

# water

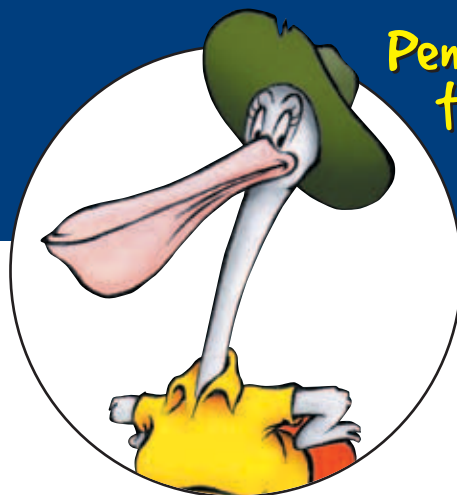
# safety

Marine Safety  
Activity Book

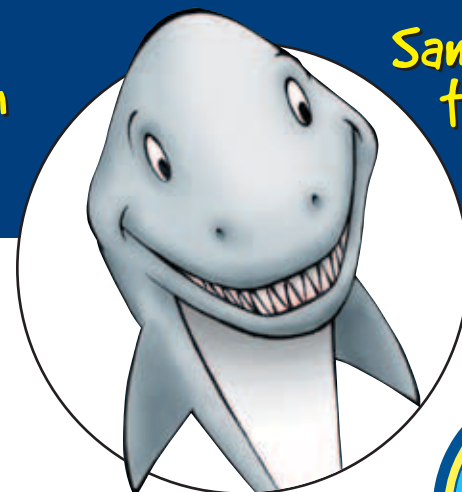
Starring

## Danny the Dolphin

and



Penny  
the Pelican



Sam  
the Shark



Transport  
Maritime



# Meet the water safety Mascots

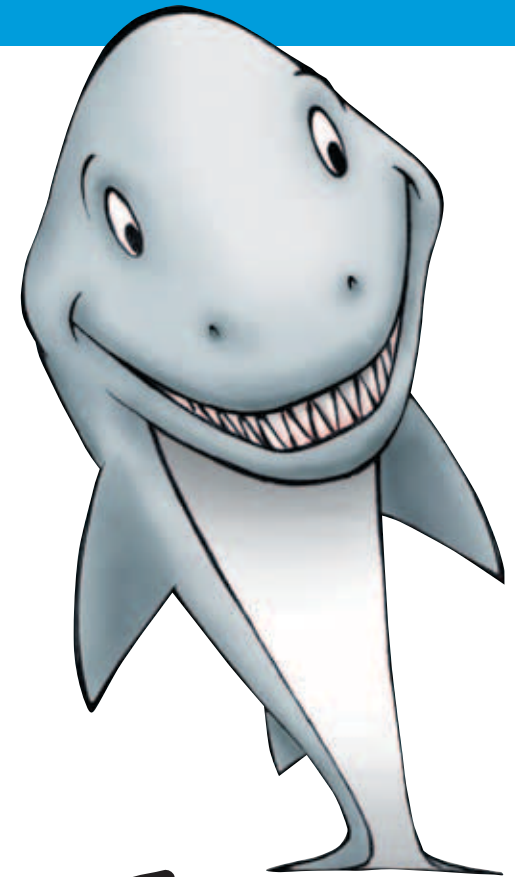
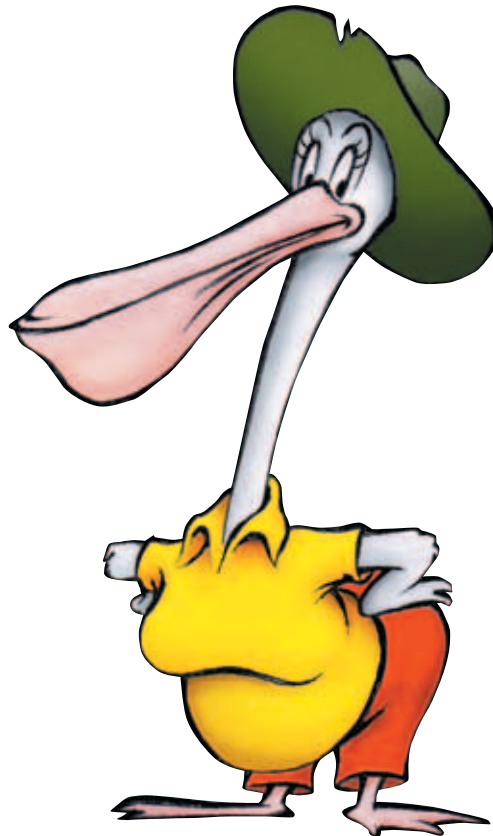


## Danny

**Danny the Dolphin** is a Water Safety dolphin who enjoys safe boating.

## Penny

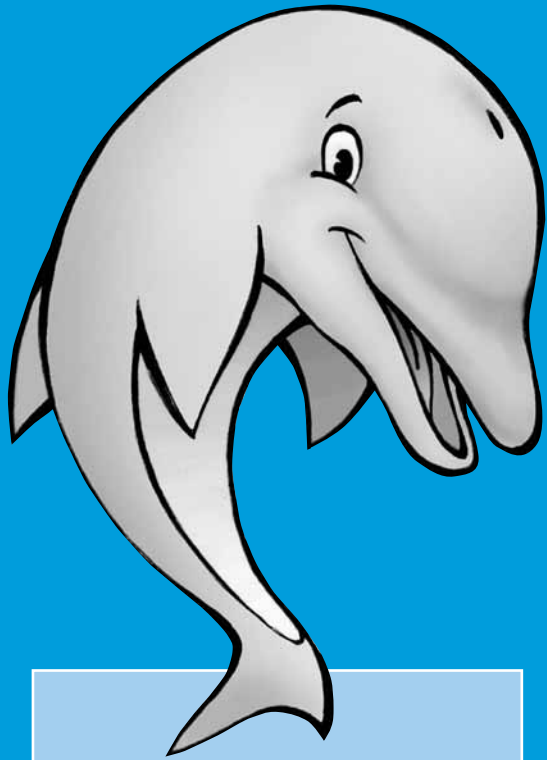
**Penny the Pelican** is a Surf Life Saving Lifeguard. She spends most of her time at the beach helping to keep people safe.



## Sam

**Sam the Shark** has learnt how to swim and survive with Royal Life Saving NSW and he loves swimming in the ocean.

# water safety



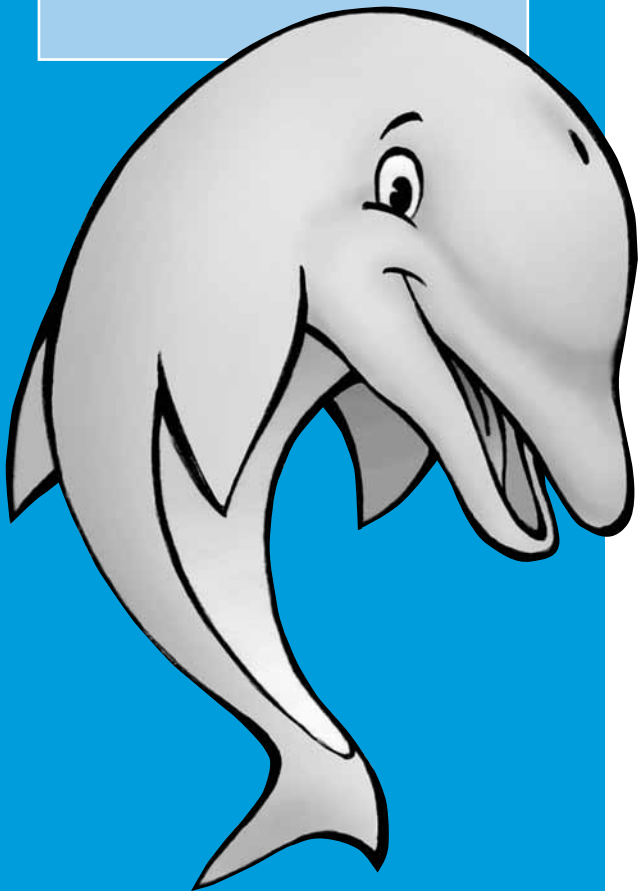
**Welcome to the Marine  
Safety Activity Book!**

**Work through the  
activities to learn more  
about water safety in  
New South Wales.**

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**Essential rules  
for water safety  
that every parent  
should know.**

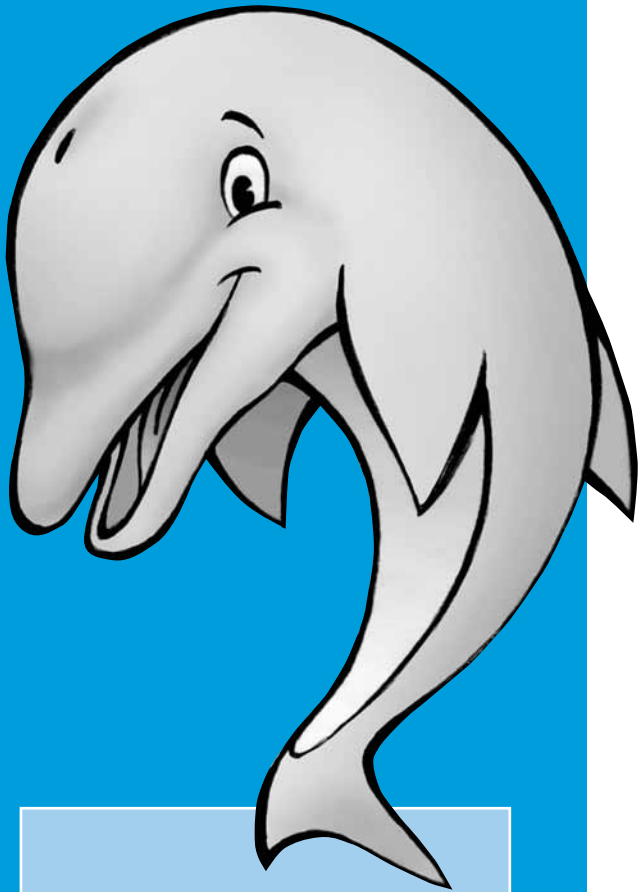


# Rules for Adults

## **Always Remember:**

- 1** Children should wear a lifejacket when riding in a boat or other vessel. Everyone, including adults, must wear one when skiing or tubing. Children under 12 years of age must always wear a lifejacket when in a vessel less than 4.8 metres in length, and when in an open area of larger vessels up to 8 metres in length.
- 2** Children should be constantly supervised when in or near water.
- 3** Swimming lessons and infant/toddler water familiarisation classes promote water safety, but they do not replace adult supervision.
- 4** Teach your children to wait for permission before getting into the water.
- 5** Teach your children not to run or push on pool decks, jetties or boats.
- 6** Show your children safe areas for swimming.
- 7** Use and enforce water safety rules, as children learn from the actions of adults.
- 8** Never use inflatable water toys, like beach balls or water wings, as personal flotation devices or preservers.
- 9** Learn infant/child cardiopulmonary resuscitation (CPR).
- 10** Never mix alcohol and boating.
- 11** When visiting a new water area, check out the conditions and know where the nearest phone is to call for help.





**Things you need to know about lifejackets.**

A lifejacket can keep your child afloat. Drowning can occur in less than a minute, without noise, and often happens when an adult is nearby.

### **What do you look for when choosing a lifejacket?**

- The AS 1512 number on the lifejacket means that it meets specific criteria for performance and design according to Australian Standards.
- Check the size and weight on the label. Try the lifejacket on your child. Check for proper fit by lifting the lifejacket at the shoulders. If there is more than 10cm between the child's shoulders and the lifejacket, it is too big!
- A head support collar is important for small children. It supports their head when in the water and a loop on the collar allows for grabbing and lifting a child from the water.
- Small children must have a crotch strap that promotes a snug fit. The strap should be used at all times.
- For older children, it is important to consider comfort and appearance. Let the child help to choose their lifejacket and put their name on it.
- After selection is made, have the child test the lifejacket in a pool. This gives you the chance to observe the fit and performance of the lifejacket in water, and it gives your child a chance to become comfortable with their lifejacket. Teach your child to swim on their back while wearing the lifejacket.

For further information on boating safety, contact the Info Line **13 12 56** or visit the website **[www.maritime.nsw.gov.au](http://www.maritime.nsw.gov.au)**

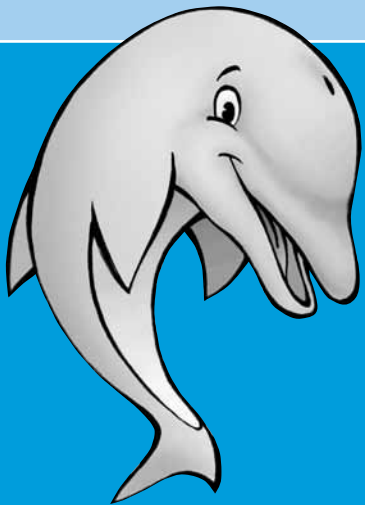


# LESSON 1




# Know your State

**Here is a map of  
New South Wales.**

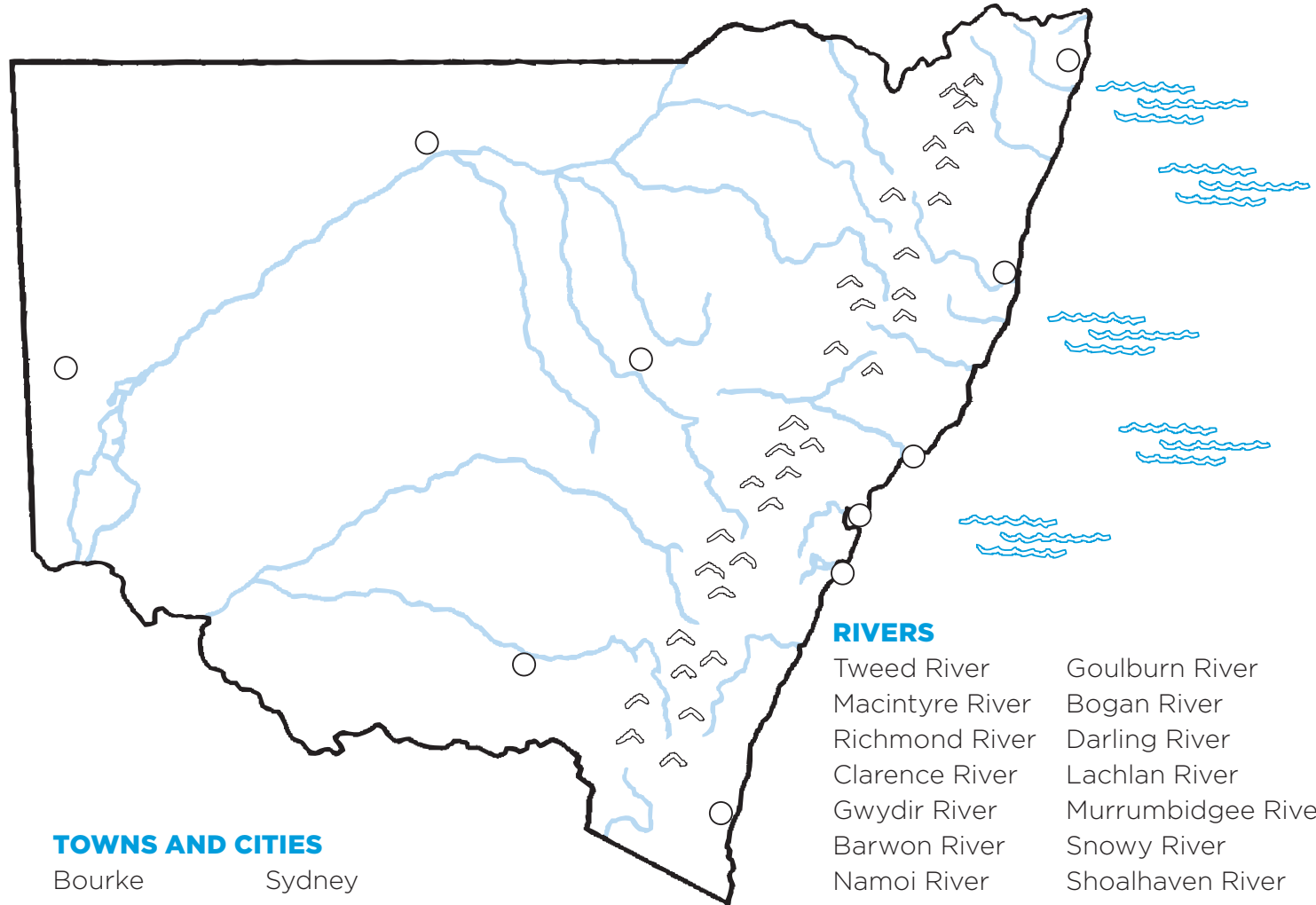
**Use the MAP KEY  
to colour in the map  
and learn more about  
your State.**



## MAP KEY

- City or Town – Black
-  Rivers – Green
-  Open water – Blue
-  Mountains – Orange

Can you write the names of the cities and towns next to their dots? Put a star on the map where you live. Can you find the rivers from the list?



## RIVERS

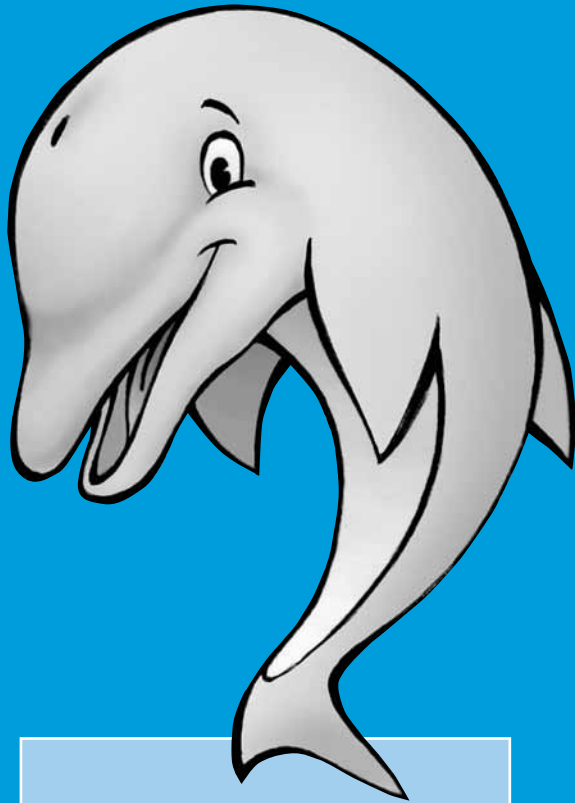
- |                 |                    |
|-----------------|--------------------|
| Tweed River     | Goulburn River     |
| Macintyre River | Bogan River        |
| Richmond River  | Darling River      |
| Clarence River  | Lachlan River      |
| Gwydir River    | Murrumbidgee River |
| Barwon River    | Snowy River        |
| Namoi River     | Shoalhaven River   |
| Macleay River   | Nepean River       |
| Hastings River  | Macquarie River    |
| Manning River   | Hawkesbury River   |
| Hunter River    | Castlereagh River  |

## TOWNS AND CITIES

- |           |             |
|-----------|-------------|
| Bourke    | Sydney      |
| Lismore   | Wollongong  |
| Bega      | Wagga Wagga |
| Kempsey   | Dubbo       |
| Newcastle | Broken Hill |

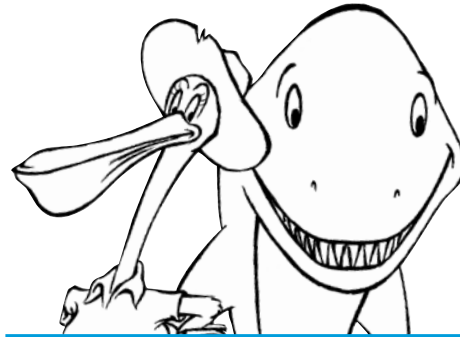
# LESSON 2

# Know your Boat



Can you help me teach Penny and Sam the different parts of a boat?

Label the parts of the boat on the lines using the WORD LIST then colour in the boat.



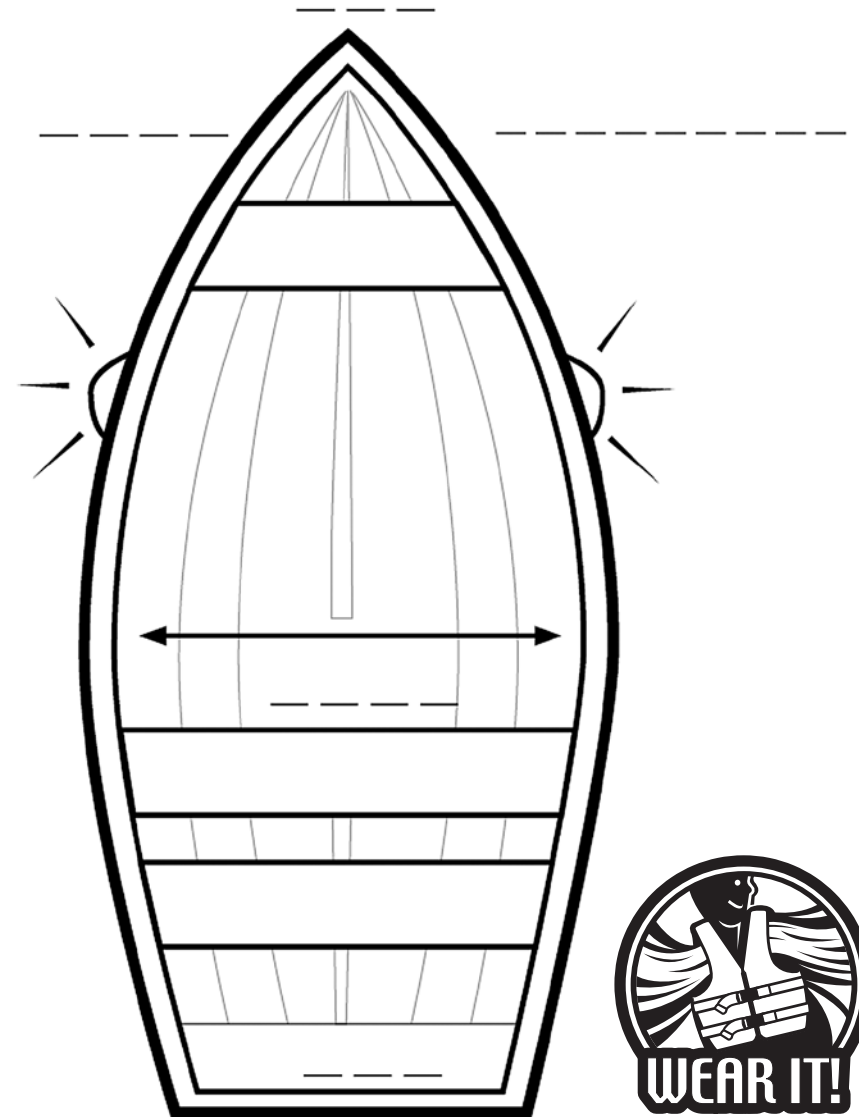
## WORD LIST

Port    Stern  
Beam    Aft  
Bow    Starboard

### Remember:

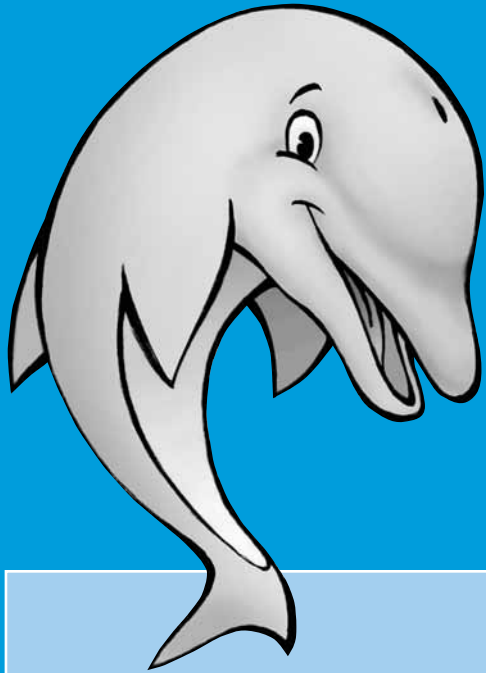
**A red light is always on the port (left) side of the boat and a green light is always on the starboard (right) side of the boat.**

Colour in the lights the correct colours.



# LESSON 3

# Learn to Swim



**Danny the Dolphin has learnt how to swim and survive.**

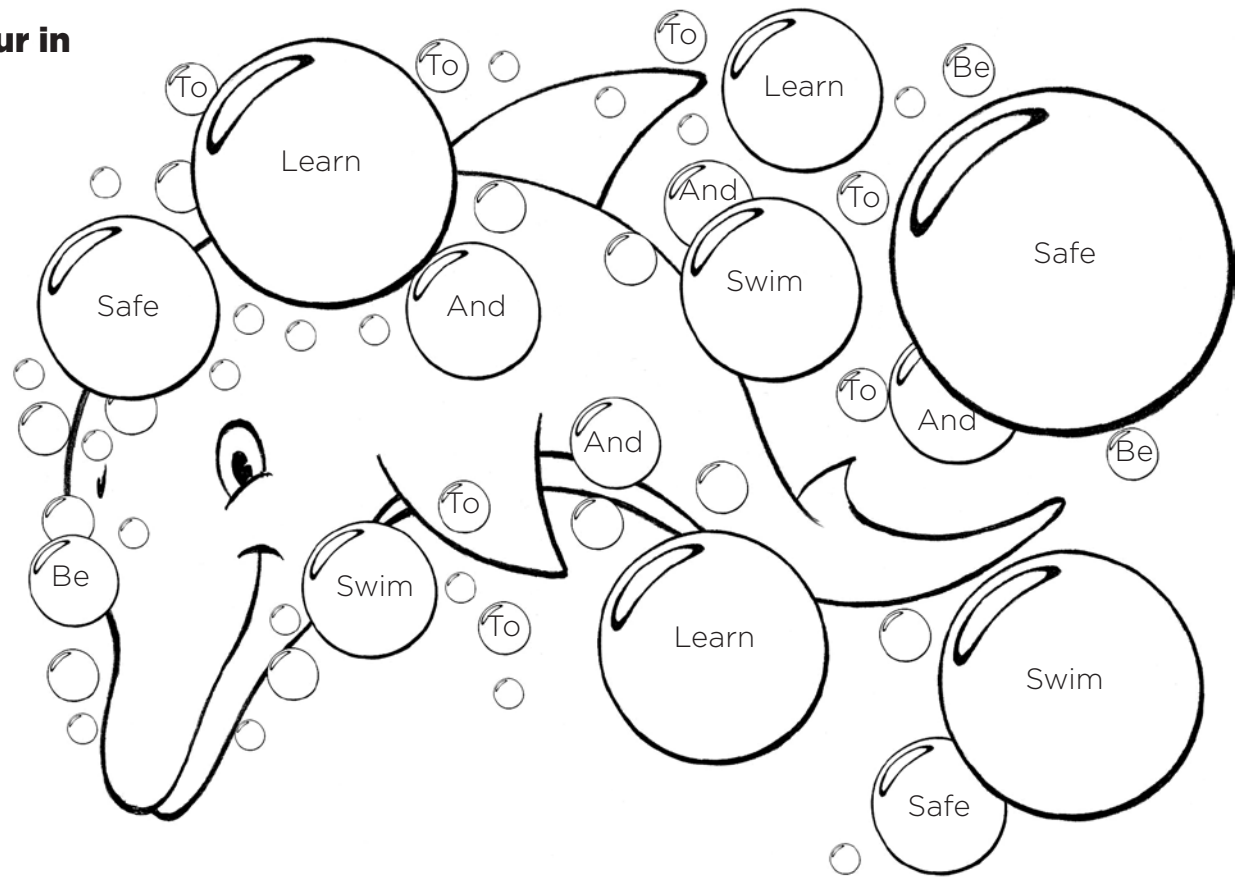
- 1. Trace** the words to reveal the message.
- 2. Write** the message.
- 3. Colour** in the words from the message in the bubbles.

**Trace**

*Be safe and learn to swim.*

**Write**

**Colour in**



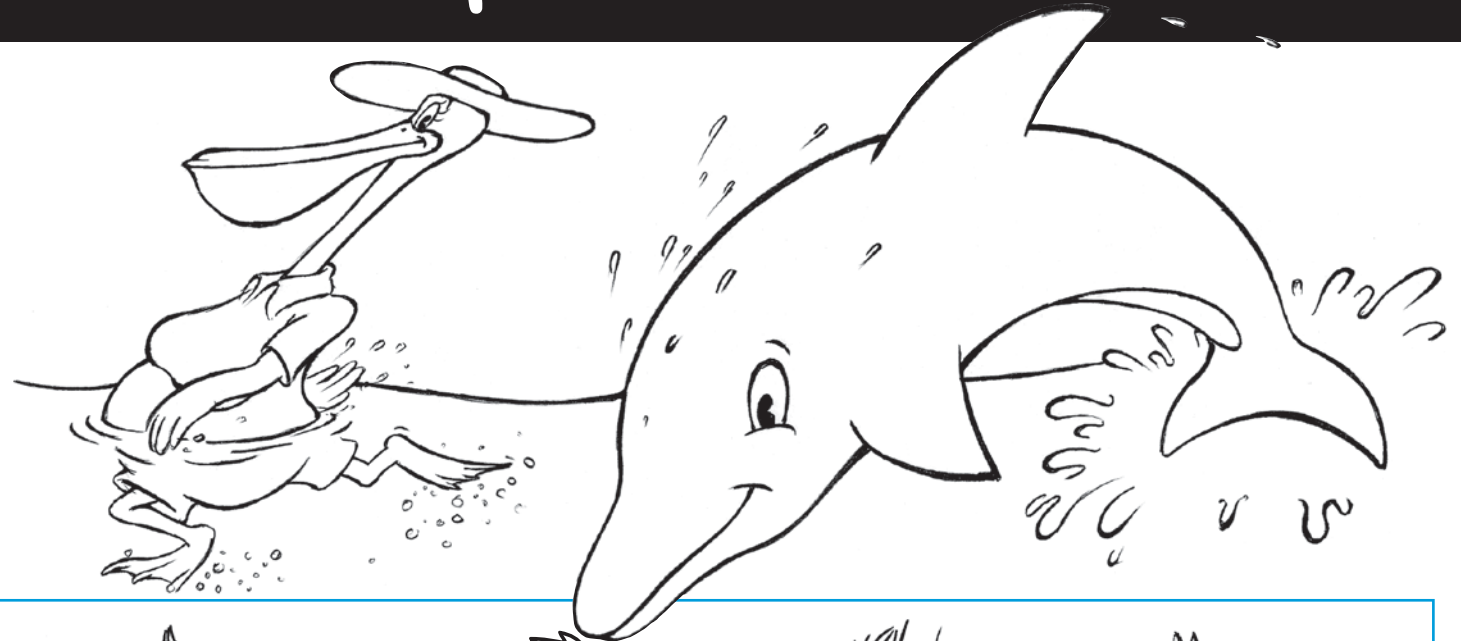
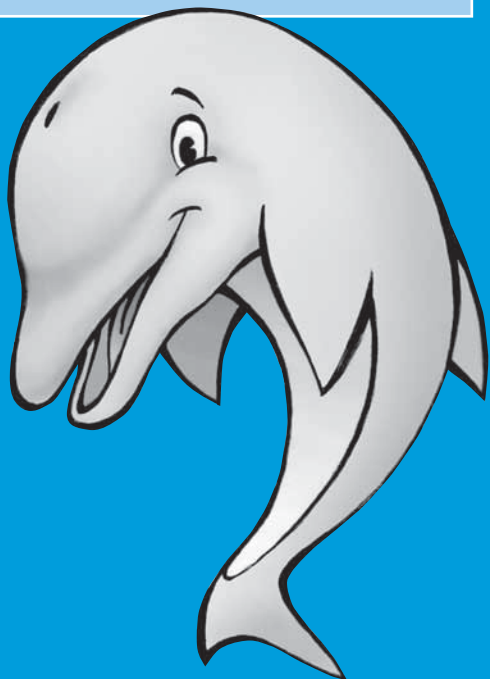


# LESSON 4

# Swim with a friend

Remember, you should always swim with a friend, just like Penny and Danny.

1. Choose the correct picture to **finish** the sentence.
2. **Trace** the message.
3. **Write** the message.



Horse



Friend



Possum



Kangaroo

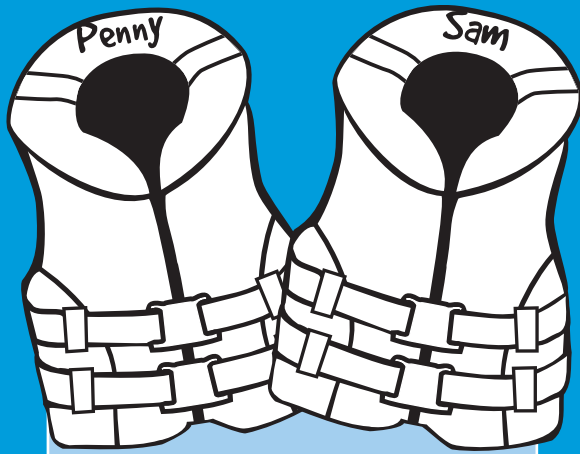
**Finish the sentence and trace**

Always swim with a

**Write**

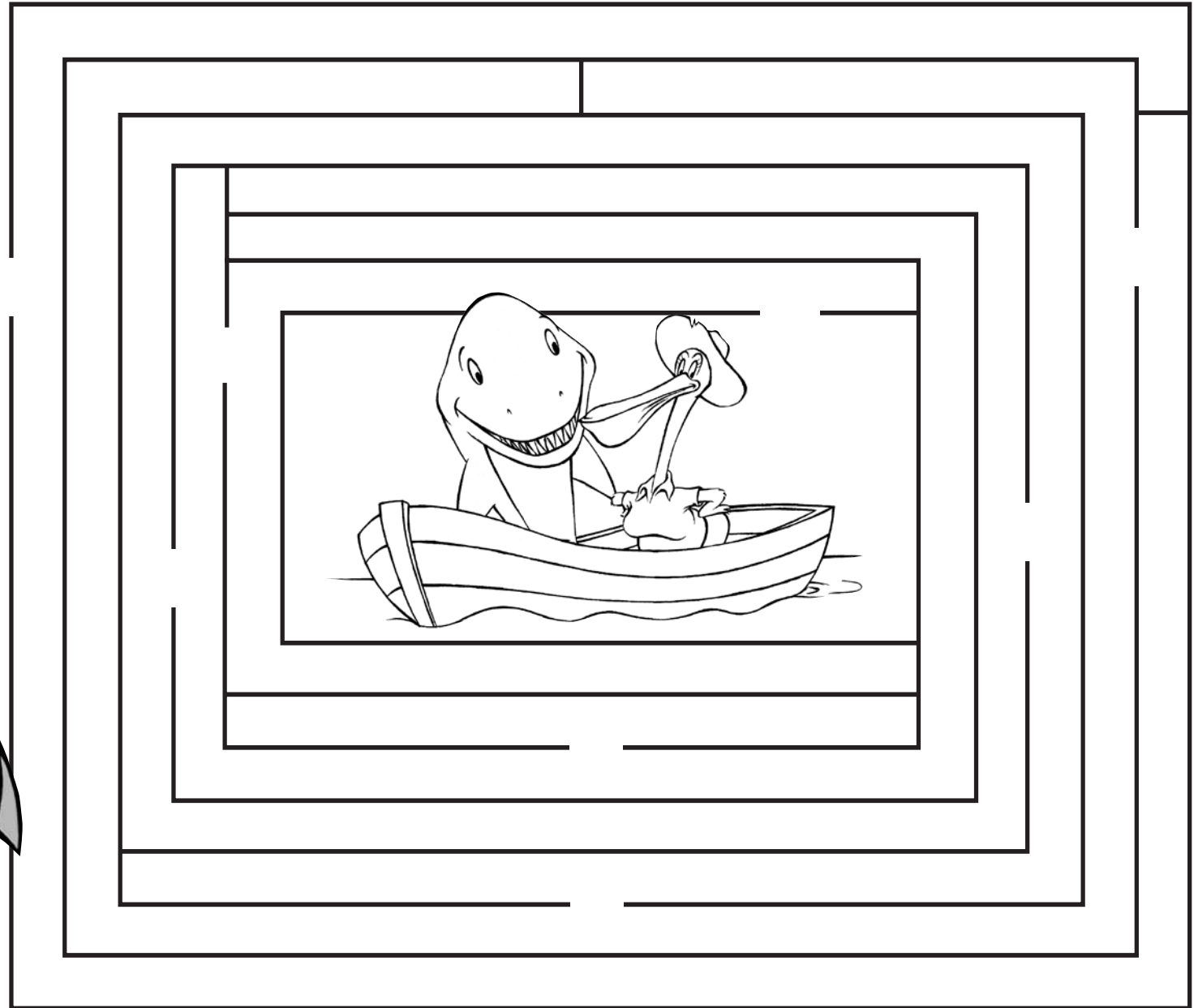
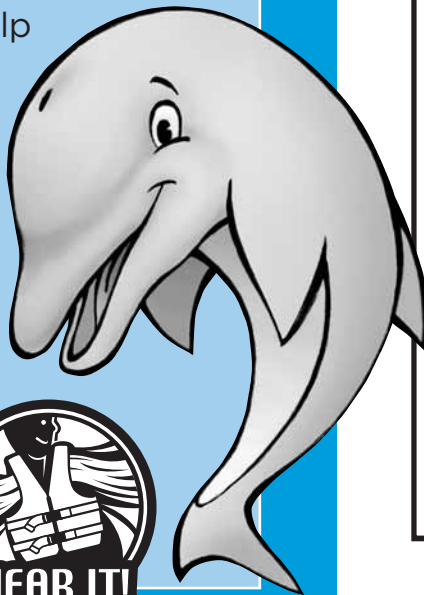
# LESSON 5

# Wear Safety Gear



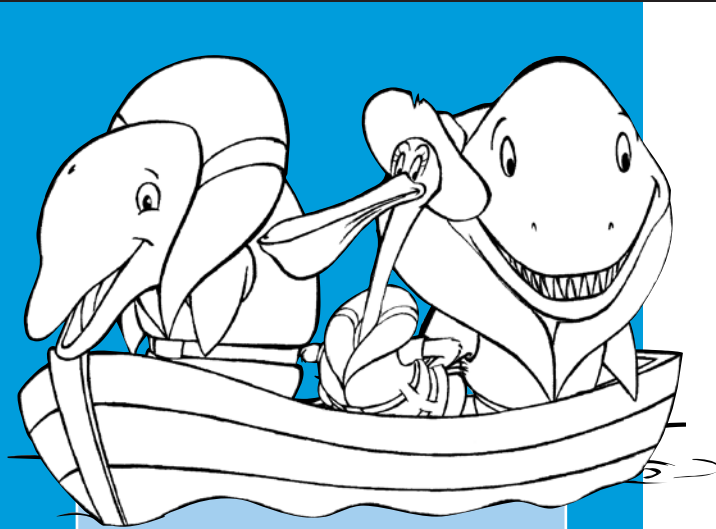
**Penny and Sam  
have forgotten  
their lifejackets!**

Can you help  
me find  
my way  
through  
the maze  
and take  
their  
lifejackets  
to them?



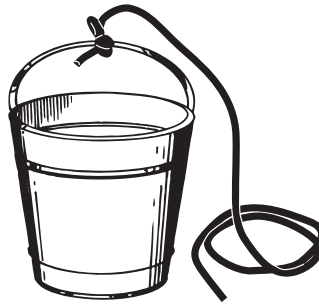
# LESSON 6

# Use Safety Equipment



**It's important to take the correct safety equipment with you when going out in a dinghy.**

The mascots are going out in their dinghy. Circle all the safety items that they need to take on their trip.



**Bucket with rope**



**Glove**



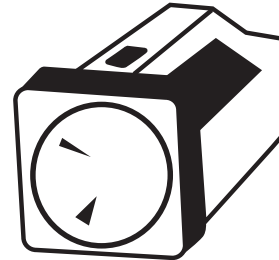
**Helmet**



**Oar**



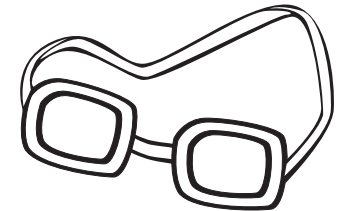
**Lifejacket**



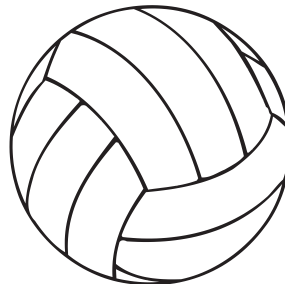
**Torch**



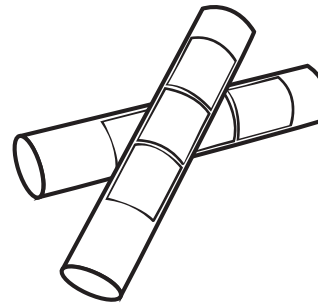
**Water Bottle**



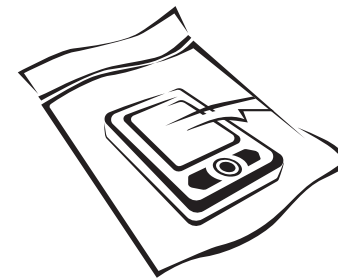
**Goggles**



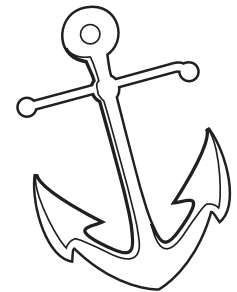
**Netball**



**Flares**



**Mobile phone in ziploc bag**



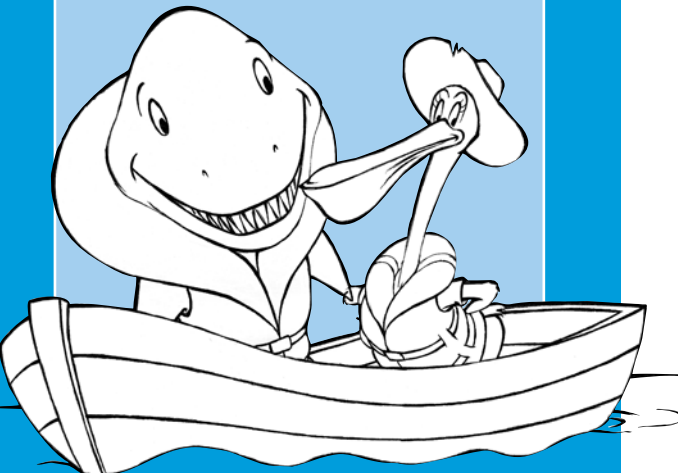
**Anchor**

# LESSON 7

# Throw, Row, Reach

**Remember these steps to help someone who has fallen in the water:**

- 1. Throw** something out to the person to help them float.
- 2. Use** safety equipment to row out to the person.
- 3. Get** an adult to reach for the person.



Use the words from the **WORD LIST** to finish the sentences

## WORD LIST

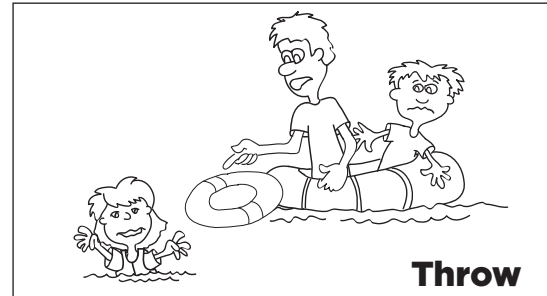
Row  
Adult

Hold  
Help

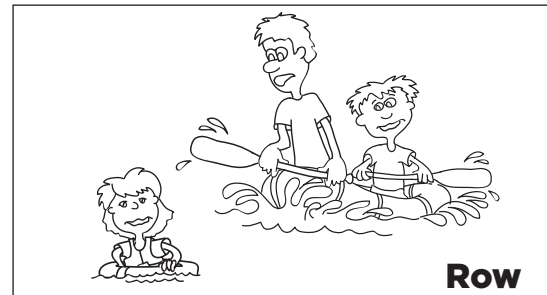
Oar  
Reach

Reaching  
Inner Tube

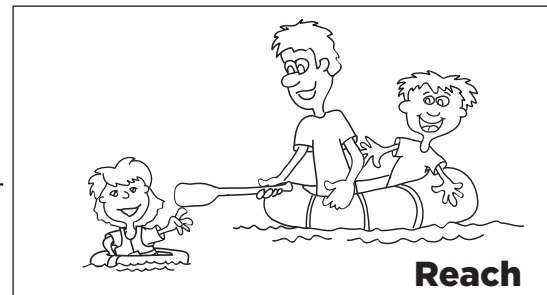
Raft  
Throw



- 1.** \_\_\_\_\_ something out to the person that will help them float in the water until \_\_\_\_\_ arrives.



- 2.** \_\_\_\_\_ out to the person if you can't throw them an object. Use helpful objects like an \_\_\_\_\_, an \_\_\_\_\_ or a \_\_\_\_\_ to row out to them.



- 3.** Get an \_\_\_\_\_ to \_\_\_\_\_ for the person. Be sure to \_\_\_\_\_ on to something while you are \_\_\_\_\_.

# LESSON 7

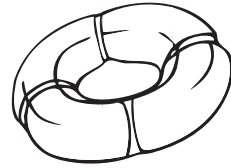
# Throw, Row, Reach



When trying to rescue someone who has fallen in the water, use **your safety equipment to help you throw, row and reach.**



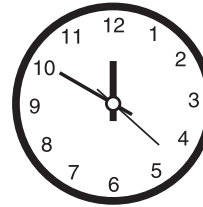
Draw a circle around the objects you can use to **throw** to a person who has fallen in the water.



**Innertube**



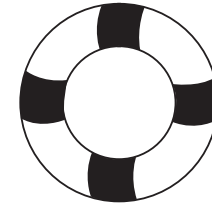
**Esky**



**Clock**



**Lifejacket**

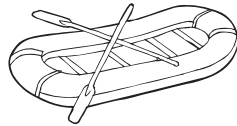


**Life Buoy**

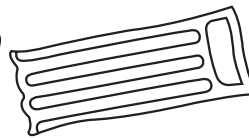


**Car**

Draw a circle around the objects you can use to **row**.



**Raft**



**Air Mattress**



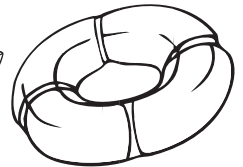
**Chair**



**Palm**



**Row Boat**



**Innertube**

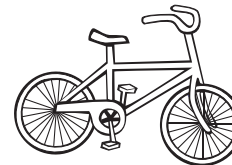
Draw a circle around the objects you can use to **reach**.



**Board**



**Oar**



**Bicycle**



**Stick**



**Teddy Bear**



**Hand**



# LESSON 8

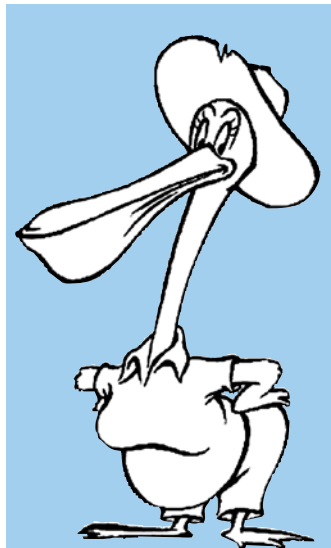
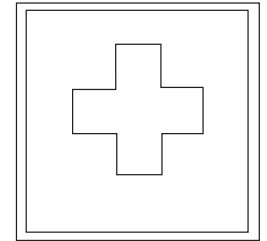
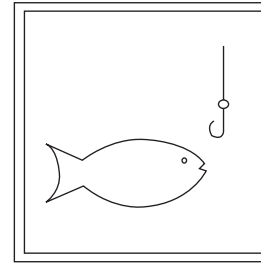
# Look before you Leap

**Keep safe and always obey signs.**

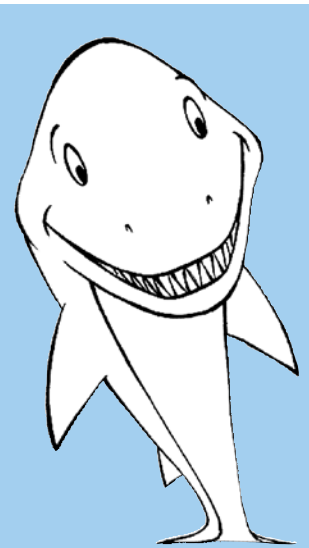
Draw a line to the sign which will help our mascots in each situation.

Then see if you can colour the signs the correct colours.

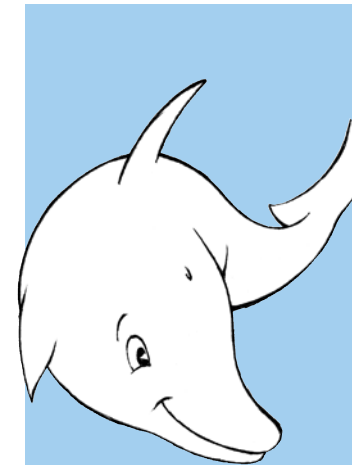
(Hint: check the inside back cover!)



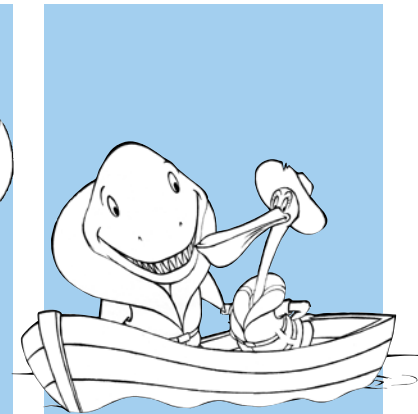
Penny needs to know if the water is too shallow to swim.



Sam wants to know if he can dive into the water.



Danny is hurt and needs help.



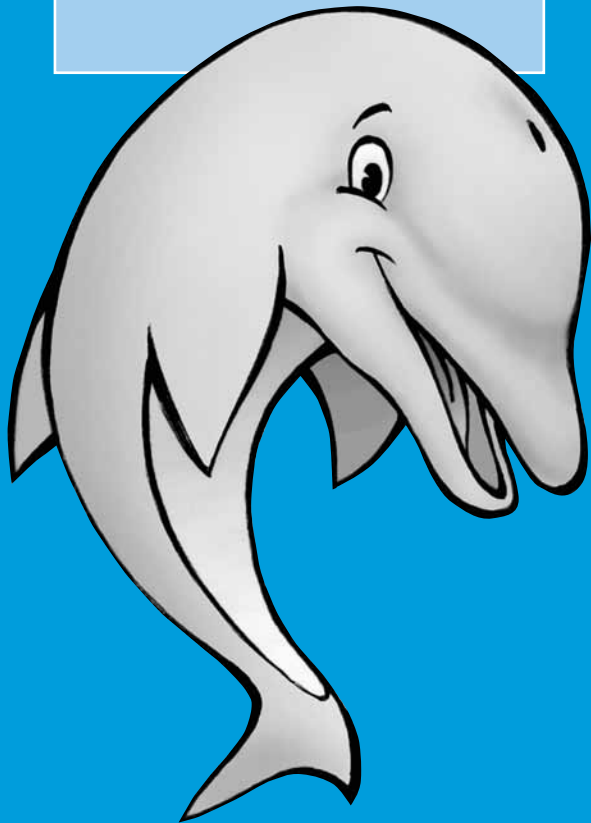
Penny and Sam are going out in their boat and want to know if they are allowed to go fishing.

# LESSON 8

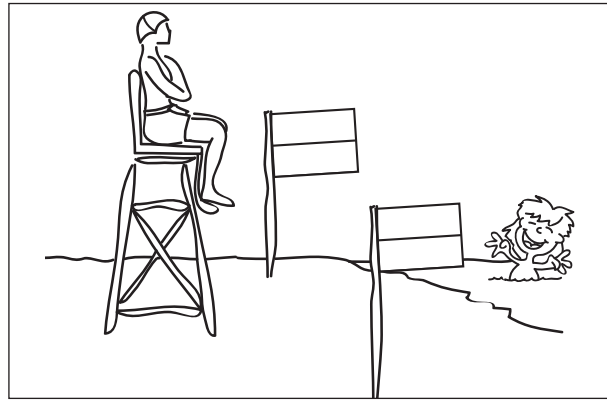
# Look Before You Leap

**Remember, never swim without adult supervision.**

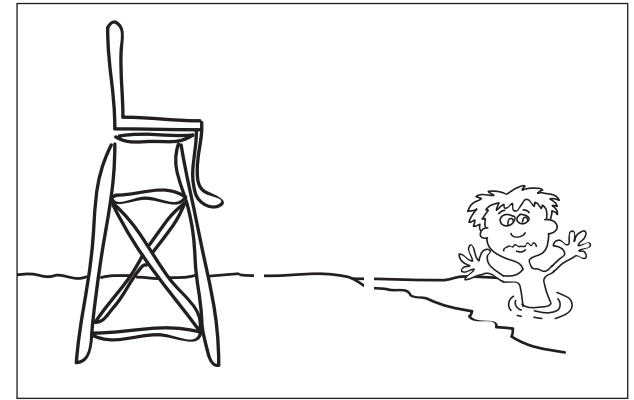
In these three sets of pictures, put a tick in the picture you think is the **safe** place to swim.



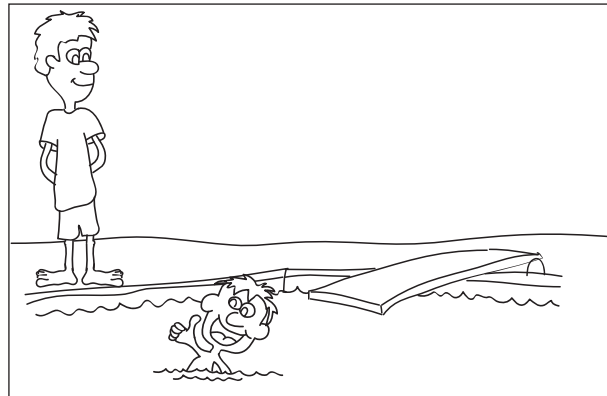
1.



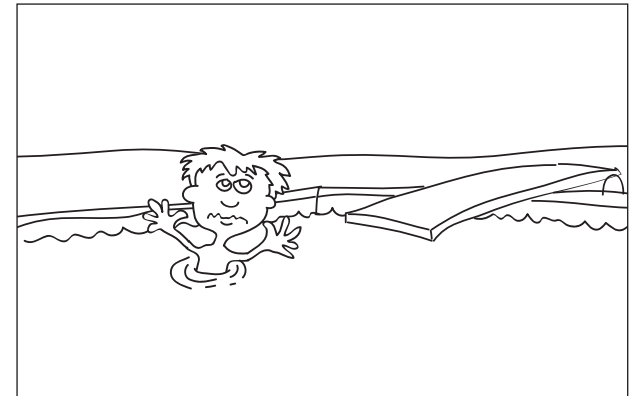
OR



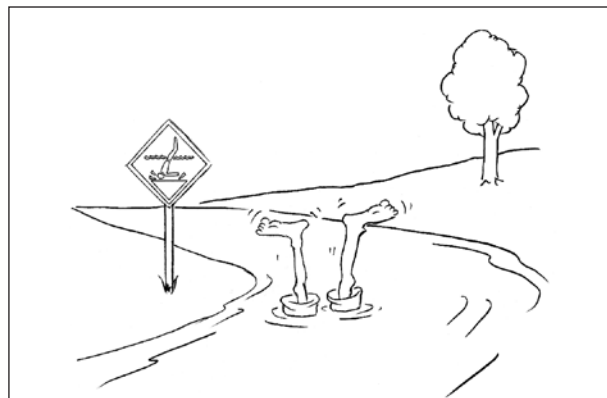
2.



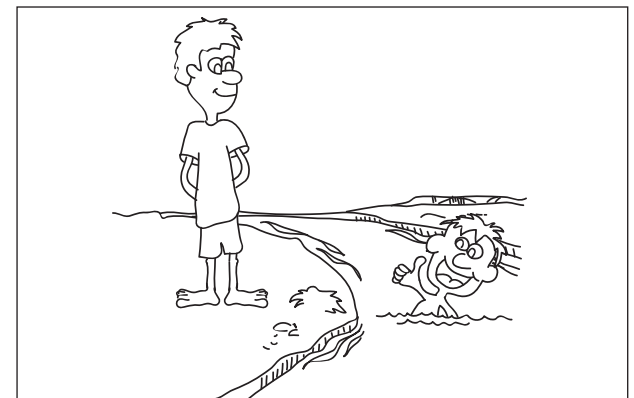
OR



3.



OR

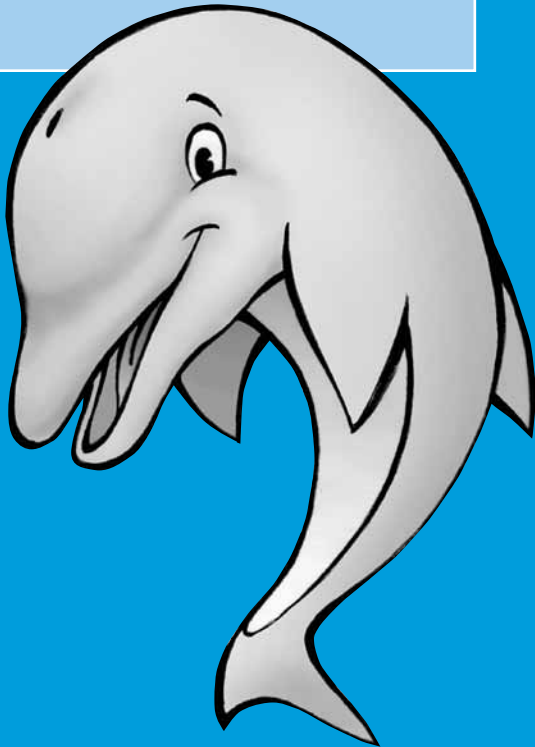


# LESSON 9

# Don't overload Your Boat

**In a small boat balance must be maintained.**

If you move around make sure someone moves the opposite way to counterbalance the boat.



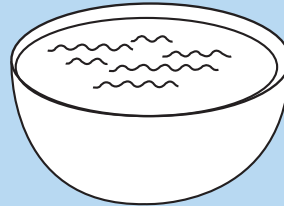
Try this experiment to see what happens when you overload your boat.

## You will need:

Large plastic bowl, jar lid, 10c coins (about 12-15).

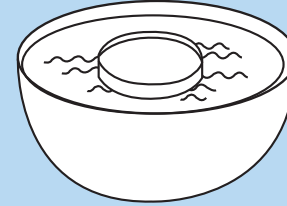
### STEP 1

Fill your bowl with water.



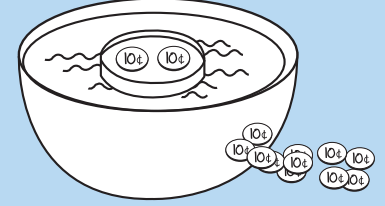
### STEP 2

Float the jar lid on top.



### STEP 3

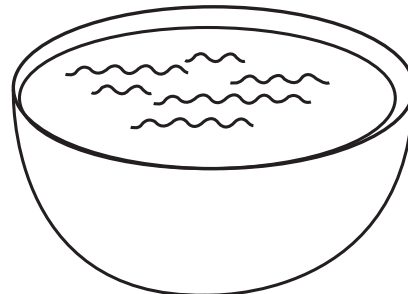
Add coins to represent people.



Now **draw what happens** in each example.

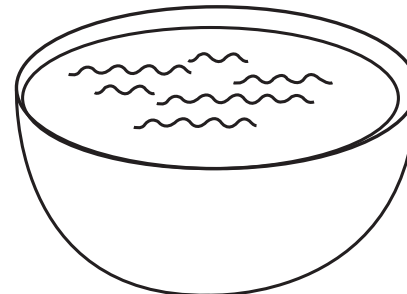
### Balanced Boat

Add coins one at a time to each side. (3-4 on each side).



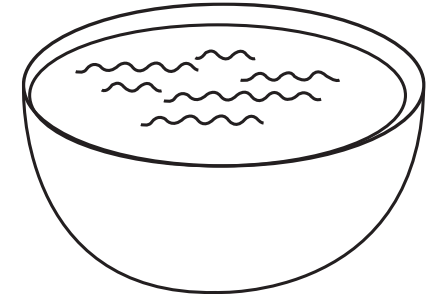
### Unbalanced Boat

Place coins one at a time on one side of the lid.



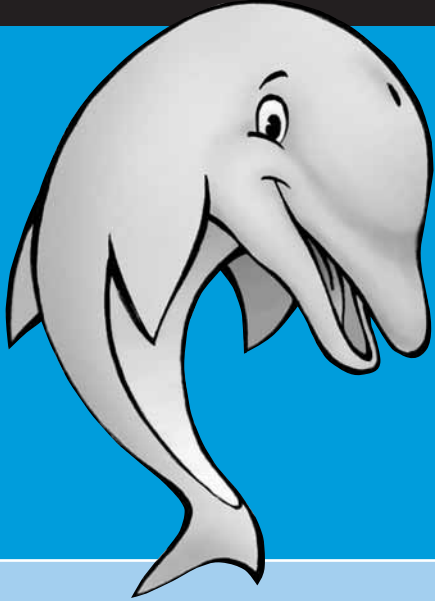
### Overloaded Boat

Stack all your coins in the centre of the lid.



# LESSON 9

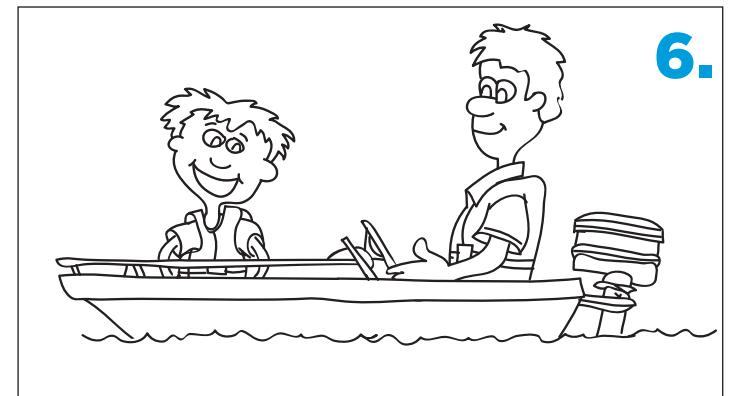
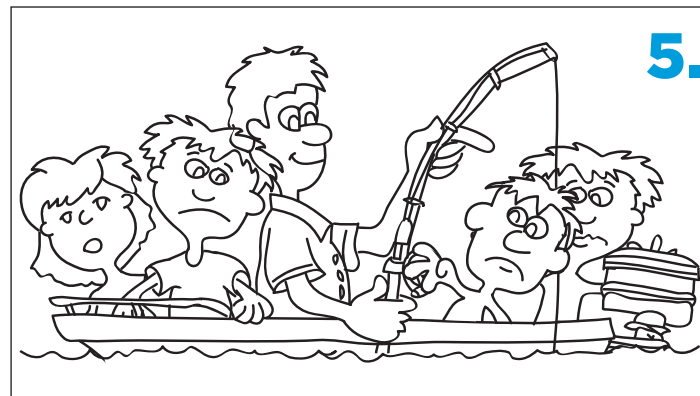
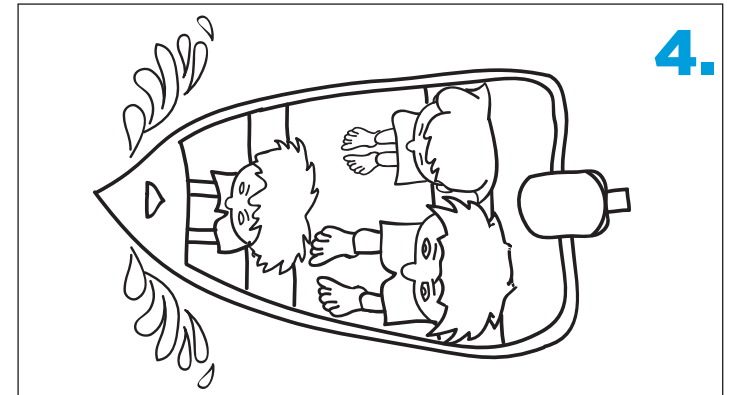
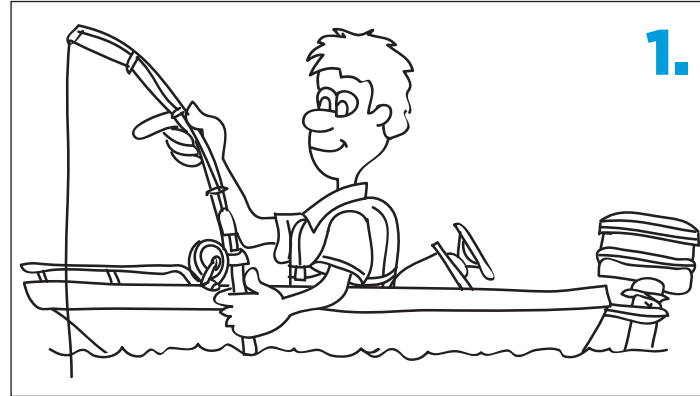
# Don't overload Your Boat



## Remember:

- **Don't overload your boat.**
- **Don't bow ride.**
- **Don't stand up while moving.**
- **Keep your boat balanced.**
- **Never go out in your boat alone.**

Put an **X** through the pictures you think are **unsafe**.



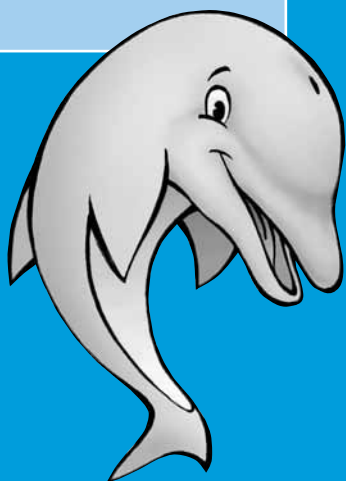
# LESSON 10

# Stay With Your Boat

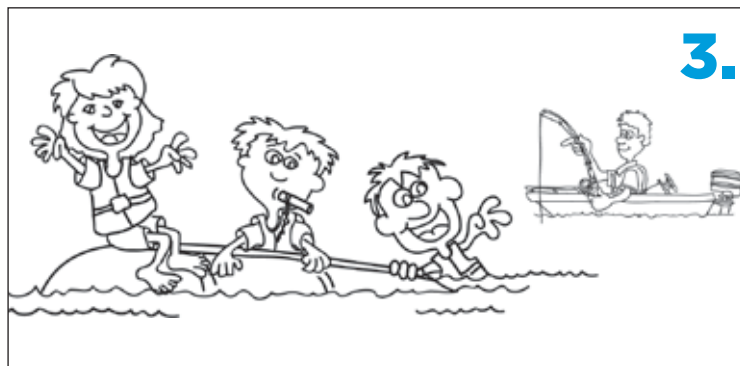
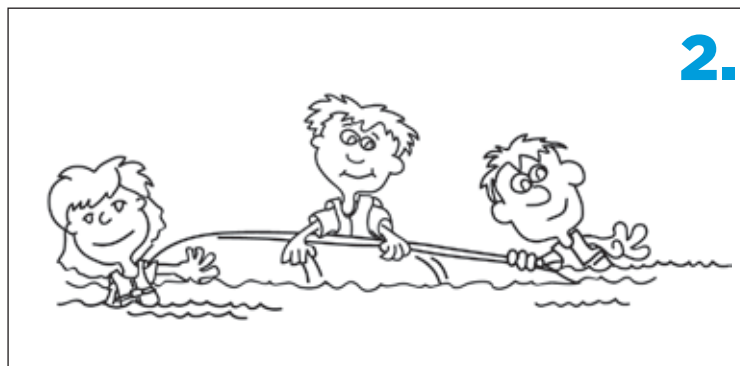
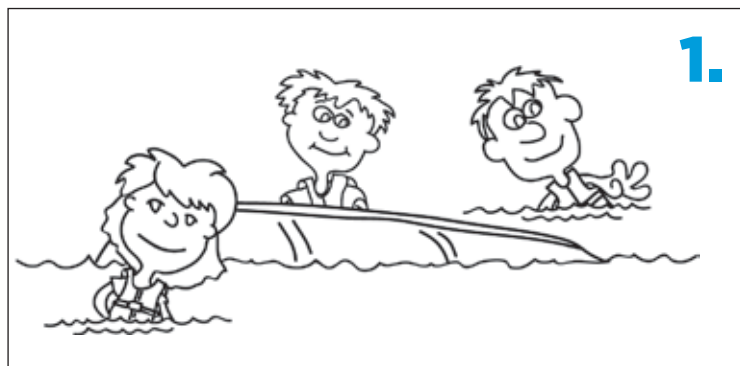
**If your boat turns over, remember:**

- 1. Keep calm, look and listen.**
- 2. Stay with your boat.**
- 3. Look for boats that are close and wave your arms to let them know you need help.**

**Always wear a properly fitting lifejacket.**



Draw a line from the picture to the matching sentence.



Look around for help; if a boat is close enough, wave your arms to let them know you need help.

Keep calm, look and listen.

Remain calm and stay with your boat.

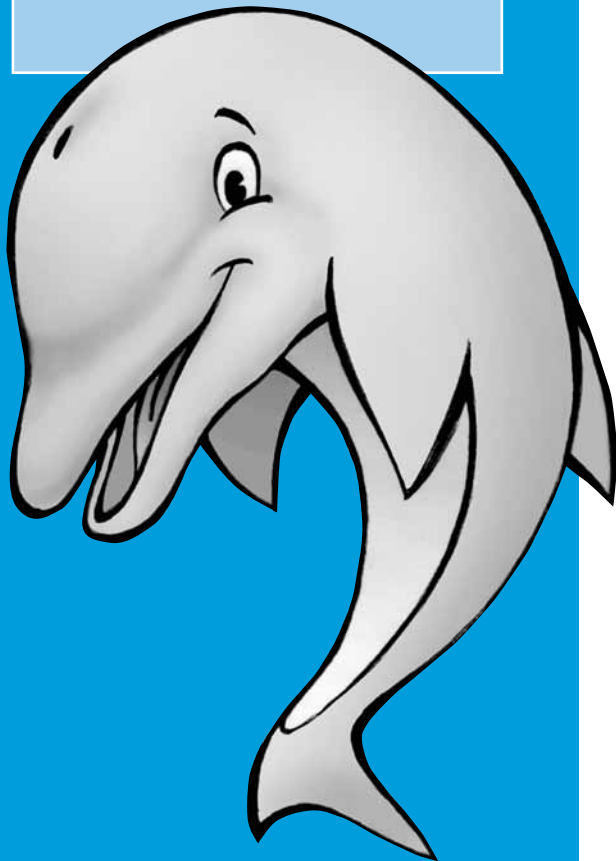


# LESSON 10

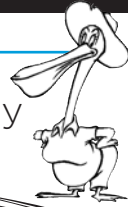
# Stay With Your Boat

**If your boat turns over, stay calm and stay with your boat.**

Read the story then see if you can draw what Penny and Sam should do.



One sunny day

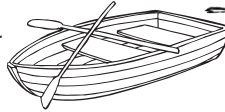


**Penny** and



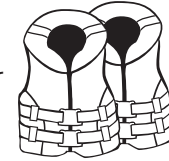
**Sam** decided to go for a ride in

their



**boat.**

They both put on their



**lifejackets** before

they left on their trip. Penny and Sam were having so much fun that they

didn't pay attention to the



**choppy water.** Suddenly the

boat bumped into a big wave. The **boat**



turned upside down

and Penny and Sam



**fell into the water.**

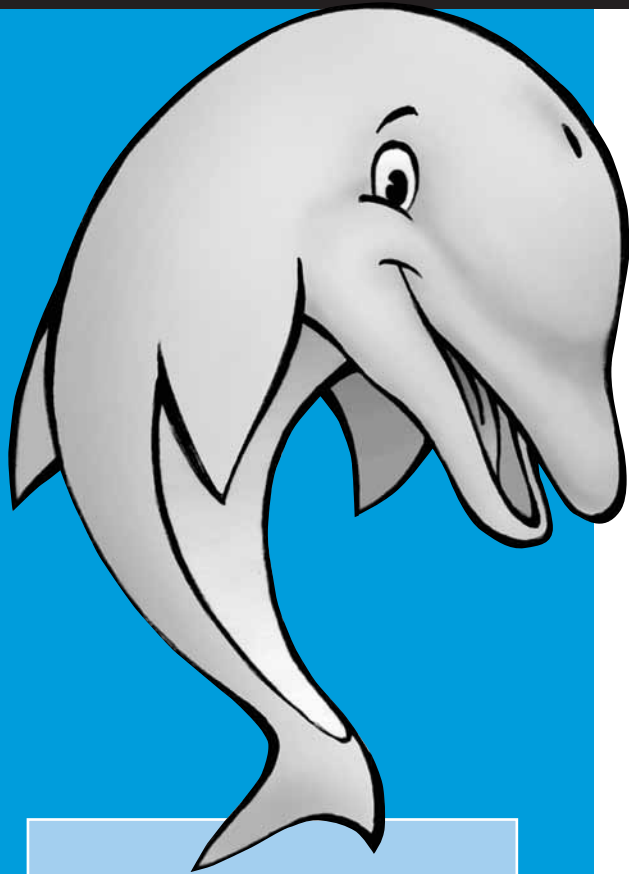
1.

2.

3.

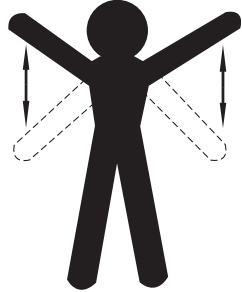
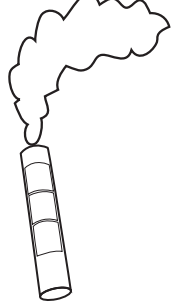
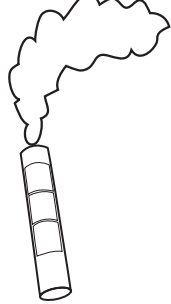
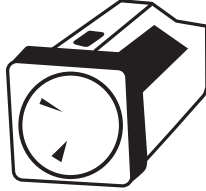


## LESSON 11

# Learn Distress Signals



**These are some signals you can use to attract attention if in trouble.**

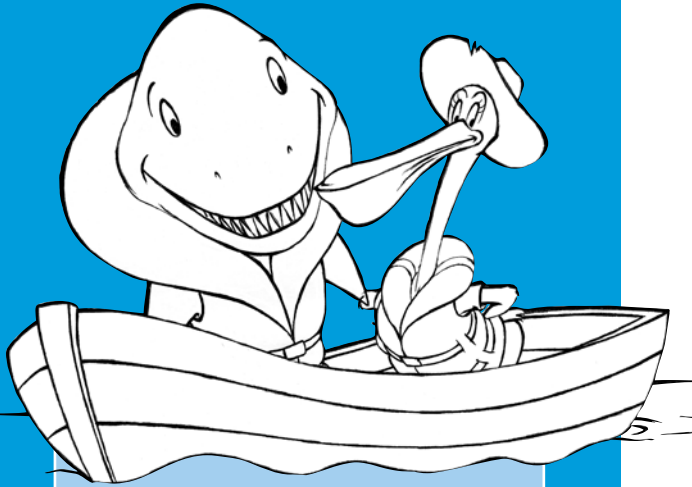
Draw yourself in the boat using one of these signals.

<b>Raising and lowering arms</b> 	<b>Orange smoke flare</b> (use during the day) 	<b>Red smoke flare</b> (use during the night) 	<b>Torch</b> 	<b>Orange V Sheet</b> 	<b>EPIRB</b> (radio distress beacon) 
---	--	---	---	--	--



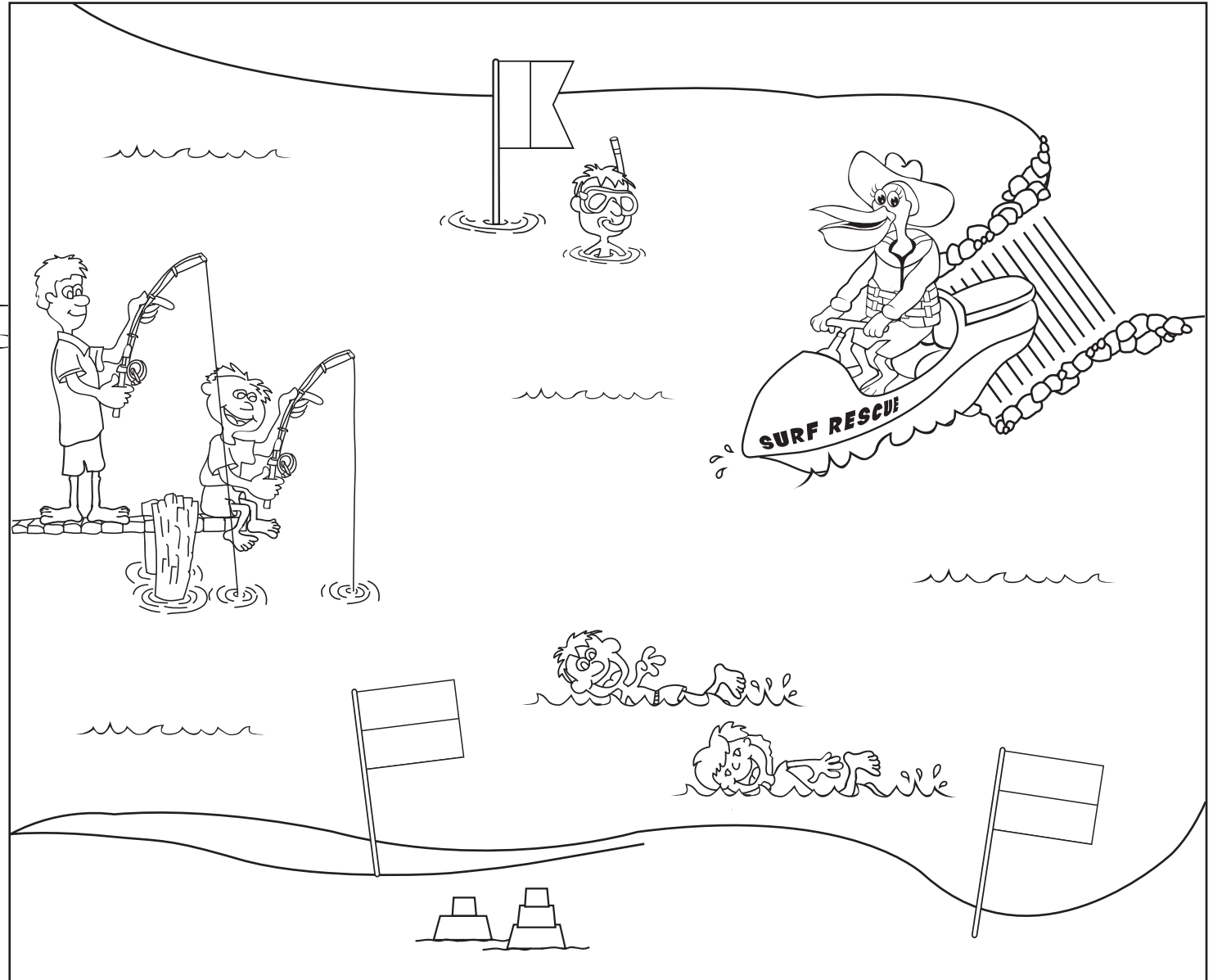
# LESSON 12

# Learn Boating Rules



**Follow the speed limit around areas where people are diving or swimming and around jetties and boat ramps.**

Draw an ⑧ sign in the area where people in boats or on jetskis should slow down.

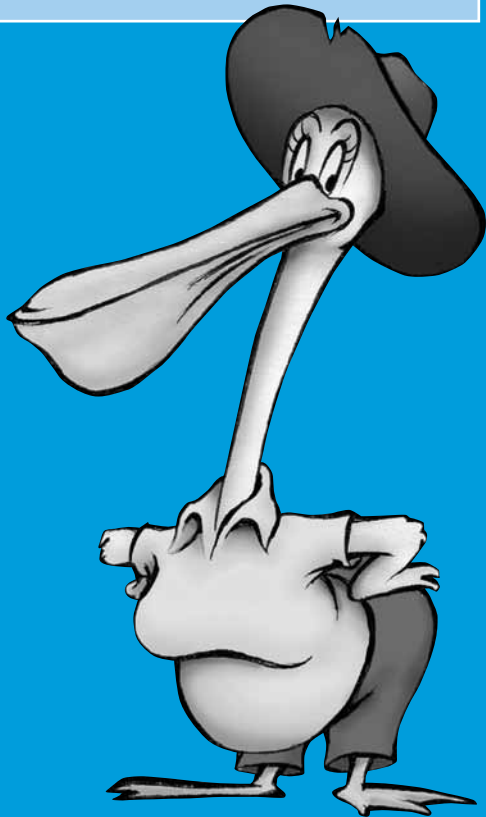


# LESSON 13

# Swim Between the Flags

**Danny and Sam want some help to know where to swim.**

Colour the flags so it is safe for the mascots to swim (Hint: look inside the back cover!)



**Stay safe at the beach and remember FLAGS:**

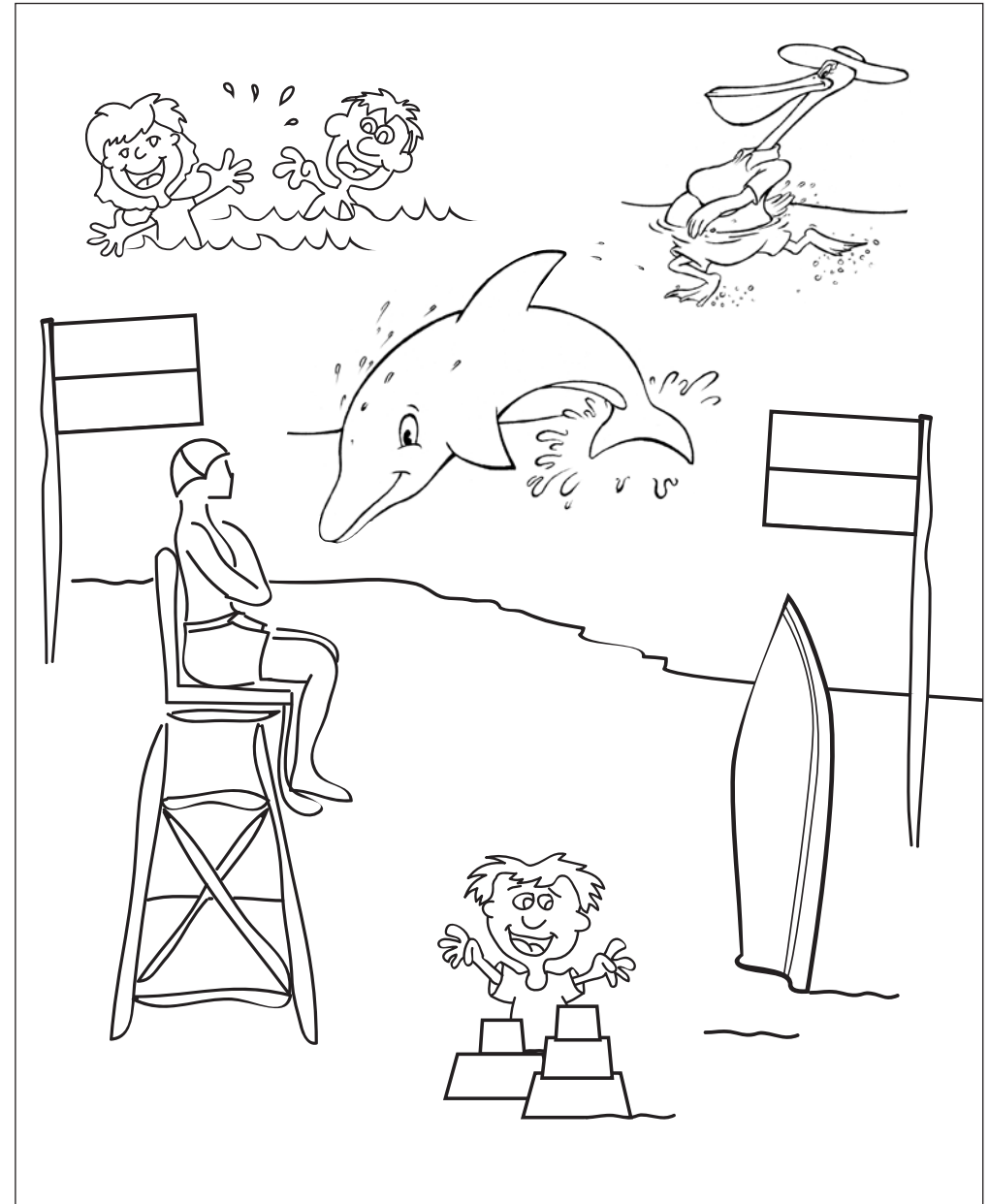
**F** **Find** the flags and swim between them.

**L** **Look** at the safety signs.

**A** **Ask** a life guard for advice.

**G** **Get** a friend to swim with you.

**S** **Stick** your hand up for help.

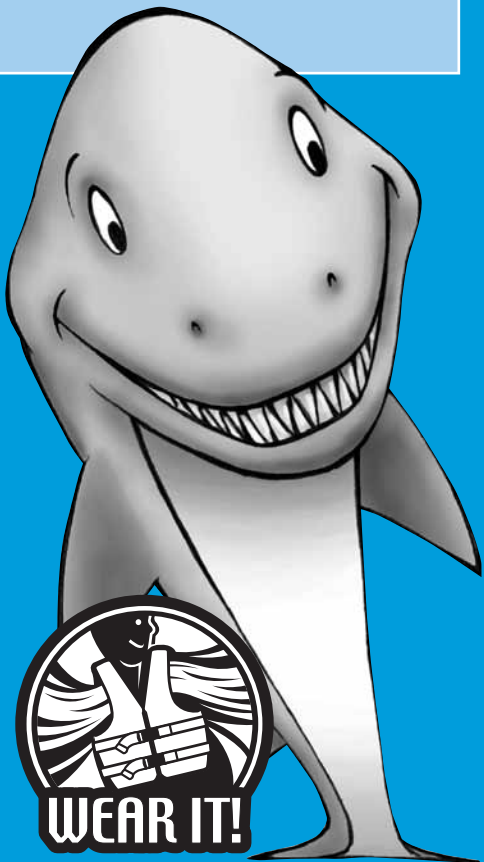


# LESSON 14

# Be Sun and Water Smart

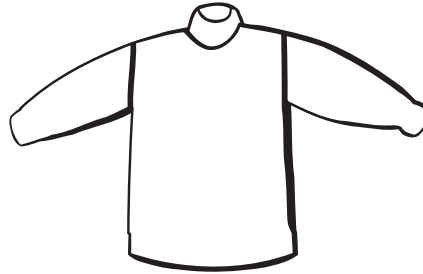
To protect yourself when in the sun, remember to **slip, slop, slap and wrap**.

Can you spot the mistakes in the second picture?



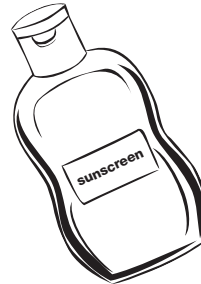
## Slip

on a shirt.



## Slop

on some sunscreen.



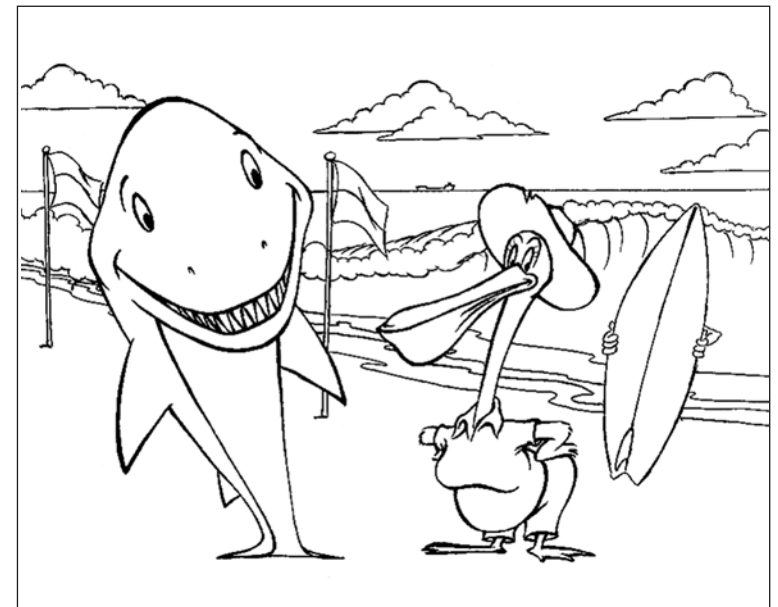
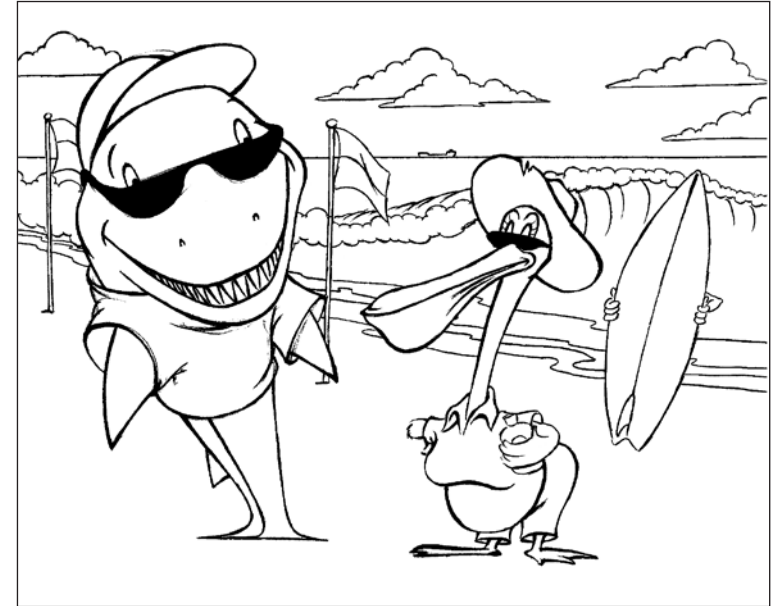
## Slap

on a hat.



## Wrap

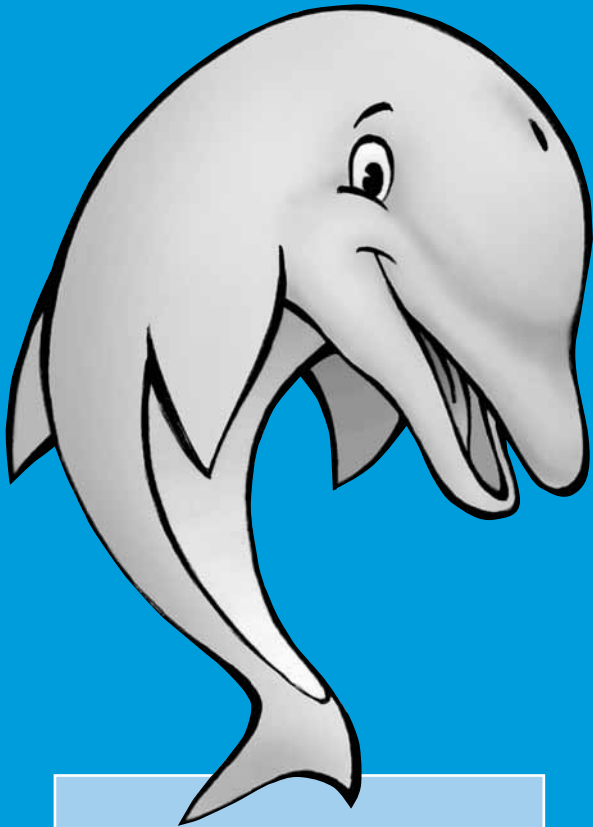
on some sunnies!





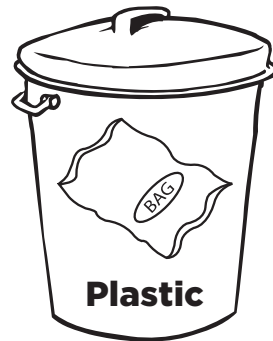
# LESSON 15

# Be Polite. Don't Pollute.



**Don't pollute our waterways. Rubbish is a danger to our marine life.**

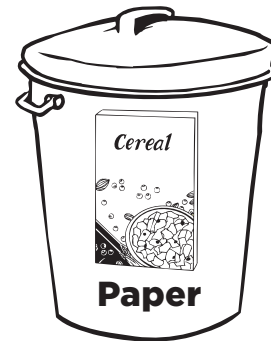
Draw a line from each item to put it in its correct recycling bin.



**Plastic**



**Glass**



**Paper**



**Cans**



**Food Waste**



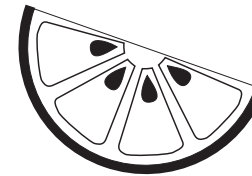
**Milk Carton**



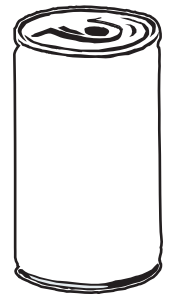
**Takeaway Fork & Spoon**



**Cat Food**



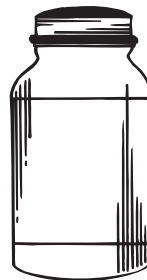
**Orange Peel**



**Soft Drink**



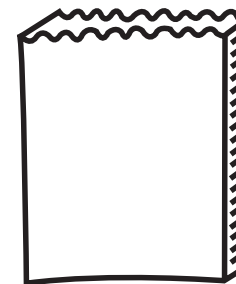
**Milk Bottle**



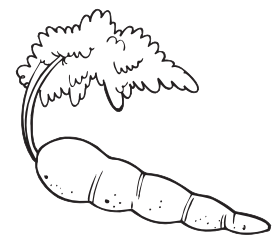
**Jar**



**Newspaper**



**Paper Bag**



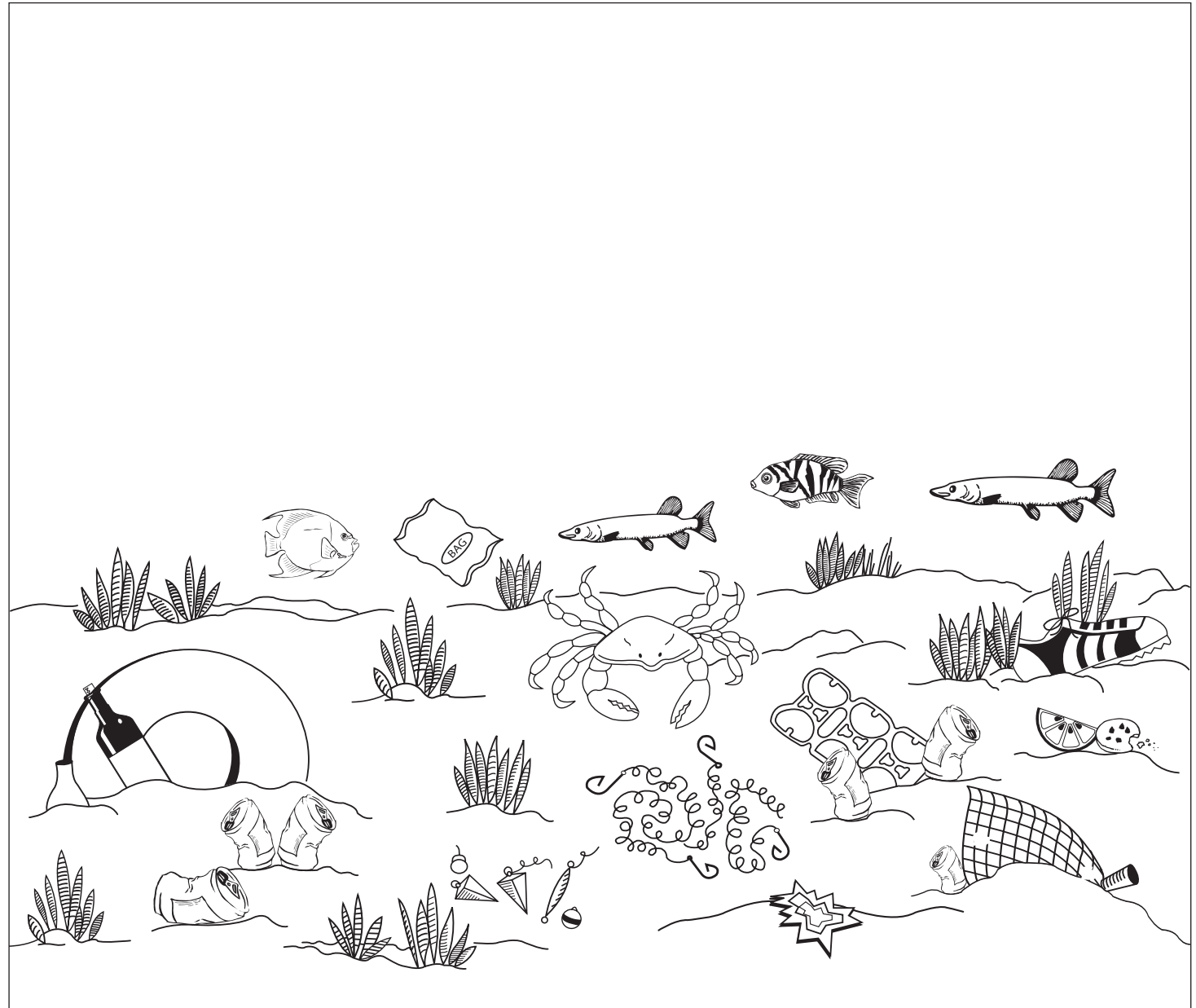
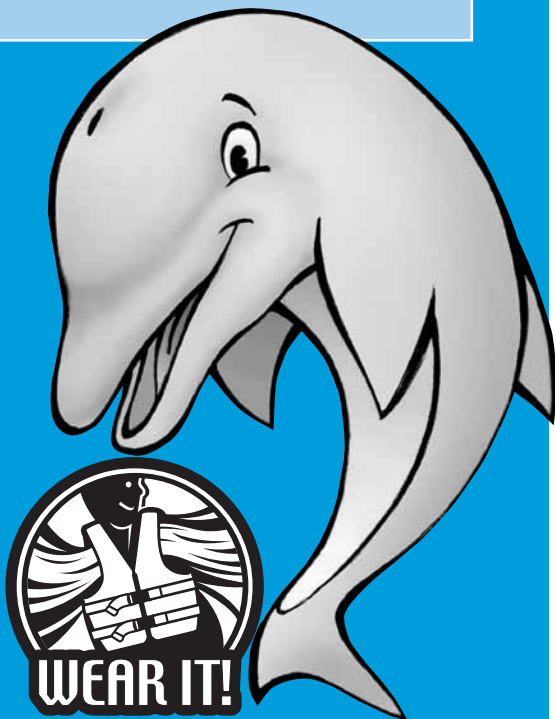
**Carrot**

# LESSON 15

# Be Polite. Don't Pollute.

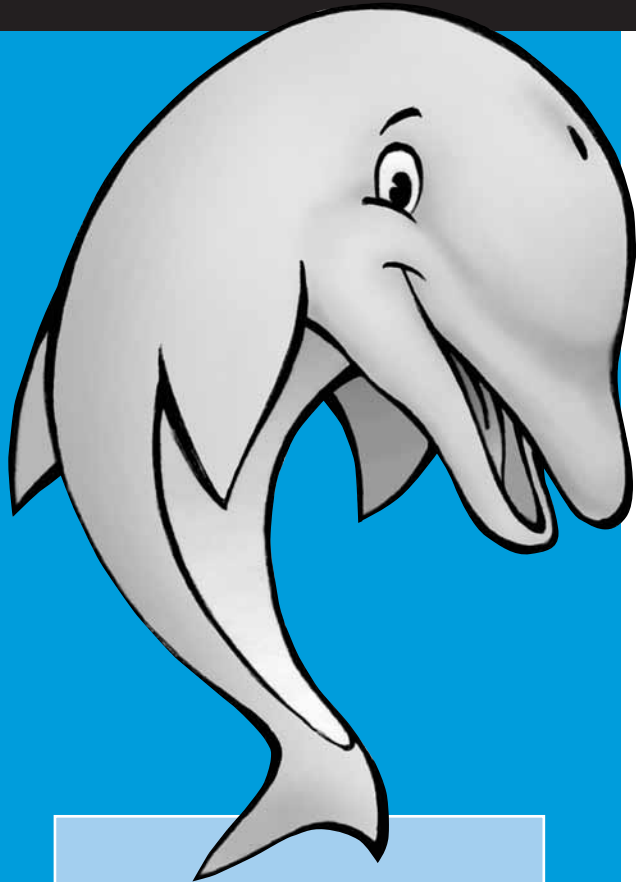
**Look at this mess!**  
**Is this water safe for**  
**Danny and Penny**  
**to swim in?**

Place an **X** over the  
things in the water that  
are harmful to animal  
and plant life, then  
colour in the picture.



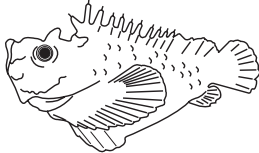

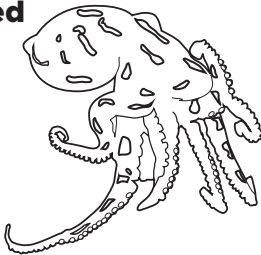
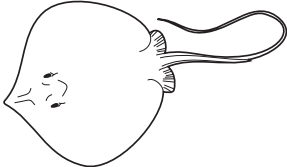
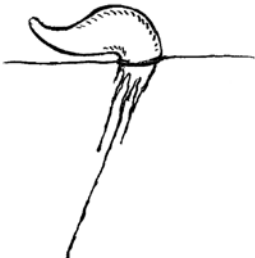
# LESSON 16

# Dangers in the Water



**While in or near water always take care and be aware of creatures that may sting or bite.**

Ask an adult to help you understand and work through these two pages.

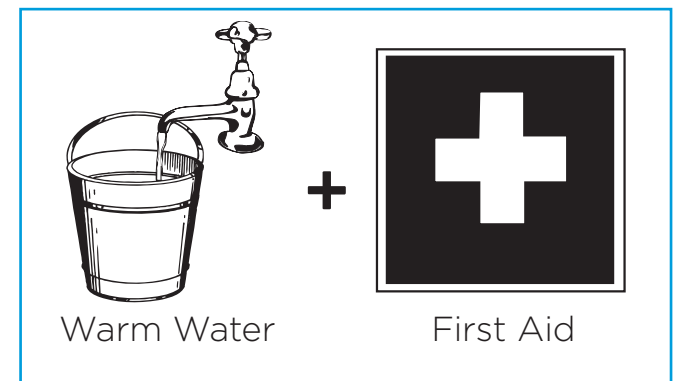
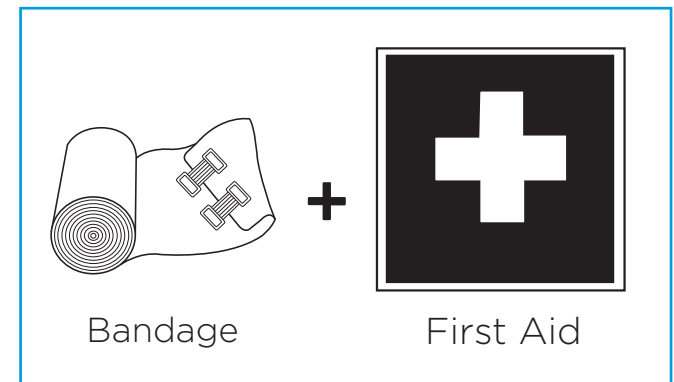
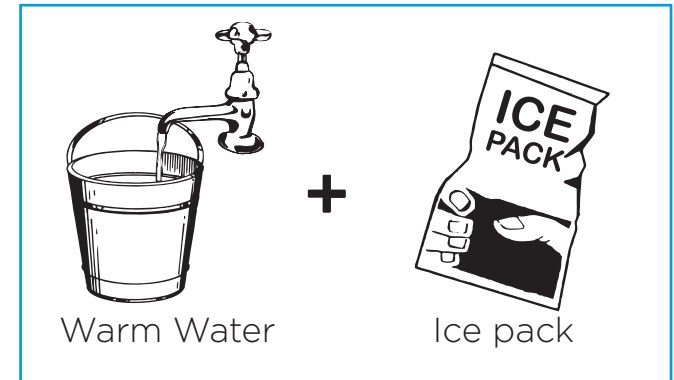
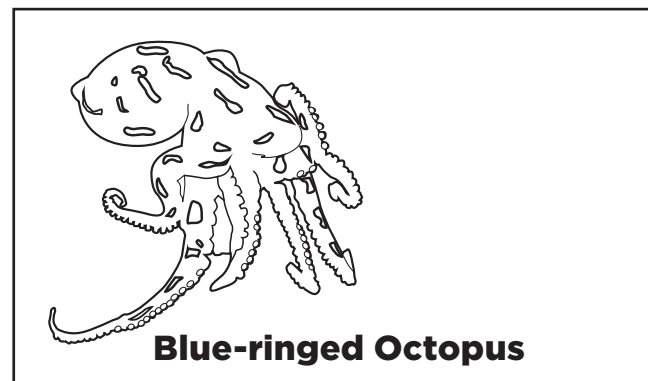
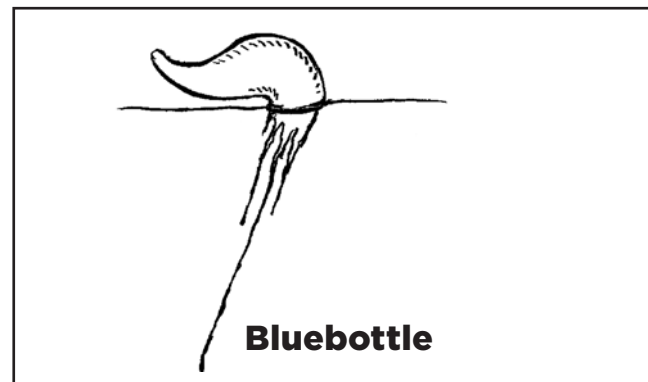
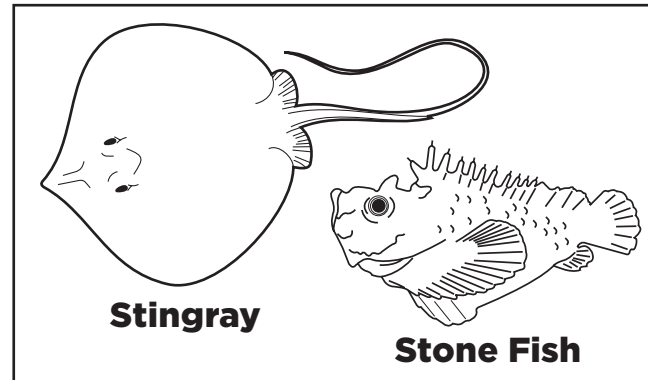
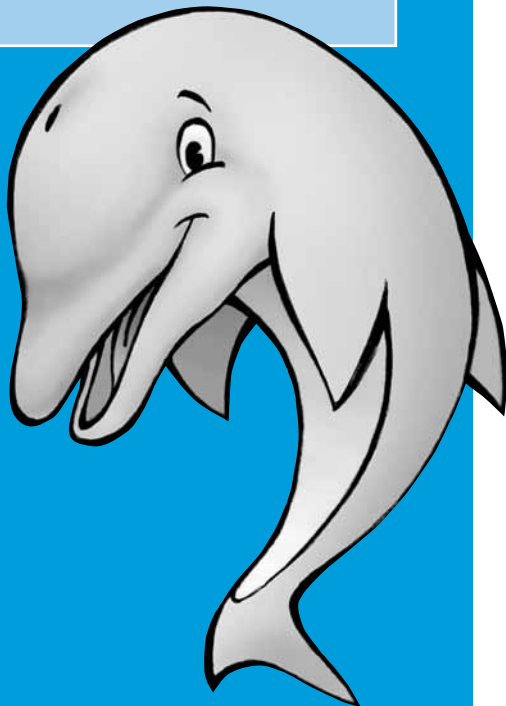
	Description	Danger	Treatment
<b>Stone Fish and other Spiny Venomous Fish</b> 	The stone fish is a mottled brown and greenish colour.	It has a poisonous spines along its back. It is only dangerous if stepped on or caught.	Place stung area in warm water and then seek medical treatment. Note: 'Warm' water means as hot as you can tolerate.
<b>Jellyfish</b> 	Jellyfish occur in a wide variety of shapes, sizes and colours. Most are semi-transparent and bell-shaped with tentacles.	The severity of a jellyfish sting varies according to species, but some are harmful to humans if contact is made with a jellyfish's tentacles.	Remove any remaining tentacles with tweezers and place stung area in warm water. For tropical jellyfish, douse area in vinegar.
<b>Blue-ringed Octopus</b> 	The blue-ringed octopus is a pale brown to yellow colour. The blue rings on its body only "light up" as a warning when it feels threatened.	They have a painless bite from a beak and poison is injected into your body.	Apply compression or immobilisation bandaging. Artificial respiration may also be required. Seek medical treatment urgently.
<b>Stingray</b> 	A stingray is a triangular flat shape, with a tapering tail that is armed with one or more spines.	The spine can cut you and may break off and stay in the wound.	Place wound in warm water. Seek medical attention to remove spine.
<b>Bluebottle</b> 	A bluebottle is a small, blue floating creature with long stinging tentacles that travels on the surface of the water blown by the wind.	The tentacles cause sharp, painful stings and may cause allergic reactions in some people.	Do not rub stings with sand or towel. Immerse the affected area in hot water and then apply an ice pack.

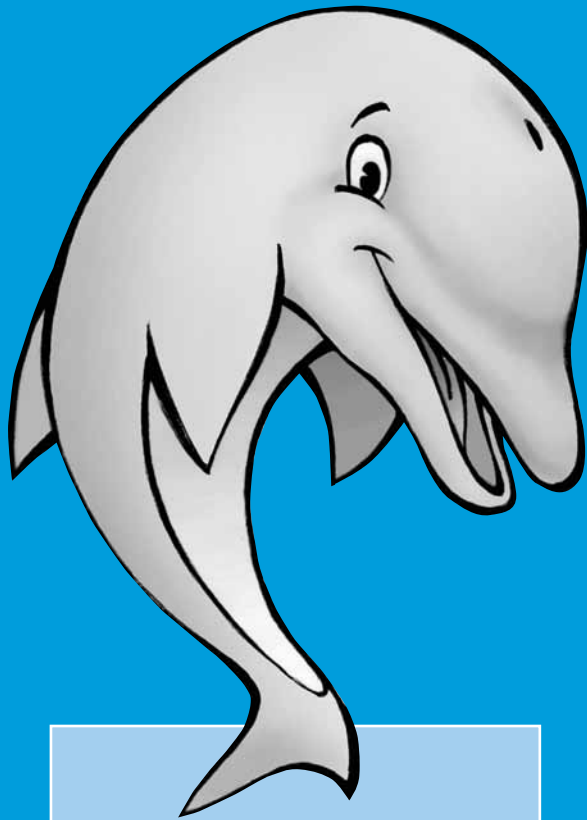
# LESSON 16

# Dangers in the Water

**After using a primary treatment on a bite or sting, get to a first aid station or hospital urgently.**

Draw a line from the creatures to the treatment you should apply if someone is bitten or stung.



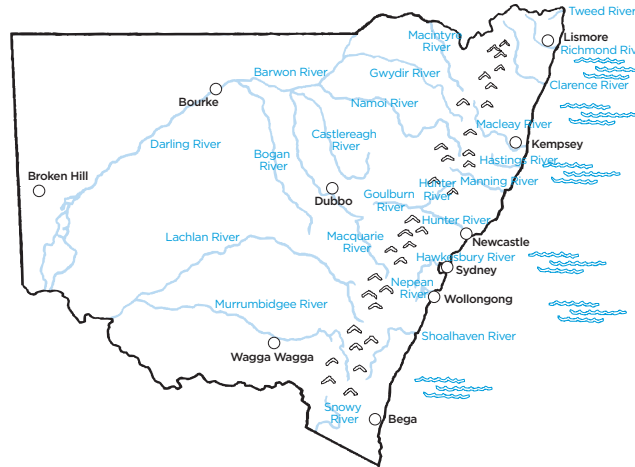


**Now it's time to  
check your answers.**

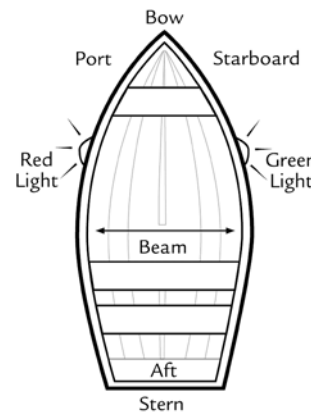
**How well did you do?**

# Activity Answers

## Pg 4 **LESSON 1** **Know Your State**



## Pg 5 **LESSON 2** **Know Your Boat**

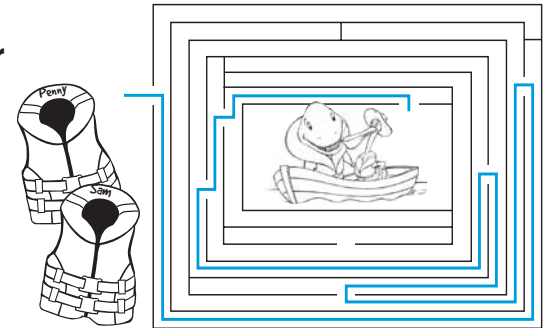


## Pg 6 **LESSON 3** **Learn to Swim** Be safe and learn to swim.

## Pg 7 **LESSON 4** **Swim with a Friend** Always swim with a **friend**.

## Pg 8 **LESSON 5** **Wear Safety Gear**

## Pg 8 **LESSON 5** **Wear Safety Gear**



## Pg 9 **LESSON 6** **Use Safety Equipment**

Bucket with rope, oar, lifejacket, torch, water bottle, mobile phone in ziplock bag, flares, anchor

## Pg 10 **LESSON 7** **Throw, Row, Reach**

- (1) Throw something out to the person that will help them float in the water until help arrives.
- (2) Row out to the person if you can't help them by reaching or throwing. Use helpful things like an oar, inner tube, or a raft to row out to them.
- (3) Get an adult to reach for the person. Be sure to hold on to something while you are reaching.

## Pg 11 **LESSON 7** **Throw, Row, Reach**

Throw helpers: inner tube, lifejacket, life buoy  
Row helpers: raft, air mattress, rowboat, inner tube  
Reach helpers: oar, stick, board

## Pg 12 **LESSON 8** **Look Before You Leap**

Penny: Warning sign – shallow water  
Sam: Prohibition sign – no diving  
Danny: Safety sign – first aid  
Penny and Sam: Information sign – fishing permitted

## Pg 13 **LESSON 8** **Look Before You Leap**

- (1) ✓ Safe = girl swimming between flags with lifeguard on duty.
- (2) ✓ Safe = boy swimming in pool with adult supervising.
- (3) ✓ Safe = boy swimming in river with adult supervising.

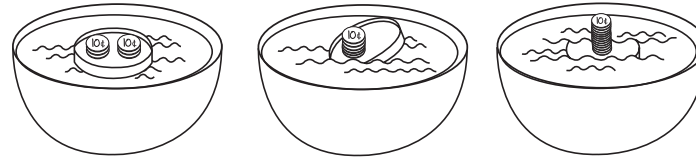




**Have your teacher,  
parent or guardian  
sign the Certificate  
of Achievement on  
the next page.**

**Congratulations!**

Pg 14 **LESSON 9** **Don't Overload Your Boat**



Balanced Boat    Unbalanced Boat    Overloaded Boat

Pg 15 **LESSON 9** **Don't Overload Your Boat**

- (1) ✗ Unsafe (person is alone in the boat).
- (2) ✗ Unsafe (boy standing while the boat is moving/not wearing lifejacket).
- (3) ✗ Unsafe (girl bow-riding/not wearing lifejacket).
- (4) Safe (balanced boat with two sitting at the stern and one at the bow).
- (5) ✗ Unsafe (boat is overloaded and sinking/no-one is wearing a lifejacket).
- (6) Safe (adult and child sitting in the centre of the boat at opposite ends keeping it balanced).

Pg 16 **LESSON 10** **Stay With Your Boat**

- (1) Keep calm, look and listen.
- (2) Remain calm and stay with your boat.
- (3) Look around for help; if a boat is close enough, wave your arms to let them know you need help.

Pg 17 **LESSON 10** **Stay With Your Boat**

Draw in order: (teacher/parent/guardian to assess)

- (1) Keep calm, look and listen
- (2) Remain calm and stay with your boat
- (3) Look around for help; if a boat is close enough, wave your arms to let them know you need help.

Pg 18 **LESSON 11** **Learn Distress Signals**

Draw one of the following: (teacher/parent/guardian to assess)

Child in boat: (a) waving arms (b) holding an orange smoke flare with a sun (c) holding a red smoke flare with a moon/stars (d) holding a torch showing a beam (e) holding up orange sheet with a 'V' or (f) holding EPIRB in correct colours.

Pg 19 **LESSON 12** **Learn Boating Rules**

Slow down near: swimmers, jetty, diver, boat ramp

Pg 20 **LESSON 13** **Swim Between the Flags**

Colour the flags: top section = red, bottom section = yellow

Pg 21 **LESSON 14** **Be Sun and Water Smart**

Sam: missing his shirt and sunglasses  
Penny: missing her sunscreen and sunglasses

Pg 22 **LESSON 15** **Be Polite. Don't Pollute.**

Plastic: takeaway fork & spoon, milk bottle  
Glass: jar Paper: milk carton, newspaper, paper bag  
Cans: cat food, soft drink  
Food Waste: orange peel, carrot.

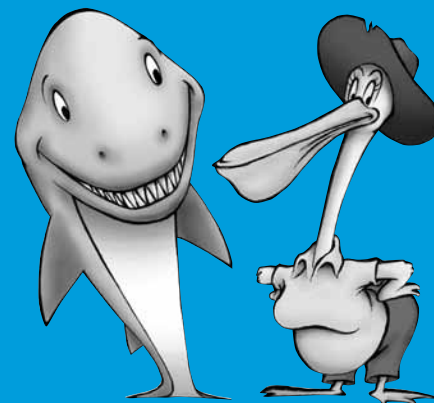
Pg 23 **LESSON 15** **Be Polite. Don't Pollute.**

tyre, glass bottles (x2), cans (x6), plastic bag, fishing lures (x4), fishing wire with hooks, plastic 6-pack can holder, fishing net, piece of broken glass, shoe, food scraps (x2), milk carton.

Pg 25 **LESSON 16** **Dangers in the Water**

Stingray and stonefish: warm water + first aid  
Bluebottle: warm water + ice pack  
Blue-ringed octopus: bandage + first aid

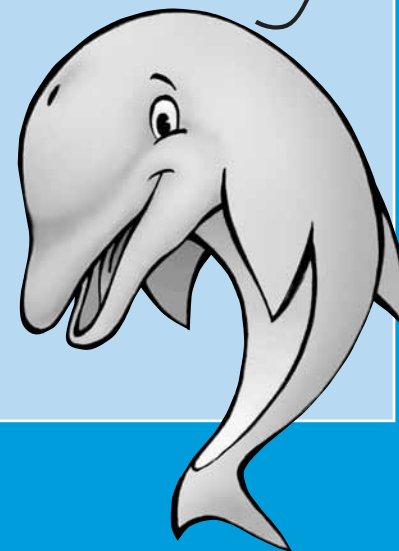
# Certificate of Achievement



Awarded to

water  
safety

for completing this activity book.



Teacher/Guardian Signature

*Danny the Dolphin*

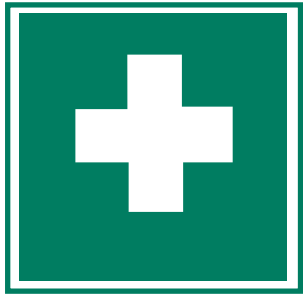
Water Safety Mascot

# Signs, flags and distress signals



## Safety Signs

Safety signs let us know where we can **get help**. They have a square green background with white writing or symbols.



This is a **first aid** sign. It shows us where to receive help if we get hurt.

## Prohibition Signs

Prohibition signs let us know what we are **not allowed to do**. They are **white** enclosed by a **red** circle and diagonal **red** line through a **black** symbol.



This sign means **no diving** is allowed. We should not dive in an area that displays this sign.

## Warning Signs

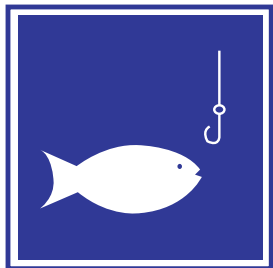
Warning signs let us know we should be careful. They are a diamond shape with a white background and black symbol.



This sign warns us of danger that the water is **shallow**.

## Information Signs

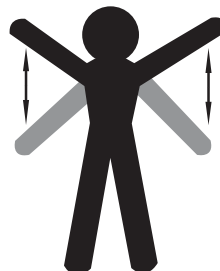
Information signs tell us which are **suitable activities** in a waterway. They are a blue square sign with **white** writing or symbols.



This sign near a waterway tells us that **fishing** is allowed.

## Flags and Distress Signals

Different **flags** give us different information and can be found **on the beach** or **in the water**. **Distress signals** can be used to attract attention if you need help.



**Raising and lowering arms**



**Orange smoke flare**  
(use during the day)



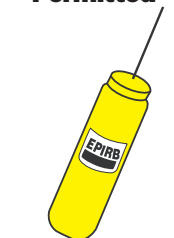
**Red smoke flare**  
(use during the night)



**Torch**



**Orange V Sheet**



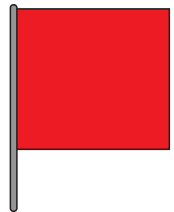
**EPIRB**  
(radio distress beacon)



**Diver Below**



**Swimming Between Flags Permitted**



**No Swimming Permitted**

**The Maritime Division of Roads and Maritime Services is responsible for the regulation of commercial and recreational boating to keep NSW waterways as safe as possible.**

**A core function is in educating boaters – potential boaters – about what to expect out on the water, as well as correct behaviour and equipment necessary.**

**See details below for more information on boating safety.**

