearing a hat. Body heat is quickly lost through the head.
 - If you fall into cold water and you are waiting to be rescued:
 - Keep your clothes on.
 - Keep your head out of the water.
 - Get into the HELP position, which stands for Heat Escape Lessening Posture. In this position you cross your arms across your chest and pull your knees up to your chest.
 - If you are with other people, you can lessen heat escape if you huddle together.

TOPIC: EXHAUSTION AND LEG CRAMPS

Key Points and Discussion

- What would you do if you were in the water and became too tired to swim?
Answer: Responses will vary.
- What would you do if you got a cramp in your leg while you were swimming?
Answer: Responses will vary.
- We are going to talk about how you can stay safe in each of these situations and to think so you don't sink.
- Exhaustion means you are extremely tired and you don't have the energy to keep swimming or moving.
- Remember you can float. You should roll over on your back and float.
- To prevent exhaustion, take frequent rests out of the water.
- Sudden leg cramps (muscle pain) can be a problem when swimming. Swimmers are sometimes surprised by the sudden pain and can sink if they do not think.
- Immediately stop the kicking action that caused the cramp. Try to massage the muscle to make the cramp go away. Continue swimming to shore, but use a different kick.

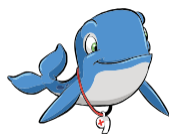
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Activity

- Tell students, "I am going to name an action. If it is something you should DO to stay safe, stand up. If it is something you should NOT DO, sit down."

Action	DO	DO NOT
Swim only if there is a lifeguard or if a grown-up gives you permission to swim and is supervising you.	DO	
Eat candy or chew gum while you are swimming.		DO NOT
Take swim lessons.	DO	
Swim if you are tired.		DO NOT
Follow water safety rules.	DO	
Swim with a buddy.	DO	
Wade into water feetfirst if you are swimming in a lake, pond or river.	DO	
Dive off piers or rocks.		DO NOT
Wear a life jacket when you are in a boat.	DO	

Stand up in a boat.		DO NOT
Get out of the water right away if you hear thunder or see lightning.	DO	
Run on a pool deck or pier.		DO NOT



Lesson 3: Reach or Throw, Don't Go

KEY TERMS

Buoyancy: The ability or tendency of an object or person to float; the upward force a fluid exerts on a body in it.

Drown: To be suffocated by immersion in water.

Drowning victim: A person showing behavior that includes struggling at the surface for 20 to 60 seconds before submerging.

Lifeguard: A person trained in lifeguarding, first aid and CPR skills who ensures the safety of people at an aquatic facility by preventing and responding to emergencies.

Reaching assist: A method of helping someone out of the water by reaching out to that person with your hand, leg or an object.

Throwing assist: A method of helping someone out of the water by throwing a floating object with a line attached.

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TOPIC: INTRODUCTION

Poster and Video (Suggested, but Optional)

- Display the poster, Reach or Throw, Don't Go, at the front of the classroom. Begin a discussion about the poster by pointing to each scene and asking students questions such as:
 - *Is this a safe way to help someone in the water?*
 - *Why or why not?*

Refer to the poster throughout the lesson. As an option, you may use a projector to display the electronic version of the poster.

- Show the Longfellow's WHALE Tales video segment, "Reach or Throw, Don't Go," to support this topic.

Key Points

- We can help someone who is having trouble in the water without getting wet.
- This is important because you need to stay safe. Going in the water to help someone who is having trouble could cause you to get in trouble too.
- When helping someone in the water it is always best to reach or throw, don't go.
- We are going to do some activities that will teach you how to help someone who is having trouble in the water while keeping yourself safe.

TOPIC: HELPING SOMEONE IN TROUBLE IN THE WATER

Key Points and Discussion

- Can you think of some reasons that people might get into trouble in the water and might drown?

Answer: Responses will vary but may include the following:

- *If they are in water over their head and can't swim*
- *If they become too tired or too cold*
- *If they panic*
- What does the poster show that you can do without getting in the water to help someone who is drowning or needs help in the water?

Answer: Reach or throw, don't go.

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Signs of Trouble

Key Points

- A person can get into trouble in the water for a few reasons.
- The person may become tired or suddenly ill or may get a cramp.
- Someone who is in trouble in the water:
 - May be floating or treading water.
 - May be holding onto a safety line or other floating object.
 - May be trying to swim to safety but doesn't seem to be moving forward.
- A person in trouble in the water may be able to call or wave for help.
- If the person does not get help, things may become worse:
 - His or her mouth may move closer to the water.
 - He or she may start to get scared.

- He or she may be less able to keep their face out of the water.
- If a swimmer in trouble does not receive help, he or she may drown.
- Some of the signs of a person who is drowning include:
 - Struggling to get to the surface of the water or they may have gone underwater and are struggling to come up or pick their head up.
 - Cannot move forward or tread water.
 - May be pressing his or her arms down at the sides, trying to keep the head above water to breathe.
 - Spends energy just trying to keep his or her head above water or might be unable to lift their head up out of the water to get a breath.
- A drowning person may not be able to call out for help because all their energy is in trying to get a breath.
- Another reason that the person may be in trouble in the water is because of a medical emergency. The person may sink underwater and no longer be moving.

Reaching Assist

Key Points and Discussion

- If someone is showing signs that he or she is having trouble in the water and is close to shore or close to the side of the pool, you should reach something out to the person.
- Do you see anything in this room that might be a good thing to use to reach out to someone in the water?

Answer: Responses should include the reaching items you have on hand such as:

- *Fishing pole.*
- *Rake.*
- *Canoe paddle.*
- *Boat oar.*
- *Stick.*
- *Tree branch.*
- *Baseball bat.*

Leader's Note: As students name the reaching items you have on hand, pick the item up and reach it out for a student to grab to demonstrate how a long pole can help you reach someone far away.

- If you want to assist someone in trouble in the water and you can reach the person with an object, you should:
 - Stay out of the water.
 - Brace yourself on a pool deck, pier surface or shoreline.
 - Reach out to the person using any object that extends your reach, such as a pole, an oar, a paddle, a tree branch, a belt.
 - When the person grasps the object, slowly and carefully pull him or her to safety.
 - Keep your body low and lean back to avoid being pulled into the water.

Activity (Presenter to demonstrate, Optional activity for each child for smaller group)

- Establish a small area in the classroom as a body of water. Lay the rug or blanket down to represent the body of water.
- Select a volunteer from the class. Have the volunteer lie or sit down in the “body of water” and pretend to have problems and not be able to make it back to shore.
- Lay the reaching rescue items you have on hand on the floor near the “water.” Items could include a boat paddle or oar, water ski, fishing rod, tree branch.
- Let each student demonstrate how they could safely rescue the person by reaching one of the reaching items out to them.
- Make sure students are bracing themselves, keeping their bodies low and leaning back to avoid being pulled into the water.
- If necessary, have students repeat their rescues demonstrating safe practices.
- Emphasize that a person who is in trouble in the water could be rescued using ordinary items.

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Throwing Assist

Key Points and Discussion

- How can you help a person who is out of your reach?
Answer: Throw an object that floats to the person.
- What kind of objects could be thrown to someone in trouble?
Answer: Responses may include the following:
 - Kickboard
 - Empty picnic cooler
 - Life jacket
 - Ring buoy

- *Water jug*
- *Basketball*
- *Beach ball*
- *Inner tube*

Leader's Note: As students name throwing items, if you have the item on hand, pick it up and show it to students.

Activity (Optional, if appropriate)

- Establish a small area in the classroom as a body of water. Lay the rug or blanket down to represent the body of water.
- Select a volunteer from the class. Have the volunteer lie or sit down in the “body of water” and pretend to be a swimmer who cannot make it back to shore.
- Lay several potential “throwing” rescue items on the floor on the opposite side of the room from the “water.” Items could include an inner tube, a life jacket, a beach ball or basketball. (The items should be lightweight so they don’t cause injuries when thrown.)
- Let each student practice throwing a rescue item to the swimmer.
- Tell the swimmer he should try to catch the objects when they are thrown, but he should not step off the blanket to do so. The rescue item has to come all the way to him.
- Emphasize that a person who is in trouble could be rescued using ordinary items that are usually available at a picnic or beach setting.

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TOPIC: SAFE WAYS TO HELP SOMEONE IN TROUBLE IN THE WATER

Key Points and Discussion

- What is the one thing you do not want to do if you see someone who is having trouble in the water?
Answer: Jump in the water to help.
- Who is the only person who should get in the water to help a person who is drowning?
Answer: A lifeguard or somebody trained in water rescue.
- You could put yourself in a dangerous situation if you enter the water to try to rescue someone. It is possible you could drown.
- The best thing a person can do if he or she cannot reach or throw something to the person that is in trouble is to go and get help.
- People have drowned because they entered the water trying to rescue a person in trouble.

- Only a person who is trained in water rescue should enter the water to try and save someone in trouble.
- What is the rule for helping someone in trouble in the water?

Answer: Reach or throw, don't go.

Activity

Leader's Note: Read the scenario below to students. After each question, allow students to respond by telling what they think the person should do.

Scenario

A fisherman slips into the water and is struggling to stay afloat. A person walking nearby sees the fisherman and thinks about jumping into the water to save the fisherman. Should the person do this?

Answer: Allow time for responses.

The person decides not to go in the water and finds a long stick. The person tries to reach the stick out to the fisherman, but the fisherman is just out of reach. What should the person do now?

Answer: Allow time for responses.

The person notices a cooler that belongs to the fisherman. The person empties the cooler, closes the lid and throws the cooler out to the fisherman. The fisherman reaches and grabs the cooler and uses it to float on. The fisherman kicks back to the shore and to safety.

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TOPIC: RESCUE EQUIPMENT

Key Points and Discussion

- So far we have talked about everyday things that can be used as rescue equipment in an emergency.
- Now we are going to talk about rescue equipment that is normally found at a swimming area:
 - A safety post is a post with reaching and throwing equipment attached to it.
 - A heaving line is a strong, lightweight rope, 40 to 50 feet long. An object that floats, or is buoyant, can be attached to one end and thrown to someone who needs help in the water.
 - A ring buoy is a buoyant ring with 40 to 50 feet of lightweight line attached to it. The

ring is thrown by a rescuer to someone who needs help in the water.

- A reaching pole is a pole 10 to 15 feet long that is extended into the water to help someone in trouble.
- A rescue tube is a vinyl foam-filled support with a towline and shoulder strap. It is usually carried by lifeguards.
- A rescue buoy is made of lightweight, hard, buoyant plastic and has handles on the sides and a towline with a shoulder strap attached. It is used by lifeguards at waterfronts.
- Throwing rescue equipment has something that floats attached to about 40 to 50 feet of lightweight rope.

Leader's Note: Show the ring buoy to the students. Set up the plastic traffic cone or sport training cone about 10 feet away from you. Demonstrate each step below as you explain to students.

- If you want to help someone in trouble in the water using a ring buoy or similar rescue equipment, you should:
 - Hold the coil of line (lightweight rope) in the open palm of your nonthrowing hand. Grasp the ring buoy with throwing hand.
 - Step on the nonthrowing end of the line.
 - Step back with your leg on the throwing side, swing the ring buoy backward and then forward for an underhand toss.
 - Aim the throw so that the ring buoy lands just beyond the person with the line lying on the person's shoulder. Tell the person to grab the object.
 - After the person has a firm grasp on the ring buoy or line, drop the remaining coil, if any, and pull the person to safety.
 - Keep your body low and lean back to avoid being pulled into the water.
 - Slowly pull the person to safety by reaching out with one hand and grasping the line with your thumb inward.
 - Pull the line in to your side with that hand while reaching out with the other.
 - Continue the alternate pulling and reaching action until the person is at the side or is able to stand in shallow water.

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Activity (Optional Activity for Smaller Groups)

- Have students line up on one side of the room.
- Position the traffic or sport training cone about 10 to 20 feet away. (For younger children, position the cone closer.)

- Allow each student two attempts to throw the ring buoy around the traffic cone. If student cannot get the ring buoy around the cone after two tries, you should place it.
- Once the ring buoy is around the cone, the student should drop the remaining coil of rope and pull the ring buoy “to safety.”
- Make sure students are following the instructions you gave them.

TOPIC: REVIEW AND WRAP UP

*Leader’s Note: Refer back to the poster, **Don’t Just Pack It, Wear Your Jacket**, as you review the lesson.*

Discussion

- How can a life jacket be most effective?
Answer: A life jacket is most effective when it is worn.
- A life jacket is for putting on, not for sitting on.
- Always wear a life jacket:
 - On a boat or watercraft.
 - Around cold water.
 - Around deep water.
- Always make sure you wear a life jacket that is approved by the U.S. Coast Guard and that is the right type for the activity.
- Make sure a life jacket fits properly.
- Remember: Don’t just pack it, wear your jacket!

20

*Leader’s Note: Refer back to the poster, **Think So You Don’t Sink**, as you review the lesson.*

Discussion

- Why is it important to think when you are faced with an aquatic emergency?
Answer: You should think so that you do not panic. Instead you can consider what your actions should be to keep you safe.
- Some good actions include:
 - Call for help if you are in trouble in the water.

- Float on your back if you become too tired in the water.
- Swim only in areas that are supervised by lifeguards.
- Swim with a buddy.
- Always wear a life jacket around cold water.
- If you get caught in a current, don't try to swim against the current.
- Remember to think so you don't sink.

*Leader's Note: Refer back to the poster, **Reach or Throw, Don't Go**, as you review the lesson.*

Discussion

- How can you help someone who is in trouble in the water close to shore or near the side of a pool?

Answer: You can help someone who is close to the shore or near the side by reaching out using your hand, leg or an object.

- How can you help someone out of reach who is in trouble in the water?

Answer: You can help someone who is out of reach by throwing a floating object with a line attached.

- Remember to keep your weight low when making a reaching or throwing assist.
- Remember the important rule: Reach or throw, don't go.

21

Leader's Note: As time allows, distribute activity sheets so that each participant has at least one. It is suggested to use a variety of different sheets. As they are completing the activities, reinforce the different safety messages.

- Thank the children for their attention, then ask these questions to guide them to reciting each of the different safety messages covered in the lesson:
- What did you learn about wearing a life jacket?

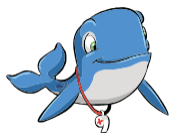
Answer: Don't Just Pack It, Wear Your Jacket!

- If you get into trouble, what should you do?

Answer: Think So You Don't Sink!

- If someone else is in trouble in the water, how should you help?

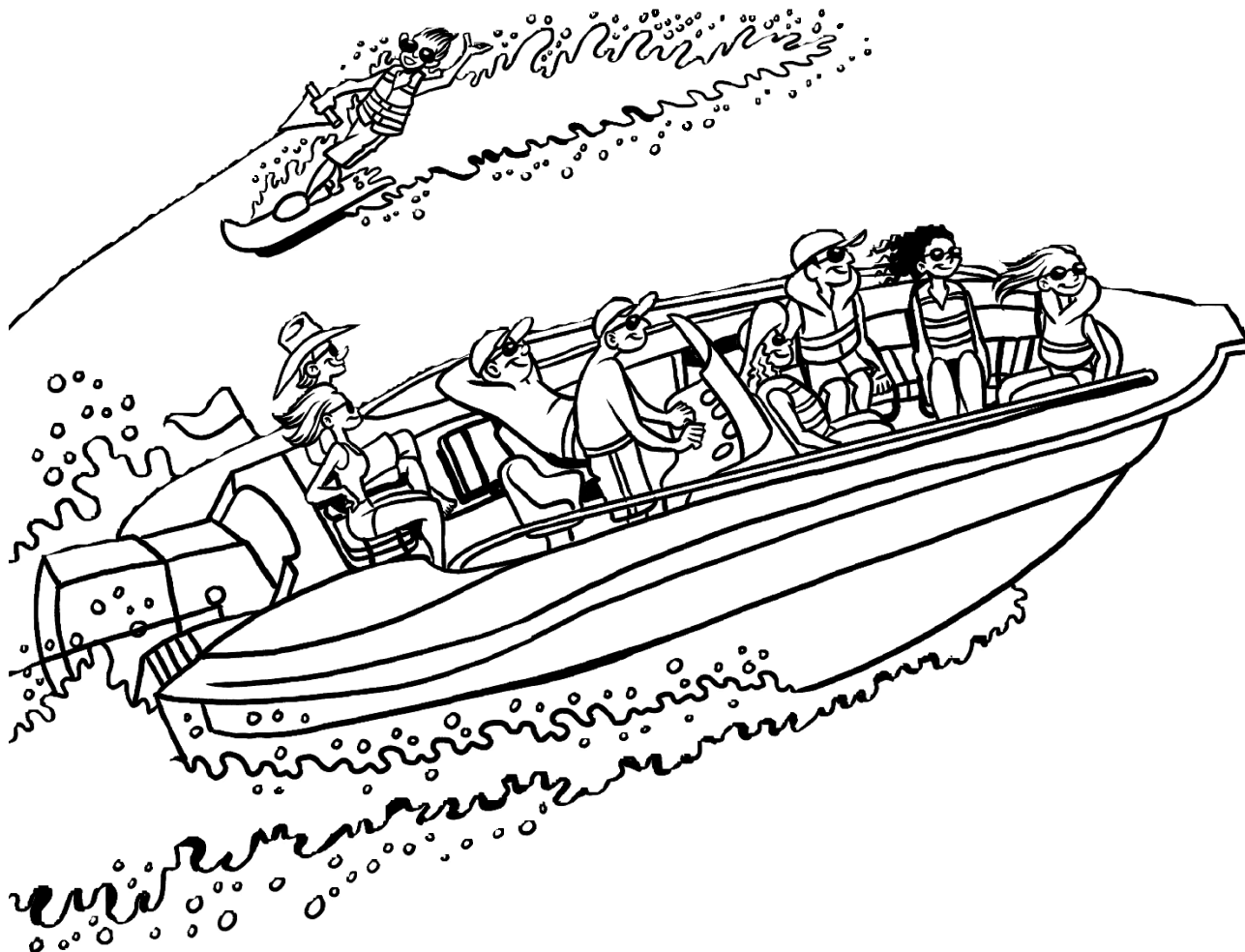
Answer: Reach or Throw, Don't Go!

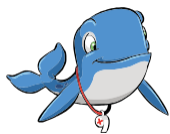


Where's Your Life Jacket?

Name: _____

Circle all the life jackets or personal flotation devices in the picture. Put an X on the people who are not doing the safe thing.

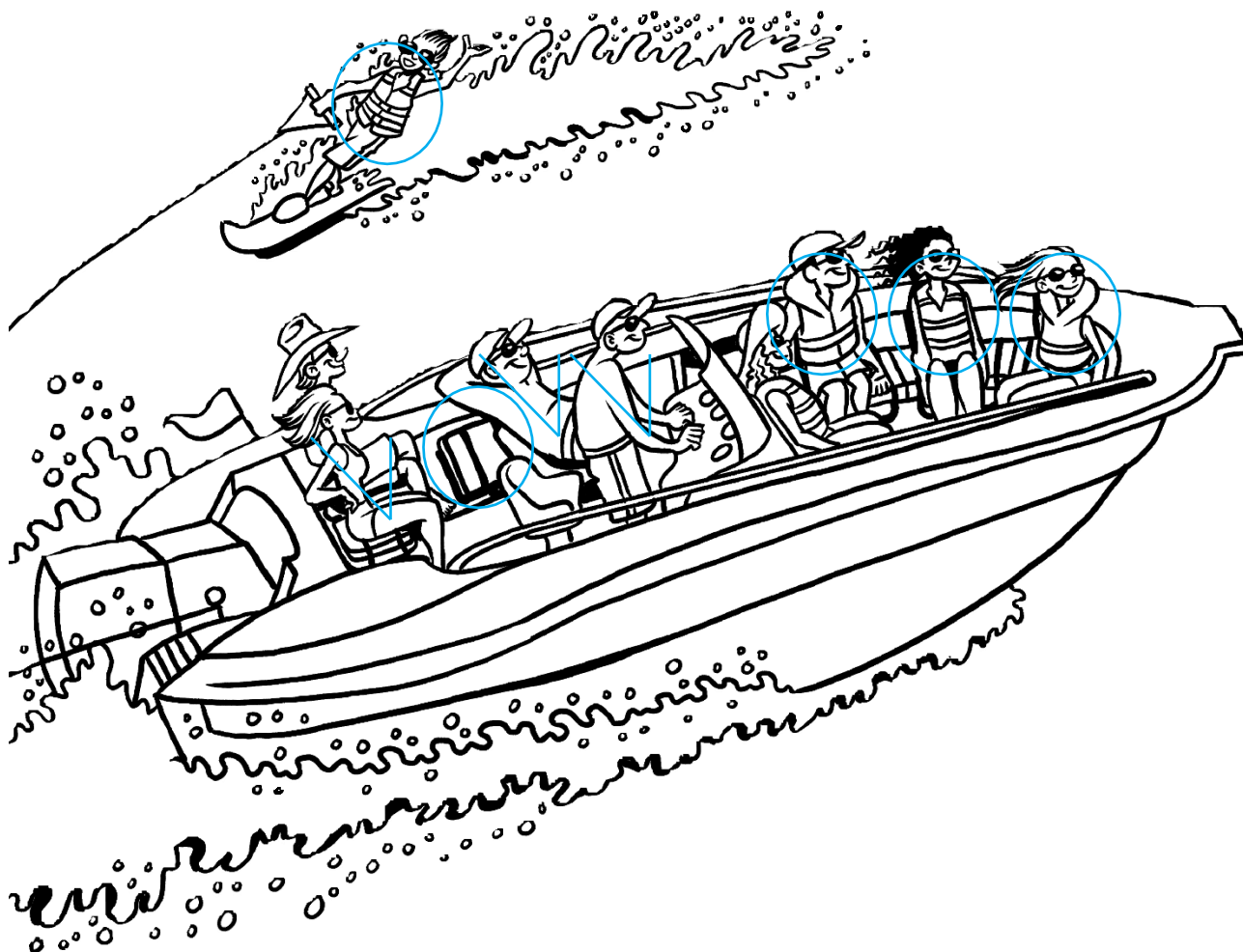


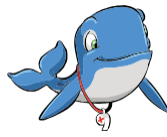


Where's Your Life Jacket?

Name: _____

Circle all the life jackets or personal flotation devices in the picture. Put an X on the people who are not doing the safe thing.



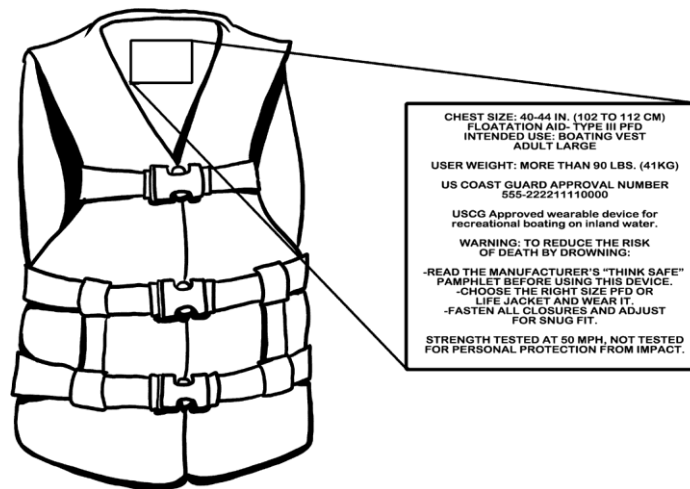


Read the Label

Name: _____

Read the label in the life jacket and read the description of the life jacket. The important things to note are the type of life jacket, the intended use, whether it is approved by the U.S. Coast Guard, and the weight and chest size of the user.

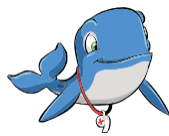
Answer the questions that follow by circling Yes or No for each question.



3

Flotation Aid (Type III): Used for general boating in calm, inland waters and for the special activity that is marked on the label, such as water skiing. A person may have to tilt his or her head back to keep his or her face out of the water.

- | | | |
|---|-----|----|
| 1. Is this life jacket approved by the U.S. Coast Guard? | Yes | No |
| 2. Should an adult who weighs 120 pounds wear this life jacket? | Yes | No |
| 3. Should this life jacket be worn for deep-sea fishing? | Yes | No |
| 4. Should this life jacket be used for whitewater rafting on a river? | Yes | No |
| 5. Would this life jacket be acceptable on a motorboat on a lake? | Yes | No |
| 6. Should a child who weighs 50 pounds wear this life jacket? | Yes | No |
| 7. Would this life jacket be acceptable for canoeing on a lake? | Yes | No |
| 8. Would this life jacket be acceptable for water skiing? | Yes | No |
| 9. Would this life jacket be acceptable for sailing in the ocean? | Yes | No |
| 10. Would this life jacket be acceptable for use at a community pool? | Yes | No |

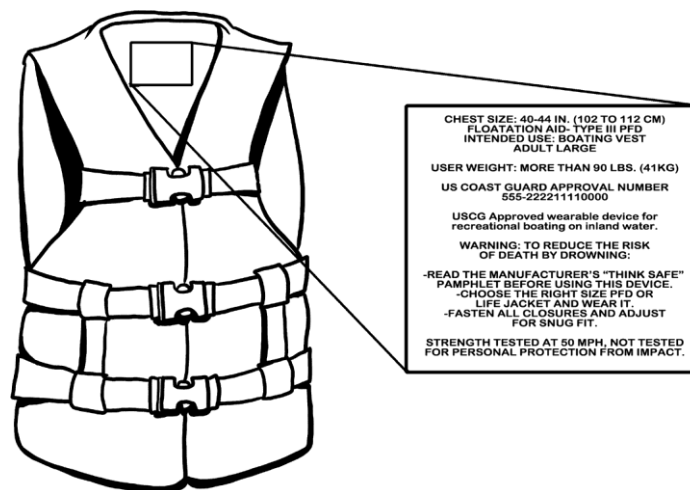


Read the Label

Name: _____

Read the label in the life jacket and read the description of the life jacket. The important things to note are the type of life jacket, the intended use, whether it is approved by the U.S. Coast Guard, and the weight and chest size of the user.

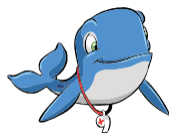
Answer the questions that follow by circling Yes or No for each question.



4

Flotation Aid (Type III): Used for general boating in calm, inland waters and for the special activity that is marked on the label, such as water skiing. A person may have to tilt his or her head back to keep his or her face out of the water.

- | | | |
|---|-----|----|
| 1. Is this life jacket approved by the U.S. Coast Guard? | Yes | No |
| 2. Should an adult who weighs 120 pounds wear this life jacket? | Yes | No |
| 3. Should this life jacket be worn for deep-sea fishing? | Yes | No |
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| 5. Would this life jacket be acceptable on a motorboat on a lake? | Yes | No |
| 6. Should a child who weighs 50 pounds wear this life jacket? | Yes | No |
| 7. Would this life jacket be acceptable for canoeing on a lake? | Yes | No |
| 8. Would this life jacket be acceptable for water skiing? | Yes | No |
| 9. Would this life jacket be acceptable for sailing in the ocean? | Yes | No |
| 10. Would this life jacket be acceptable for use at a community pool? | Yes | No |



Life Jackets

Name: _____

Find the hidden words listed below. They describe things about life jackets and flotation devices. The words can run across or down.

s s v b s a f l o t a t i o n a i d p w
y p e u h k d z j c i t s g e t t l t o
o e c o d n s o b i z p w s p h c u k f
w c i y f l e l k w a i e x k r u m e f
r i v a k b a y s n x i p c c o n c g s
x a e n i o t f s l t b a p n w i u v h
r l d t c r c g e m z j e b e a p o f o
o u e r x l u j f p e e w l e b x r b r
s s s L x i s n j f r v f d t l s m h e
m e u v y k h q i k c e e z q e h s r l
x z d b b w i l e f z l s e x r b g u u
p o e c l n o l o g b y q e m a g s w l
n s t e p u n m l i f e j a c k e t y w
d t c m f u o u w g v l w z s v k h g h
v d i h j n x o r x i w f x l n e b u p
v e r y v l r f e n w u w s x r l r s g
z v t r i n g b u o y a c o y k w r n j
r i s b t x e t b n u t d y n v e s t n
o c e g a q m f u n d t f i p l j g h y
g e r c j d n e a r s h o r e z b w f u

5

Word List

buoyant

life jacket

ring buoy

throwable

device

near shore

seat cushion

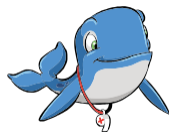
vest

flotation

off shore

special use

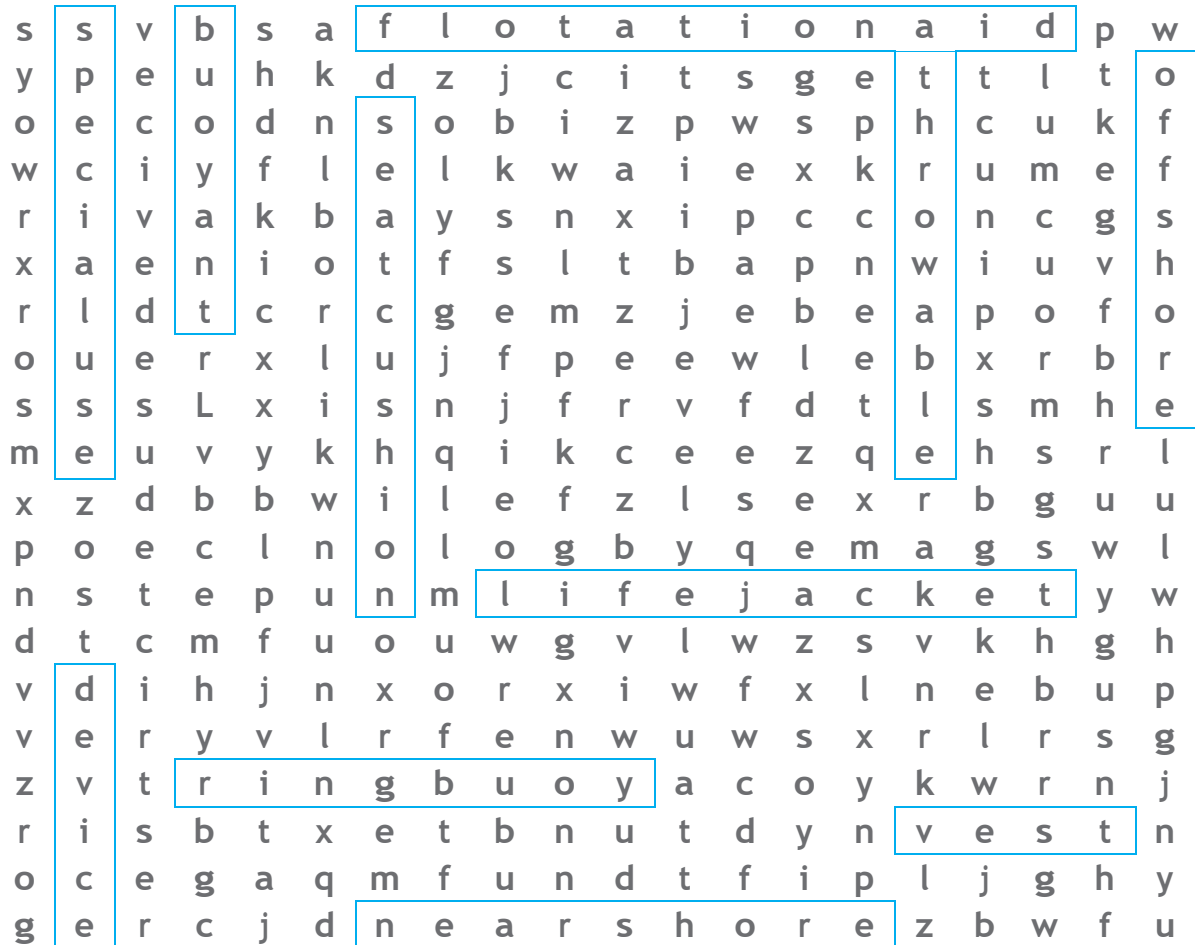
aid



Life Jackets

Name: _____

Find the hidden words listed below. They describe things about life jackets and flotation devices. The words can run across or down.



6

Word List

buoyant

device

flotation

aid

life jacket

near shore

off shore

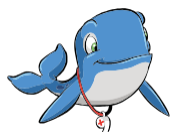
ring buoy

seat cushion

special use

throwable

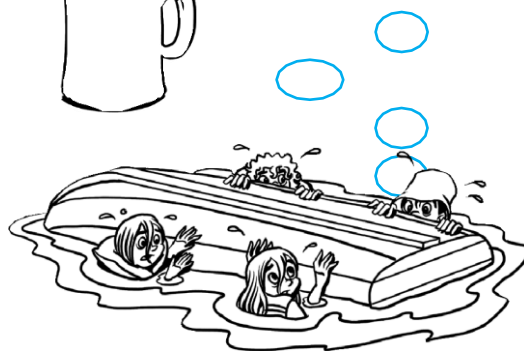
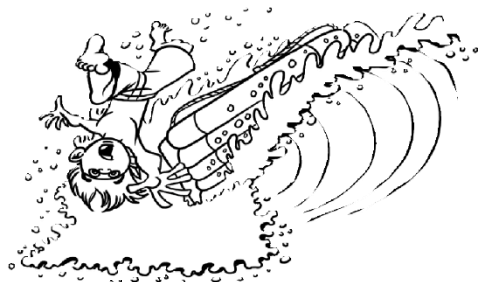
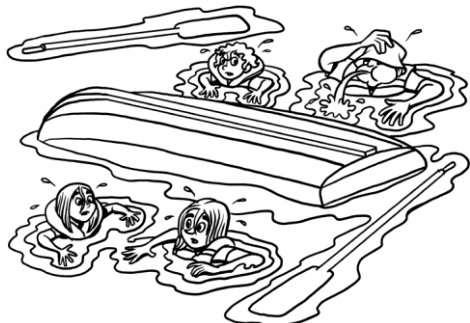
vest

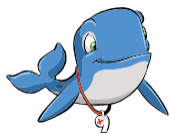


Help Yourself

Name: _____

Here are some pictures of things that could happen to you around water.
Draw a line from each problem to the self-help picture that shows how to
solve the problem. Then color the pictures.

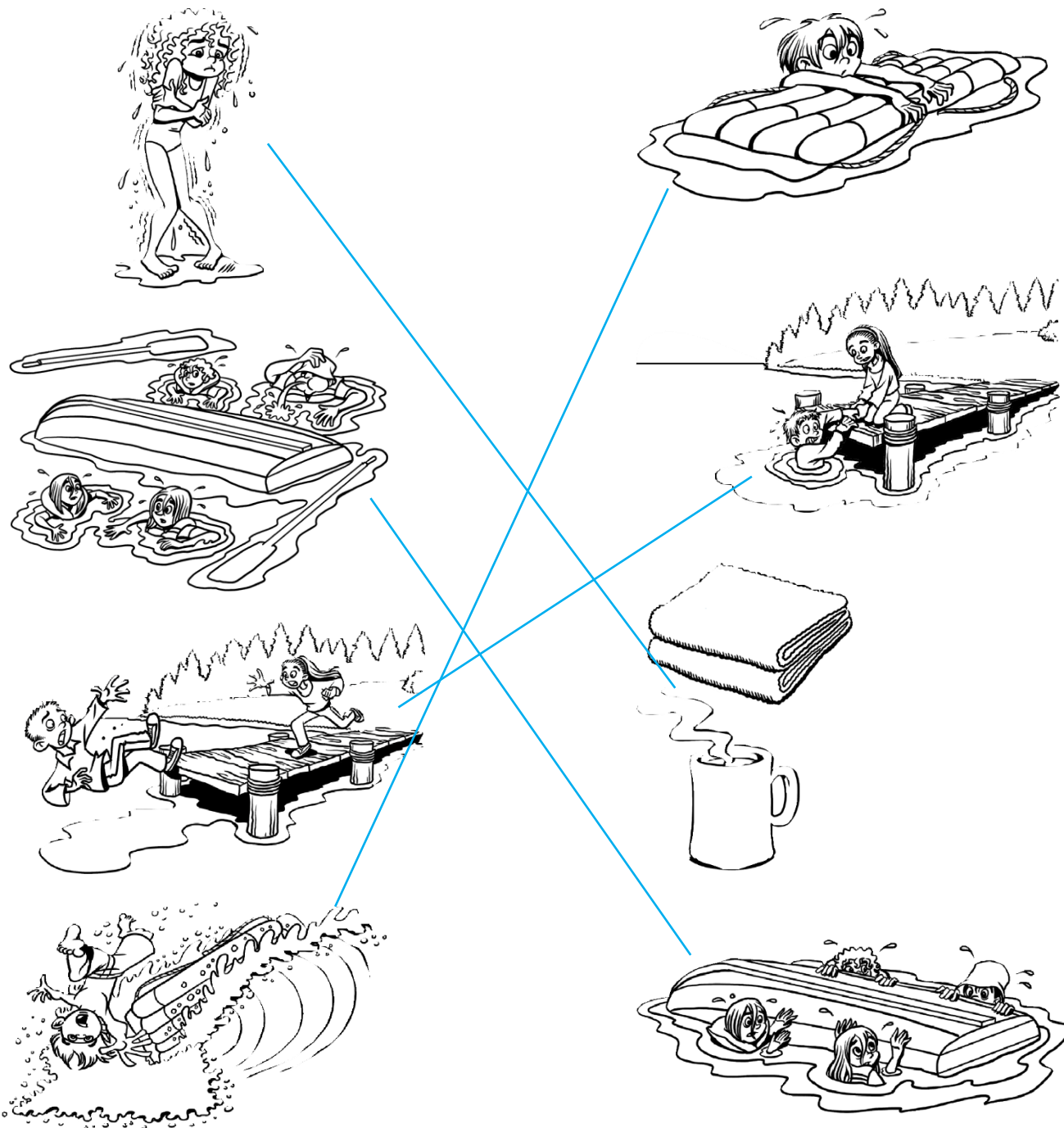


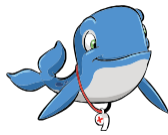


Help Yourself

Name: _____

Here are some pictures of things that could happen to you around water. Draw a line from each problem to the self-help picture that shows how to solve the problem. Then color the pictures.



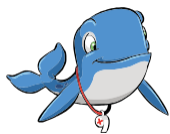


Reach Out and Help

Name: _____

How many things can you see that could be used to reach out to the person in the water? Color each item that could be used for a reaching assist.

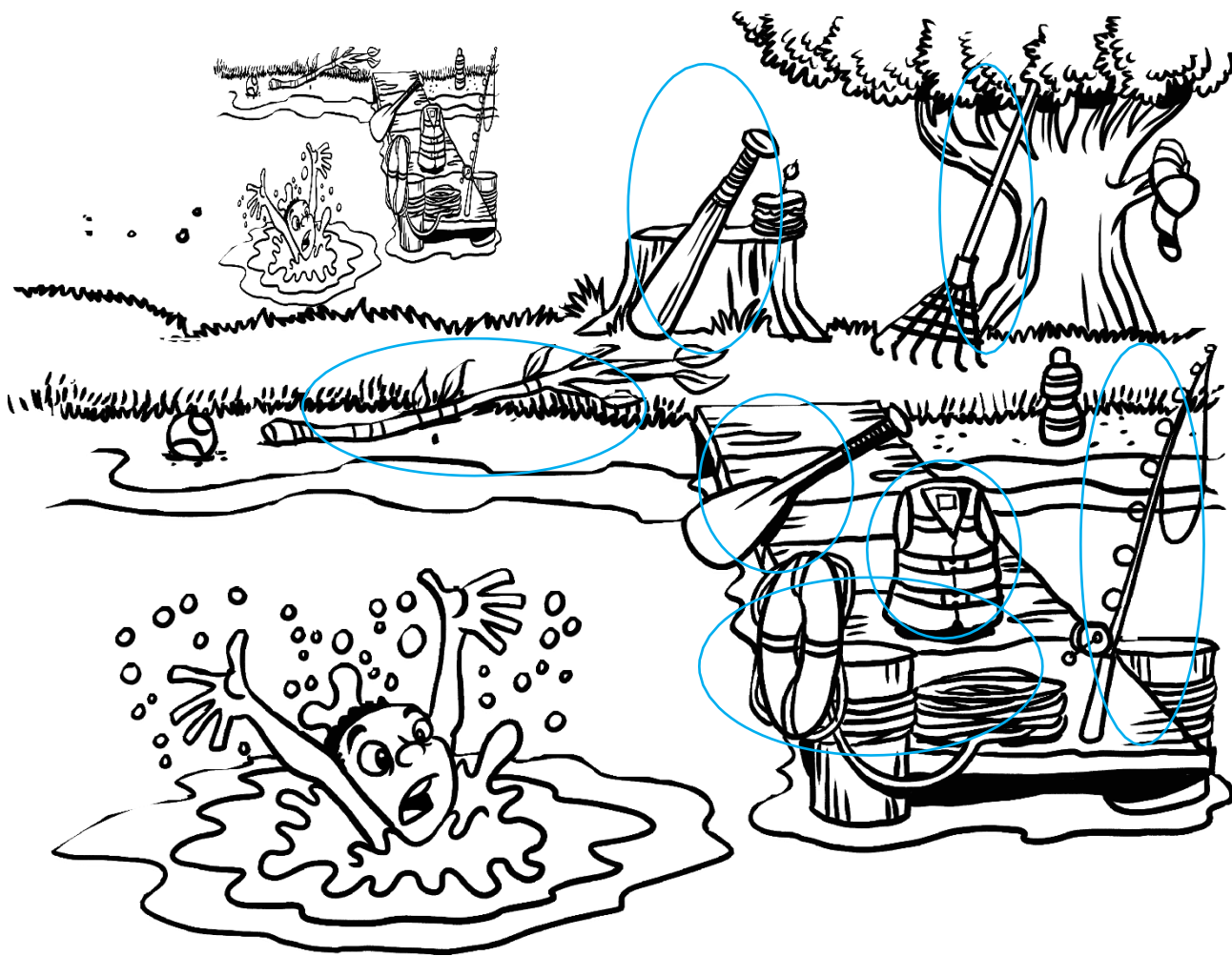


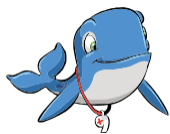


Reach Out and Help

Name: _____

How many things can you see that could be used to reach out to the person in the water? Color each item that could be used for a reaching assist.



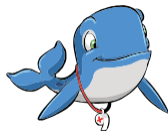


Where There Is Ice, There Is Water

Name: _____

A friend has fallen through the ice. If you were nearby, you could use a reaching assist. If you were farther away, you could use a throwing assist. Circle all the things in the picture you could use to help your friend. Draw in other things you might have with you that you could use.

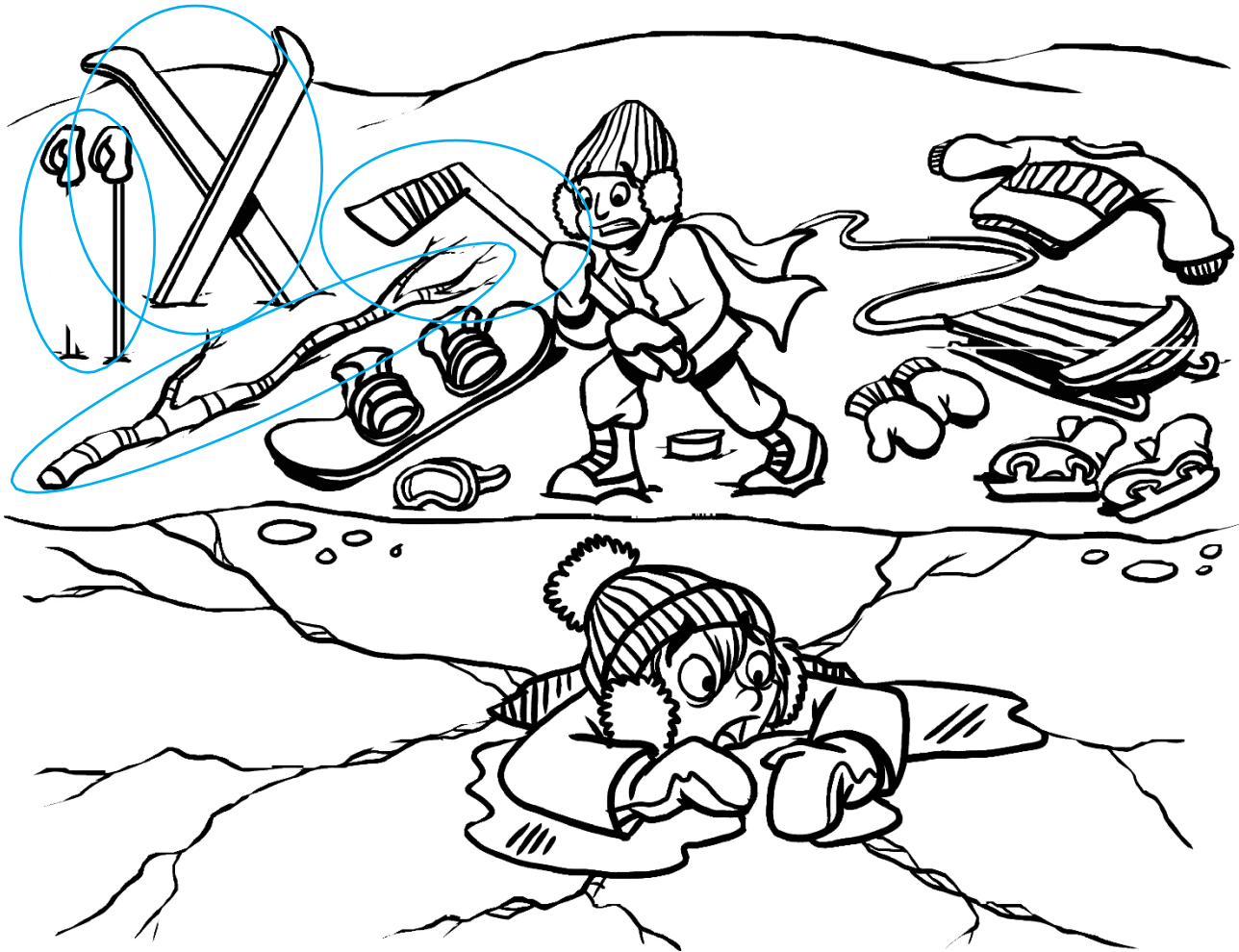


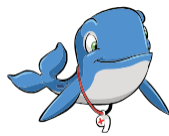


Where There Is Ice, There Is Water

Name: _____

A friend has fallen through the ice. If you were nearby, you could use a reaching assist. If you were farther away, you could use a throwing assist. Circle all the things in the picture you could use to help your friend. Draw in other things you might have with you that you could use.





Longfellow's Guidelines on Life Jackets

Offshore Life Jacket (Type I)

Designed for boating or sailing on the open ocean, rough seas or on remote waters where a rescue could take a while. Offshore life jackets turn most unconscious people in the water from a face-down position to a vertical (upright) or slightly tipped-back position.

Advantages

- Has the most buoyancy (floats the best)
- Comes in bright colors
- Has reflective material to help rescuers find a person in the water

Disadvantage

- Bulky



Near-Shore Buoyant Vest (Type II)

Designed for general, recreational boating activities. Good for calm, inland waters where there is a good chance for a fast rescue. Near-shore buoyant vests may help turn an unconscious person in the water from a face-down position to a vertical (upright) or slightly tipped-back position.

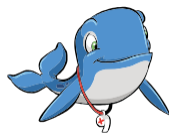
Advantages

- Approved for multiple sizes for children and adults
- Not as bulky as an offshore life jacket

Disadvantages

- Not recommended for rough water
- Has less buoyancy than an offshore life jacket





Longfellow's Guidelines on Life Jackets

Flotation Aid (Type III)

Used for general, recreational boating in calm inland waters or for the specialized activity that is marked on the device, such as water skiing. Flotation aids are designed to keep a person in a vertical position.



Advantages

- Considered more comfortable than offshore life jackets or near-shore buoyant vests
- Available in many styles
- Approved for multiples sizes for children and adults

Disadvantages

- Person may have to tilt head back to keep face out of water
- May not keep an unconscious person's face out of the water
- Not as buoyant as offshore life jackets or near-shore buoyant vests
- Not recommended for rough water
- Must be water-tested by inexperienced swimmers before being used for boating activities

2

Throwable Device (Type IV)

Flotation devices (such as a buoyant cushion or ring buoy) that are not worn but can be thrown to a person in the water in an emergency. A buoyant cushion may also be used as a seat cushion. These devices do not take the place of wearing a life jacket.



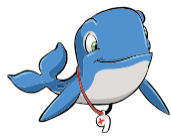
Advantages

- May be thrown from boat or land
- Provides backup to wearable life jackets
- Some styles may be used as seat cushions

Disadvantages

- Not for unconscious persons
- Does not take the place of a life jacket
- Not suitable for inexperienced swimmers or children
- Not safe for rough water

Continued on next page



Longfellow's Guidelines on Life Jackets

Special Use Life Jacket (Type V)

A special-use device is approved only for a specific activity, such as kayaking, water skiing, commercial whitewater rafting or other commercial activities.

Some special-use devices provide protection from hypothermia while others are intended for freedom of movement. Special-use devices include boardsailing vests, deck suits, commercial whitewater vests and work vests.



Advantage

- Designed for specific activities, therefore may be more comfortable for the activity

Disadvantage

- Less safe than other life jackets if used for activities other than those marked on the label

3

Note: The U.S. Coast Guard is currently working to revise the classification and labeling of life jackets and flotation devices.

How to Choose a Life Jacket

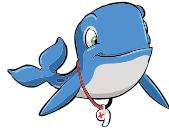
When choosing a life jacket:

- Make sure it is the right type for the activity.
- Make sure it is approved by the U.S. Coast Guard.
- Make sure it fits properly. Check the label on the life jacket for weight limits.
- Make sure it is in good condition. Check buckles and straps for proper function.
- Throw out any life jacket with torn fabric or straps that have pulled loose.
- Practice putting it on in water and swimming with it on. When you practice, have a person with you who can help if you have difficulty.

How to Use Your Life Jacket

- Try on your life jacket to see if it fits snugly. Then test it in shallow water to see how it handles. A life jacket is designed not to ride up on the body in the water.
- To check your life jacket's buoyancy, relax your body and tilt your head back. Make sure your life jacket keeps your chin above water and you can breathe easily.
 - If your mouth is not well above the water, you may need a life jacket with more buoyancy.

Continued on next page



Longfellow's Guidelines on Life Jackets

How to Care for a Life Jacket

To be sure that your life jacket will be in good shape when you need it, you must take care of it.

- Do not make changes to your life jacket. If yours does not fit, get one that does. An altered life jacket may not work properly.
- Periodically check to see if your life jacket is in good repair and if it provides adequate support. Check it often for rips, tears and holes. Also check to see that seams, fabric straps and hardware are okay. Give your life jacket belts, ties and straps a quick, hard pull to make sure they are secure. You should find no signs of water logging, mildew odor or shrinkage of the buoyant materials.
 - Make sure that the snaps, belts, ties, straps and zippers are working properly.
- Do not use your life jacket as a kneeling pad or to sit on. Life jackets lose buoyancy when crushed.
- Hang your wet life jacket to dry in open air or in a well-ventilated area. Do not dry your life jacket in front of a radiator or other heat source.
 - Do not leave your life jacket on board for long periods when the boat is not in use.
 - Clean your life jacket only as the label instructs.