



## Weather Dangers, Tides and White Caps, Oh my! Stormy Challenges

**Beginner:** Talk about water dangers. Swim within arms's reach; wear a life jacket.

**[Tip]:** Use words to describe water quality: deep/shallow, clear/murky, sandy/rocky, gentle/rough (waves), fresh/salt water.

**Intermediate:** Draw/make a poster about water dangers, post it near a water source.

**[Tip]:** Never swim alone; Stay with your caregiver; Supervise with no distractions (no phones, sleeping, book reading, multi-tasking); Stay in shallow water; Get out of water when there is thunder or lightning.

**Experienced:** Write words or a story describing water safety tips. Use words: *lifeguard, waves, supervision, life jacket, riptide, current, leaches, jelly fish, shark.*

**[Tip]:** White caps warn us about strong winds. When caught in a strong current, swim parallel to the shore, until you move out of the current. Know the tide schedule so you are prepared.

**Why is this important?** Even at young ages, children can be trained about water safety.

**Reference:** Turgut, T., Yaman, M. & Turgut, A. (2016). Educating children on water safety for drowning prevention. *Soc Indic Research*, 129, 787-801.