

# Water Safety

## Activity Book

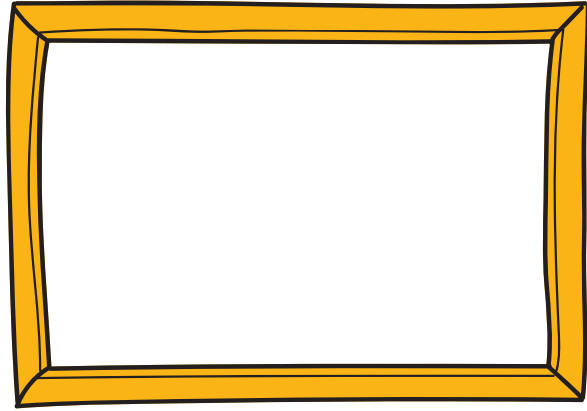
with  
Kingsley the  
Platypus



kingswim



# This book belongs to...



First name:

Swimming teacher:

Place of birth:

Favourite stroke:

Swim centre:

Favourite water animal:

Signature:

I began swimming when

I was

years old.

← Draw your picture here

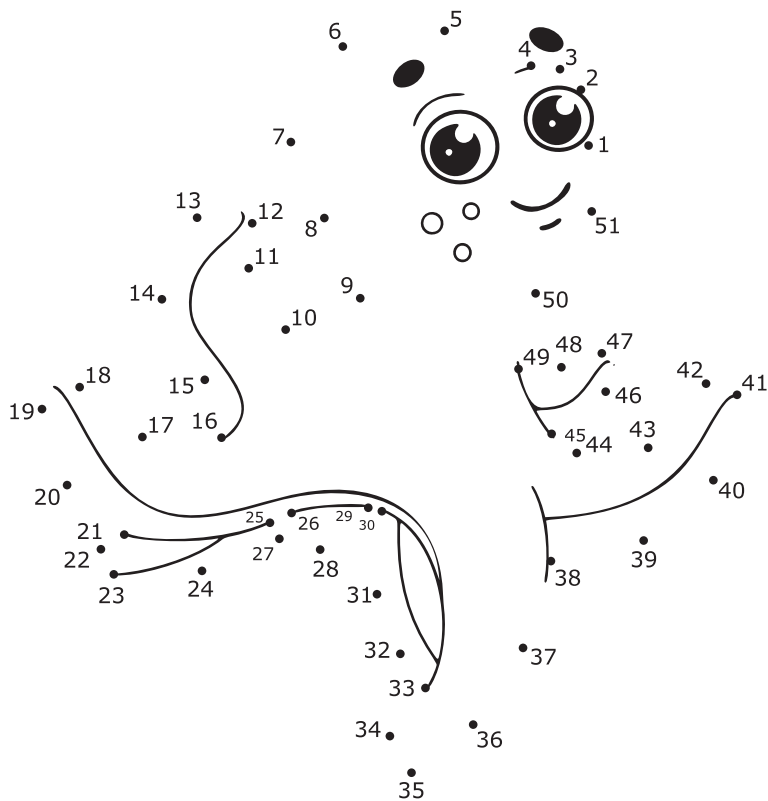


I'm Kingsley the Platypus, I live in a pool.  
And I would like to share with you my water safety rules.

The sun is out, let's have some fun.  
But before we get started, here's...

**Rule number 1!**

# Join the dots and then **COLOUR** me in!



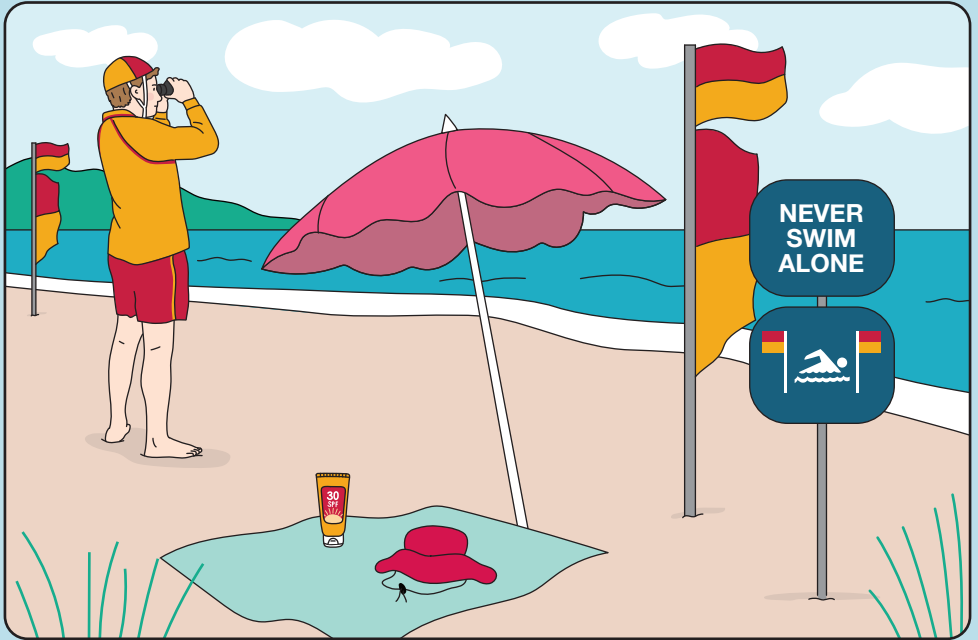


Grab your hat, and slip on a shirt.  
Rub in your sunscreen, a nice big squirt!

You're ready to go, now what do you do?  
You listen carefully to...

**Rule number 2!**

# Can you spot the 8 differences?





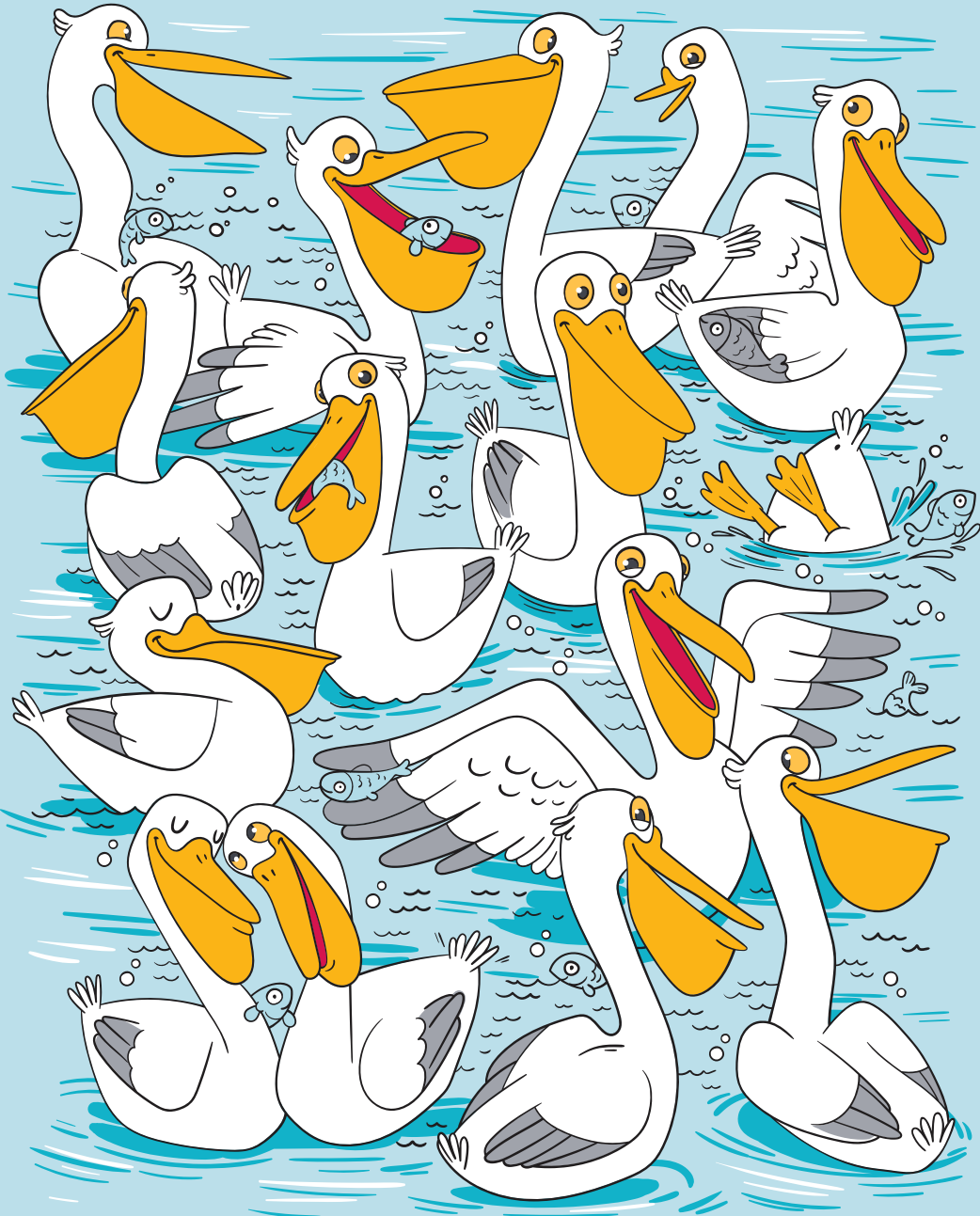
Never ever swim alone,  
not when you're out or even at home.  
Find a grown up to look out for you,  
they'll keep you safe, they know what to do.

You have your grown up, you're ready for the sun,  
look out everyone, here you come!  
You're ready to jump in, you shout 'yippee',  
but Kingsley says 'STOP', there's...

**Rule number 3!**

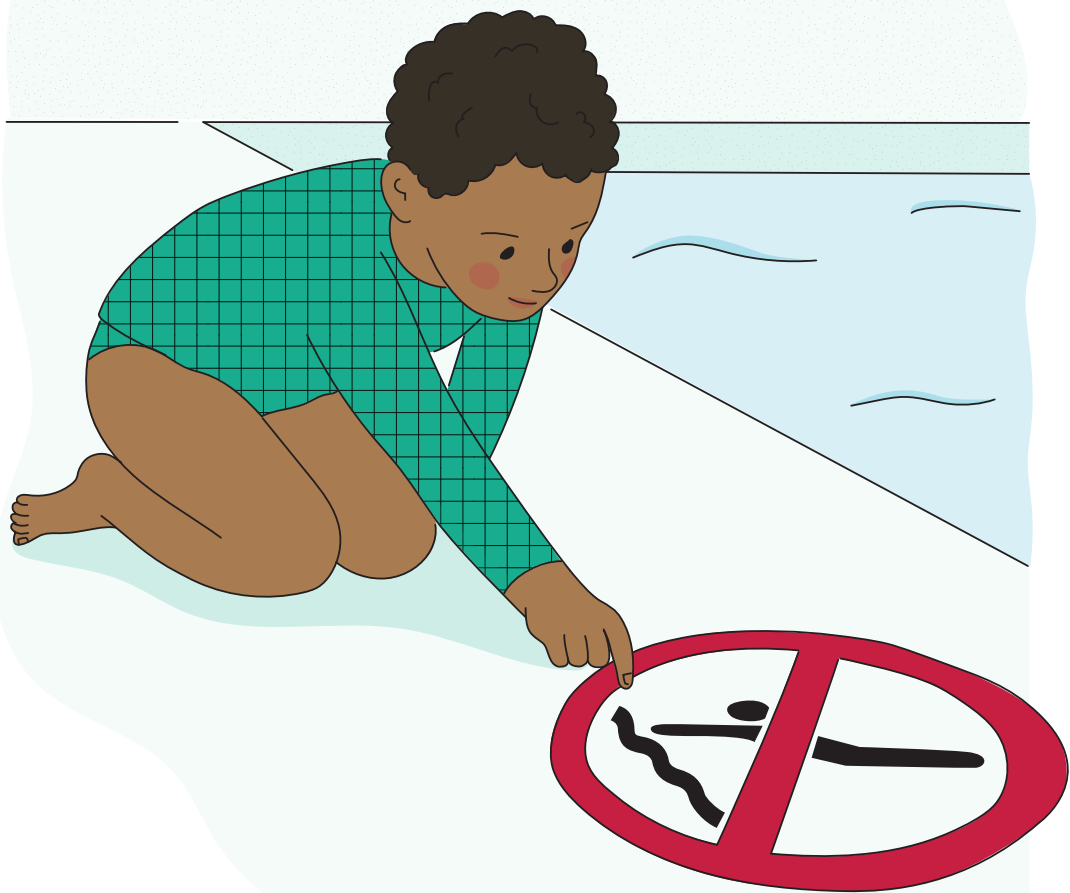


# Can you find the 10 hidden fish?



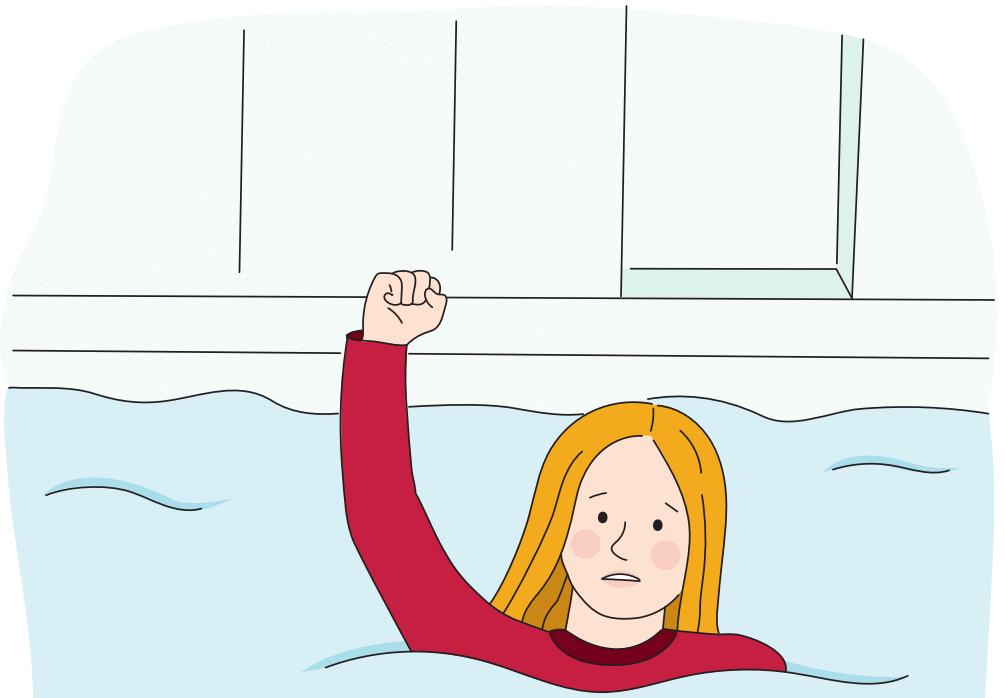
You can't just jump in, you must first check  
for signs that may prevent any accidents.

Is it deep? Is it shallow? Can you see what's in it?  
Stop and think, look around, it will only take a minute.



# Circle the signs that we need to look out for around water...



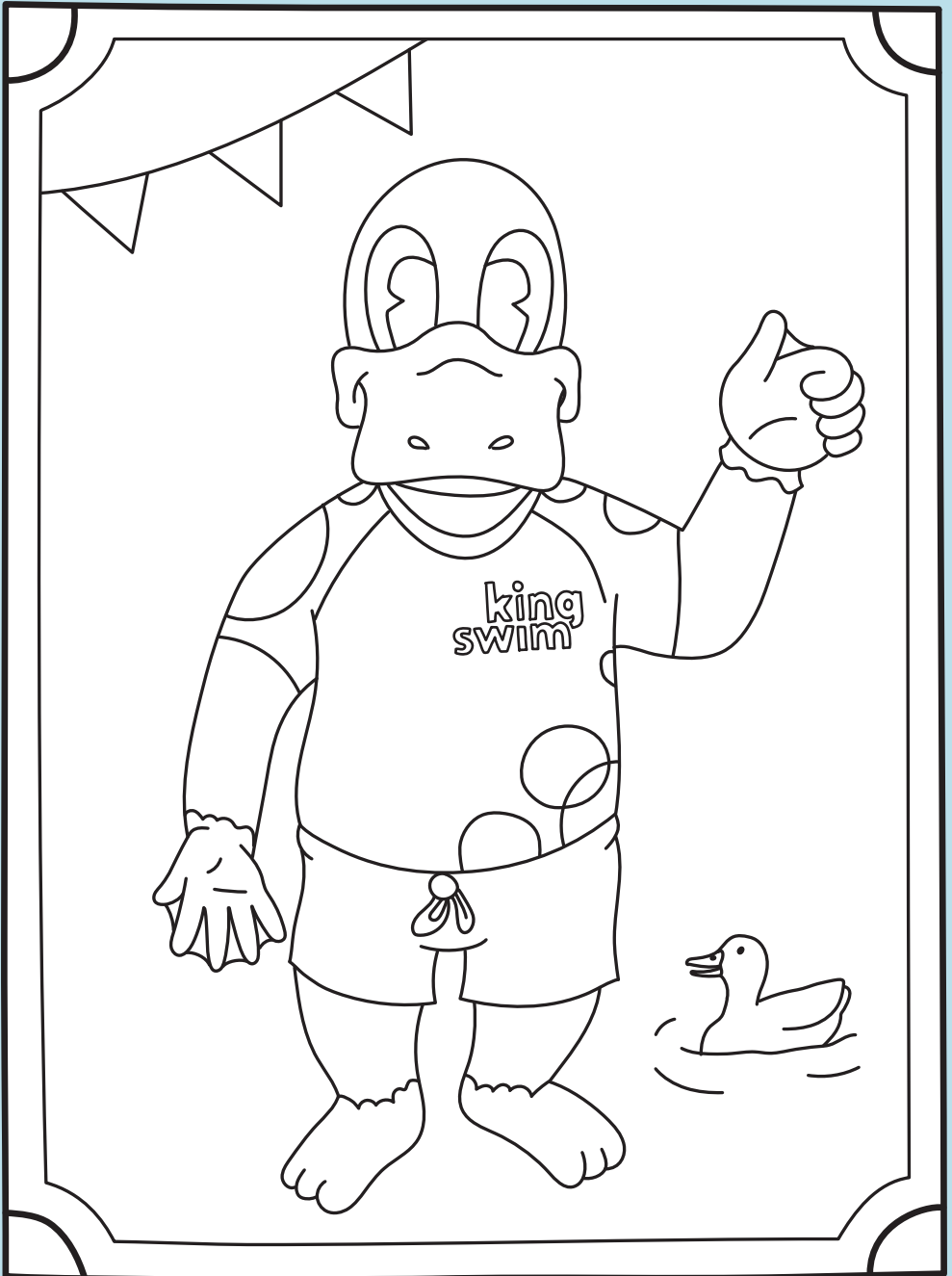


So you're in the water enjoying your swim  
but Kingsley's got you thinking.  
What happens if you're at the pool  
and you see someone that's sinking?

A very good question, a tricky one  
but an important one for sure,  
let's ask Kingsley to explain, as it's...

**Rule number 4!**

# COLOUR in Kingsley!

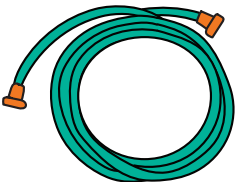
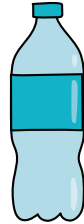


Call for help, you must act quick!

Find something long, like a towel, broom or stick.

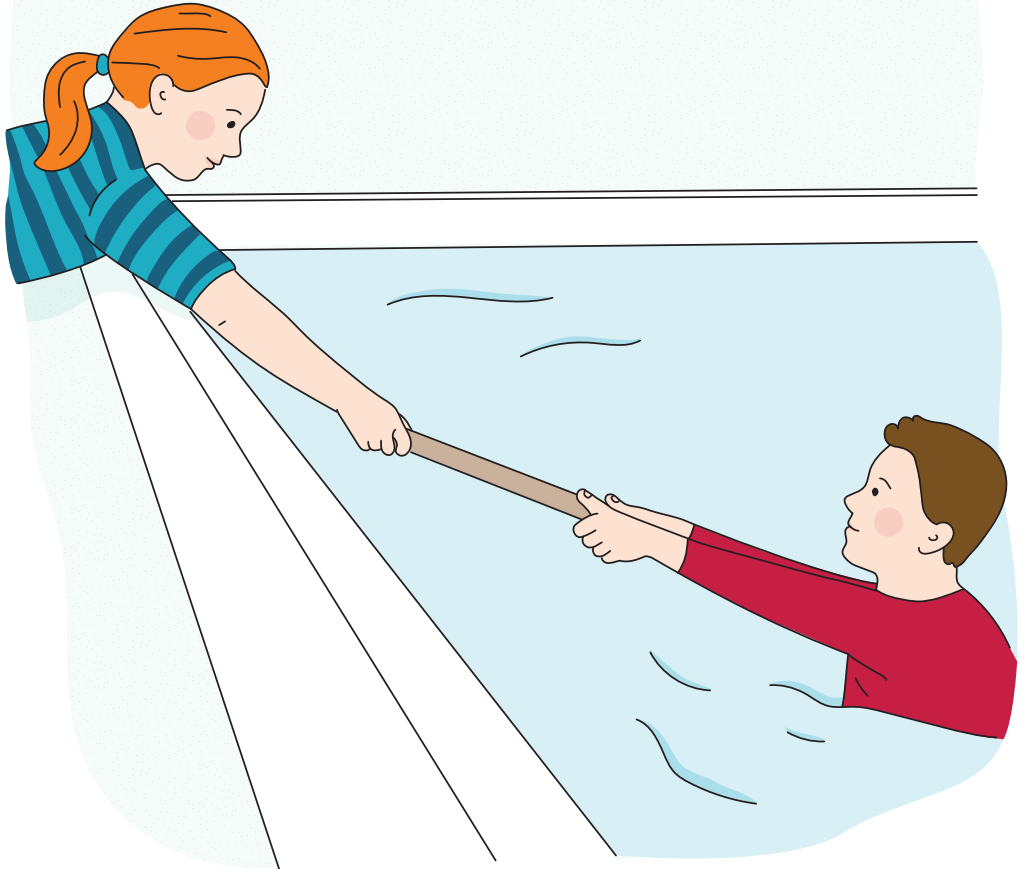


**Circle the objects that we could use to perform a rescue...**



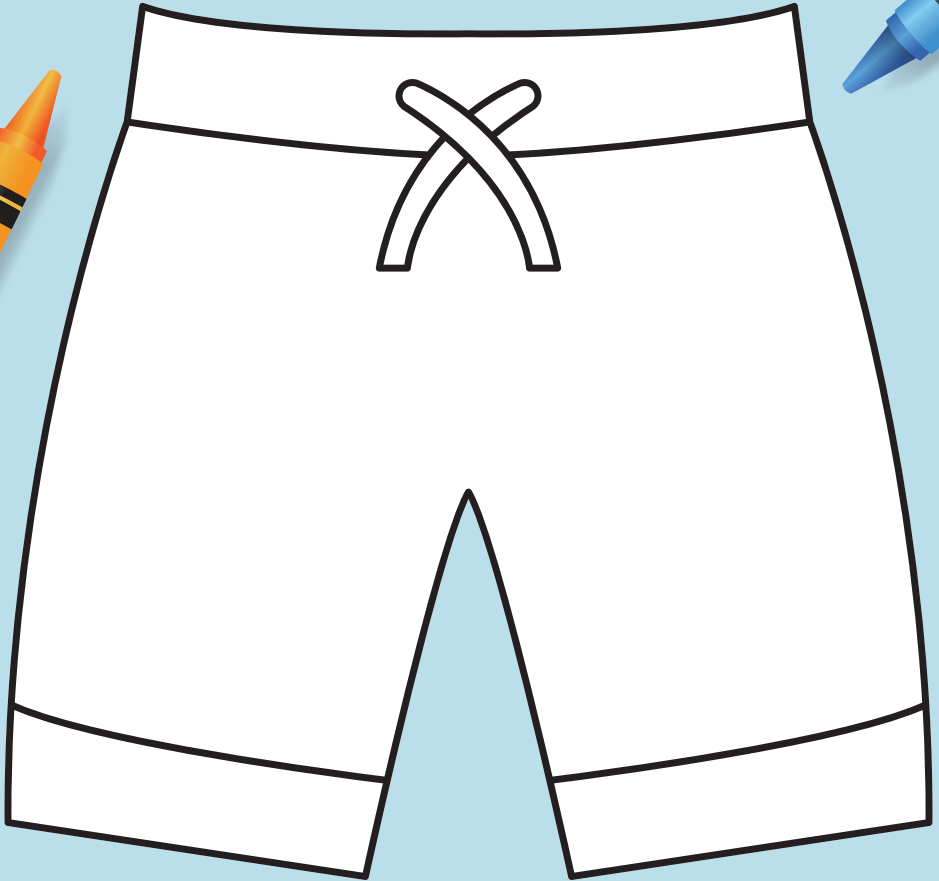
Get on your tummy, that's the safest habit.  
Reach out with your stick and tell them to **GRAB IT!**

Use your muscles to pull them in,  
The rescue process is about to begin!





# Can you help design new bathers for Kingsley?



Grab your  
pencils or crayons  
and be as creative  
as possible!



Are they alright? We really hope so.  
But if they're not OK, then we'll dial 000!  
(Triple zero)

# Match the word to the picture!

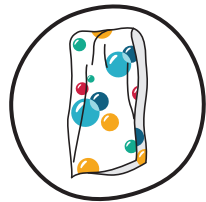
Towel

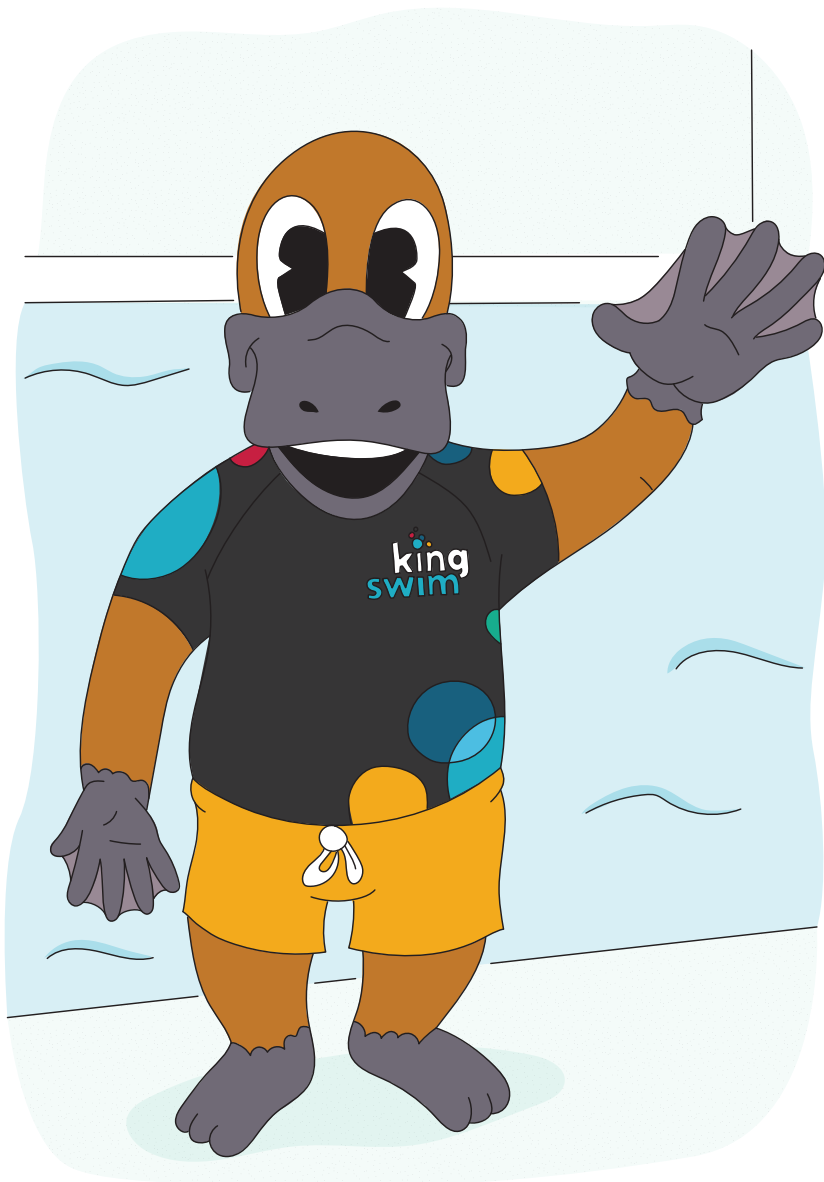
Sunscreen

Flag

Sign

Bathers





So you've had a great swim and you've learnt some new rules that will help you to survive.

But Kingsley says before we go, let's learn...

**Rule number 5!**

# WATER SAFETY

## word search

P D T I P S T I C K K X Z E Z  
N J F D K N F L A G S C R G Y  
N T E L E S S O N B R P O O L  
Y S N G W X J U Q W B R P W I  
S W C A M Y S U R V I V E A B  
H I E T U S A F E T Y H A T E  
E M G E K I N G S L E Y H E A  
L M D N S U P E R V I S E R C  
P I A K S B C K J Z T V H T H  
P N L I F E G U A R D G L O J  
B G B R G R O W N U P M K W A  
R E S C U E F E Q J J D T E T  
M Q R J K C V R A S K I L L S  
V M B E T K S U N S C R E E N  
I V A H U K E Q R U L E S F L

Beach

CPR

Fence

Flags

Gate

Grownup

Hat

Help

Kingsley

Lesson

Lifeguard

Pool

Rescue

Rules

Safety

Signs

Skills

Stick

Sunscreen

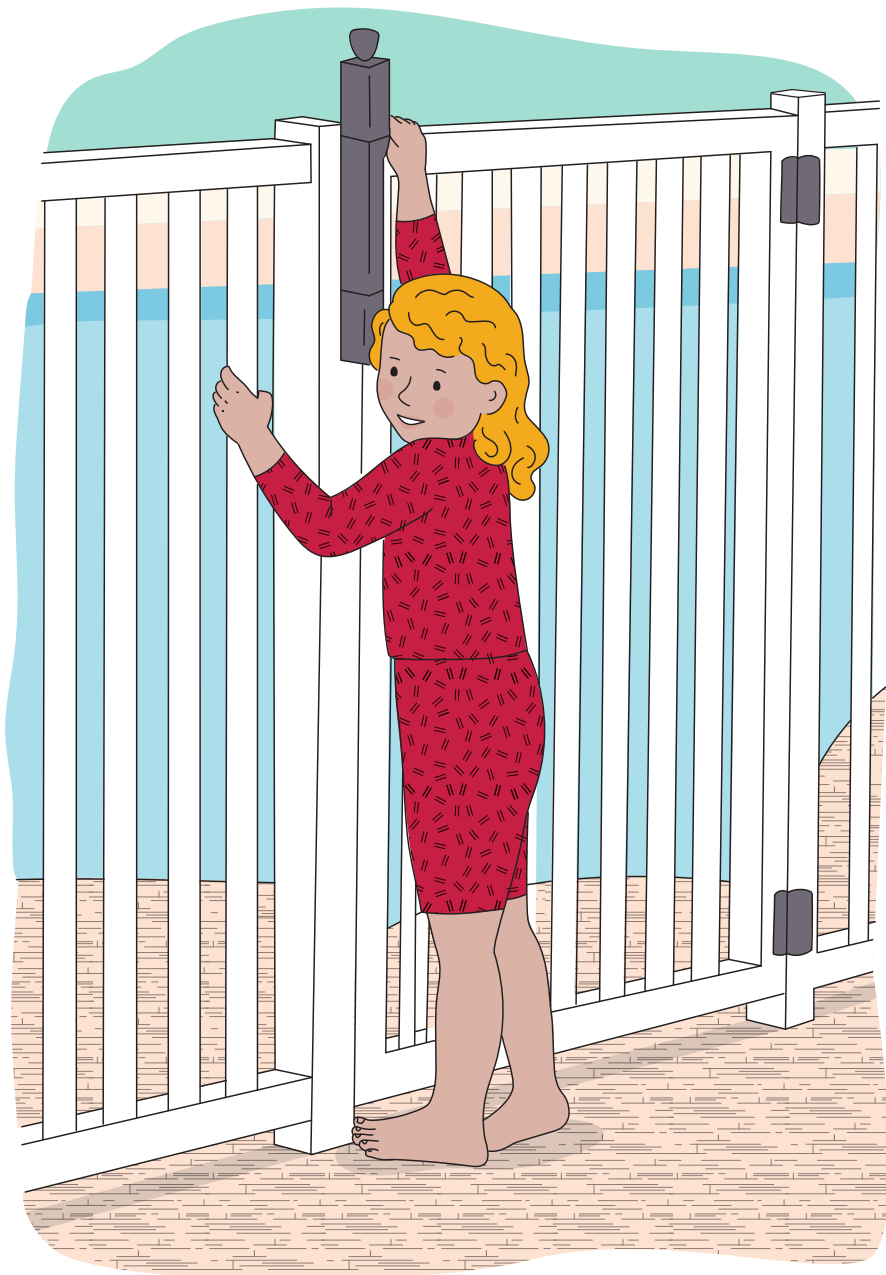
Supervise

Survive

Swimming

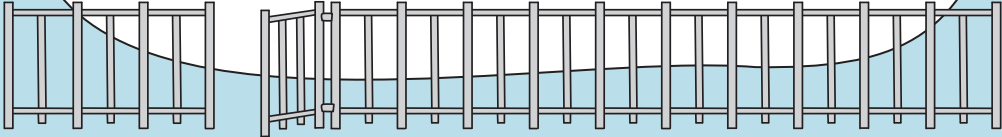
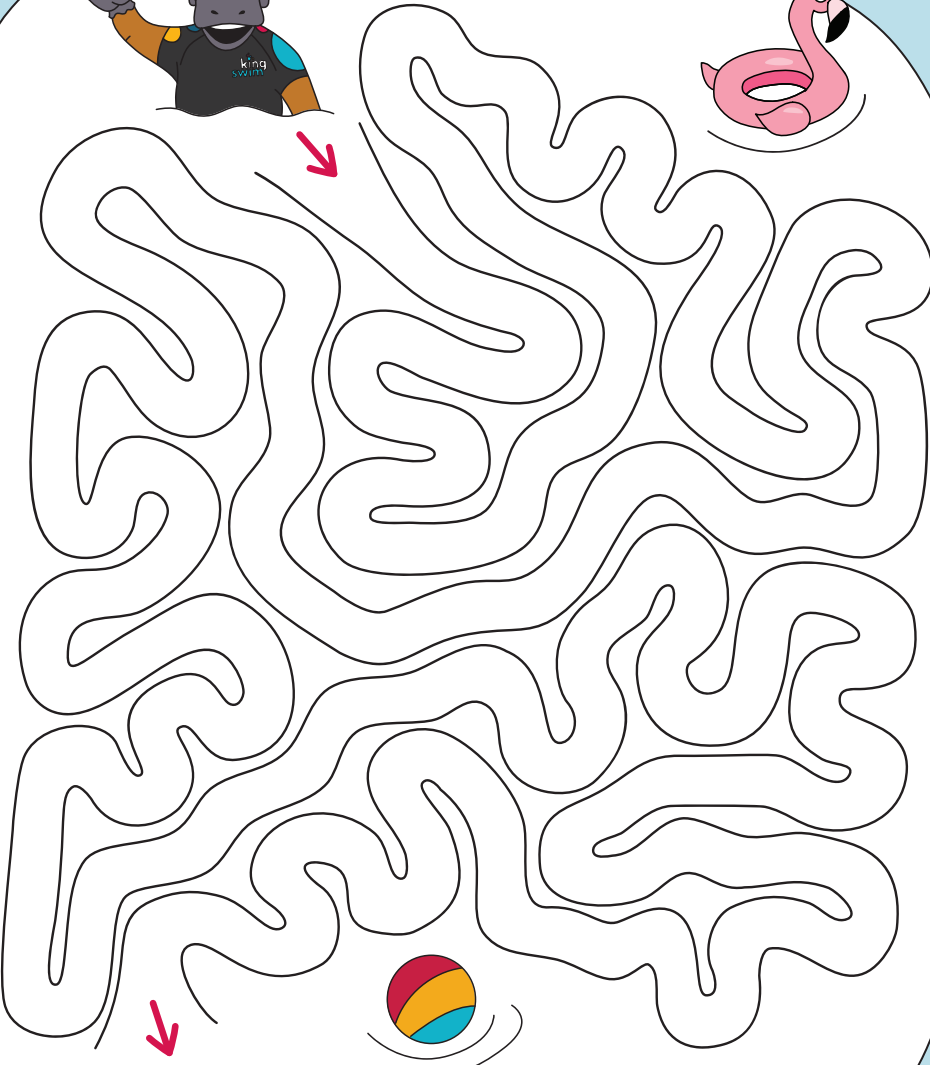
Towel

Water



Be a good friend, a buddy and mate  
and always remember to **SHUT THE GATE!**

# Help Kingsley shut the gate!



# Information for parents and guardians

It's never too late to learn how to be safe around water. Kingswim offers great learn to swim programs that will teach your child water safety skills. There's also a lot you can do as a parent to set a good example for your child when you're around water, and to help your child practise water safety skills on a regular basis.

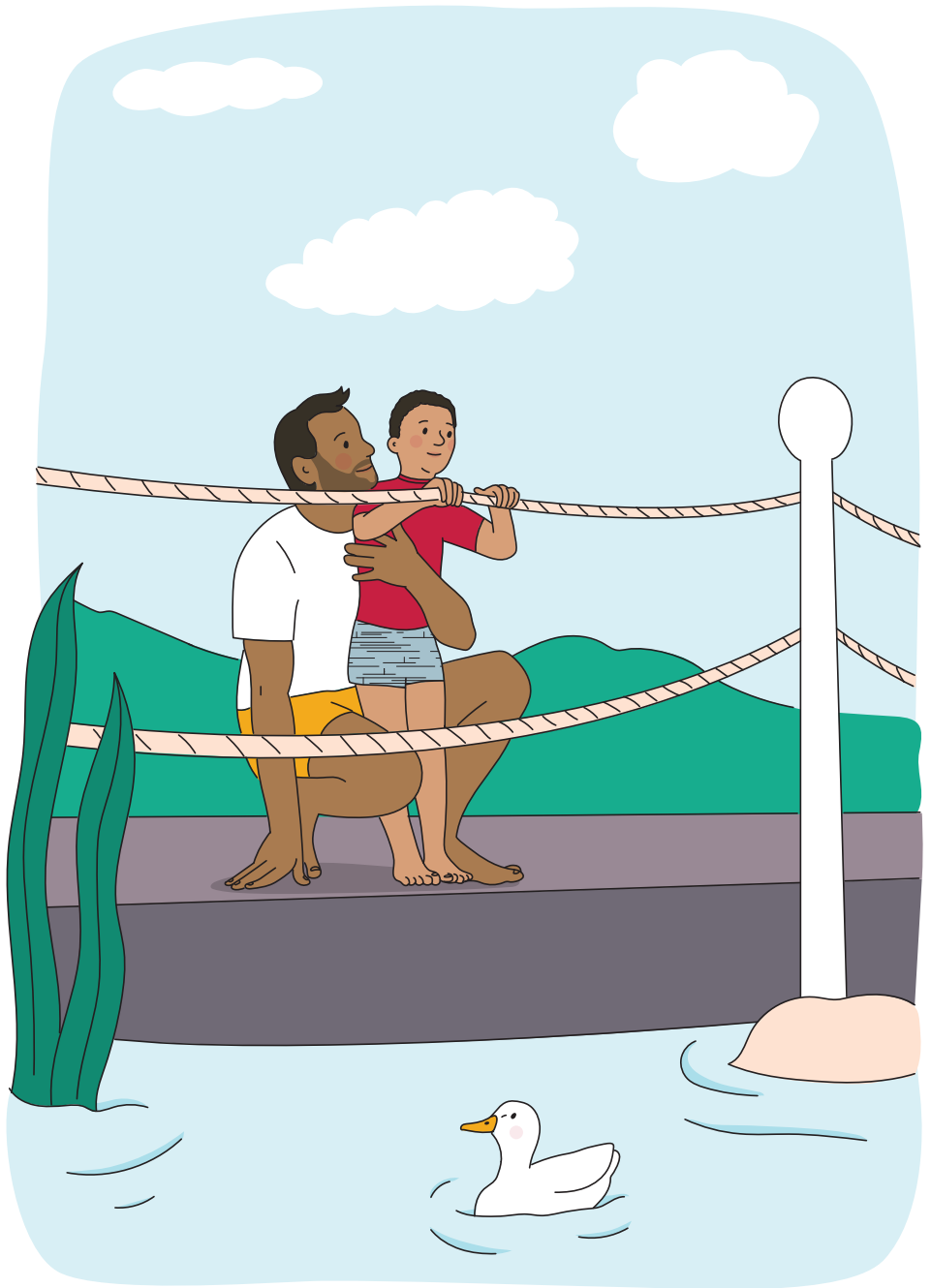
Teaching your children water safety skills is one of the most important things you can do:

1. Know your child's water skills.
2. Always actively supervise children in and around water. Keep a watchful eye on your child during their lesson and ensure that a responsible adult maintains constant visual supervision. If someone is not a strong swimmer, make sure you stay within arm's reach. Remember, a good rule of thumb is never swim alone. Whether you're watching from the pool deck or the sand, active supervision of children in and around the water is always critical.
3. Ensure children are swimming in designated areas.
4. Be a role model for your children and you show your children you respect the water and follow water safety advice.
5. Learn CPR, knowing what to do in the event of an emergency can make all the difference.

See our website for more information on Water Safety:

**[www.kingswim.com.au/water-safety-at-kingswim](http://www.kingswim.com.au/water-safety-at-kingswim)**





# The Kingsley Song

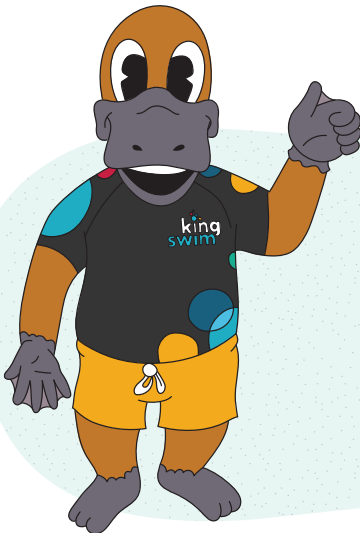
Chorus



**Be like Kingsley  
Be like Kingsley  
Kingsley the Platypus  
At the pool and the beach  
He'll follow and teach  
The water safety rules**

If you go out in the sun  
Then here's what you must do  
Wear a shirt, put on your hat  
And use some sunscreen too

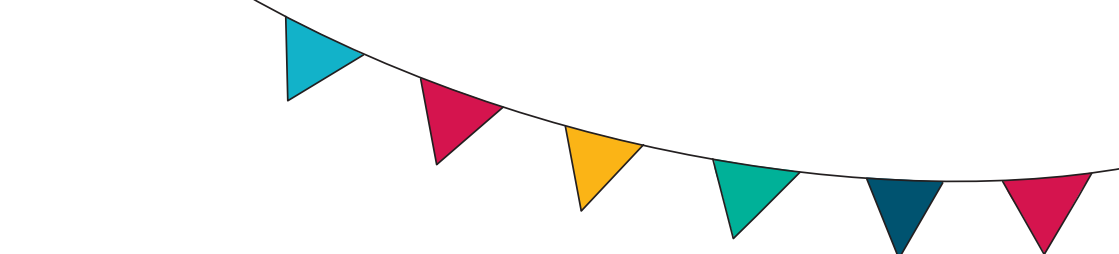
## CHORUS



### Sing along with Kingsley

Scan the QR code  
to sing along with  
Kingsley in his very  
own music video!





Never run and never jump  
And always take a mate  
And listen to the grownups  
When they tell you when to wait

### **CHORUS**

If somebody calls for help  
Then you should find a stick  
Get on your tummy, reach right out  
And pull them in real quick

### **CHORUS**

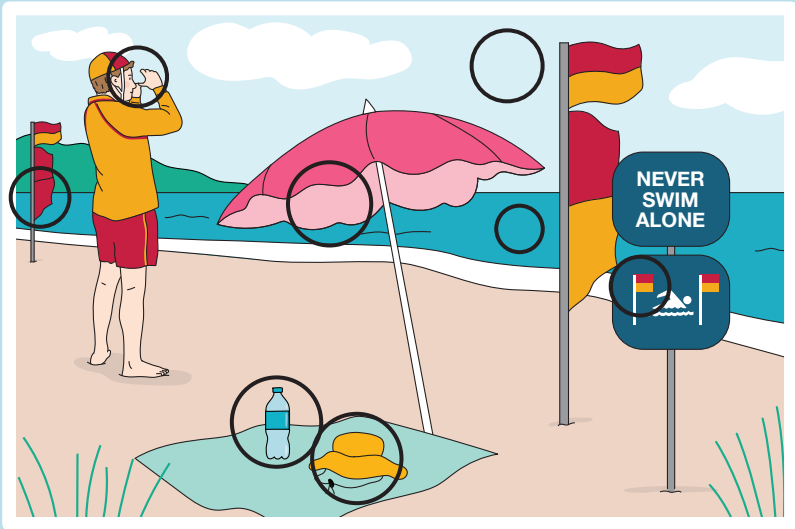
If you go down to the beach  
There's just one place to swim  
Between the flags is nice and safe  
So you can hop right in

### **CHORUS**

Be like Kingsley learn to swim  
And you can have some fun  
And don't forget to shut the gate  
When everybody's done


### **CHORUS**

# ANSWERS



Great job  
completing all  
of my puzzles!











# Join Kingsley the Platypus

as he shares with us five  
essential water safety rules  
that will help keep you and  
your mates safe around water.

