

# Water Safety

with  
Kingsley the  
Platypus



kingswim







# Objective

Drowning remains a major cause of accidental fatalities among children in Australia. To combat this issue, obtaining proficiency in survival swimming and essential water safety skills is crucial, as it greatly diminishes the risk of drowning, bolsters community safety and fosters resilience in children.

At Kingswim, we are dedicated to promoting water safety messages through our interactive and captivating water safety and awareness program. This program, offered as a community service, aims to spread vital safety messages and contribute to the creation of safer and thriving communities.

# Acknowledgments

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# Water Safety







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!**

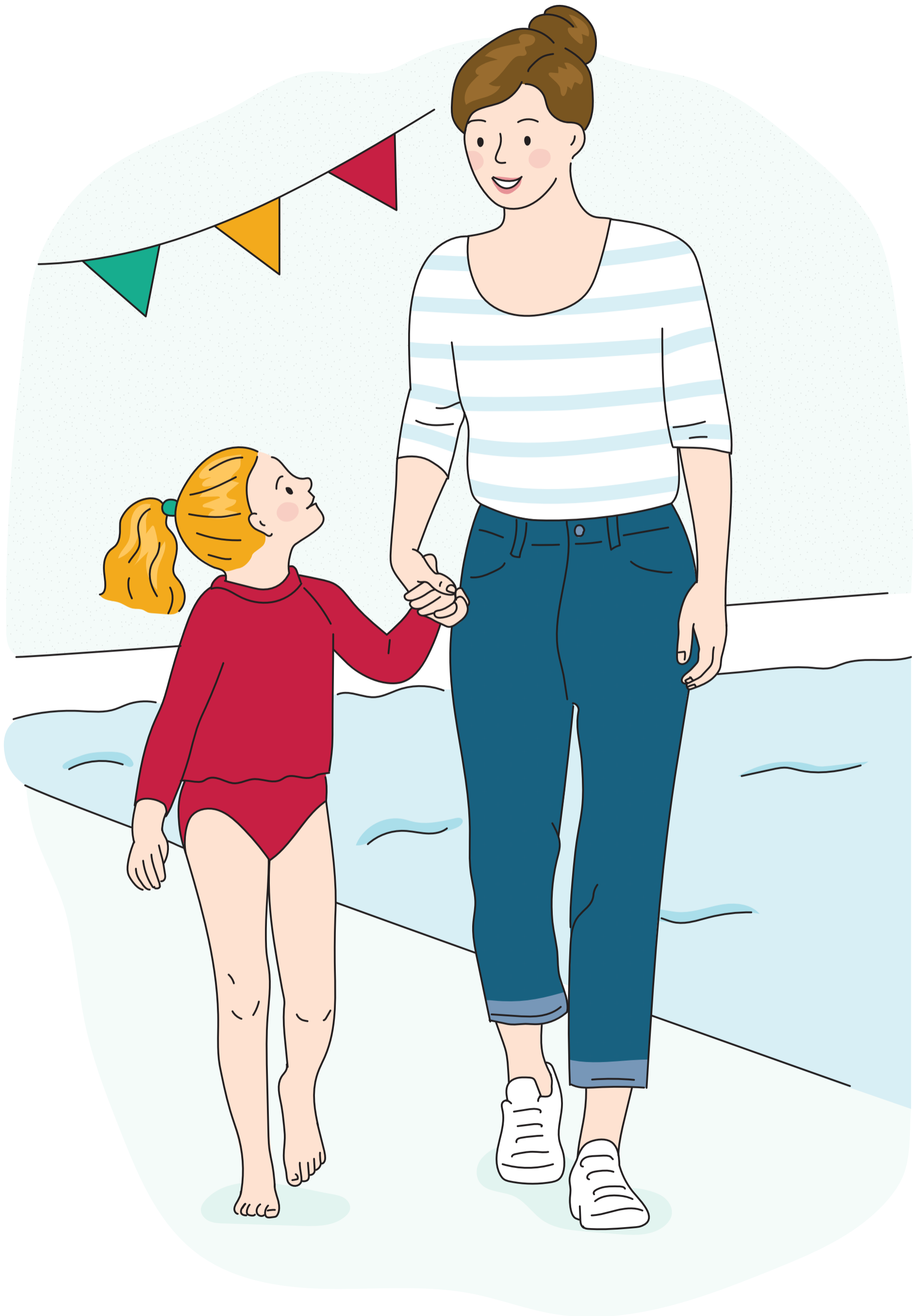




Grab your hat,  
and slip on a shirt.  
Rub in your sunscreen,  
a nice big squirt!

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

**Rule number 2!**



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...

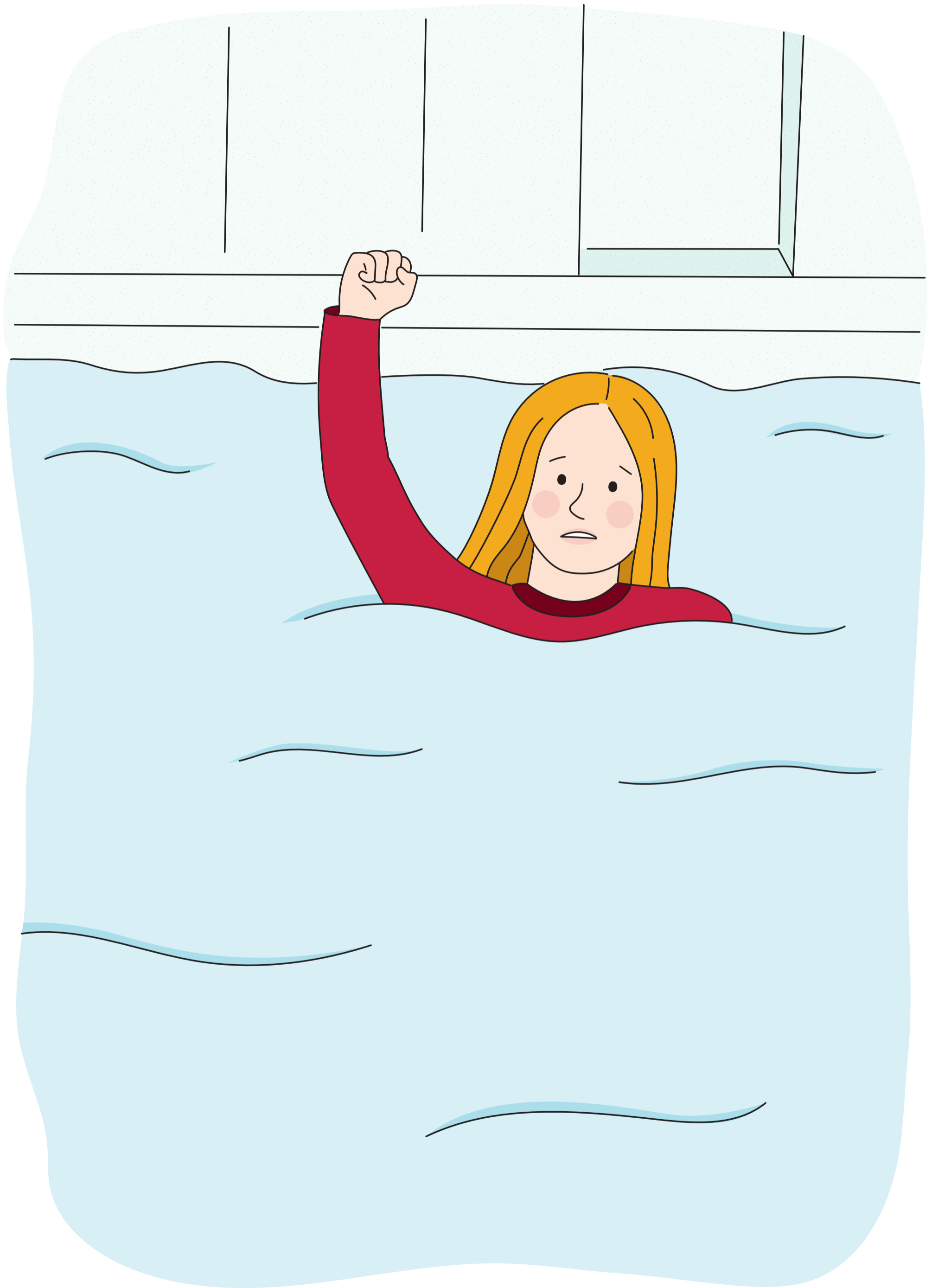
**Rule number 3!**





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.





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!**



Call for help,  
you must act quick!

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



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

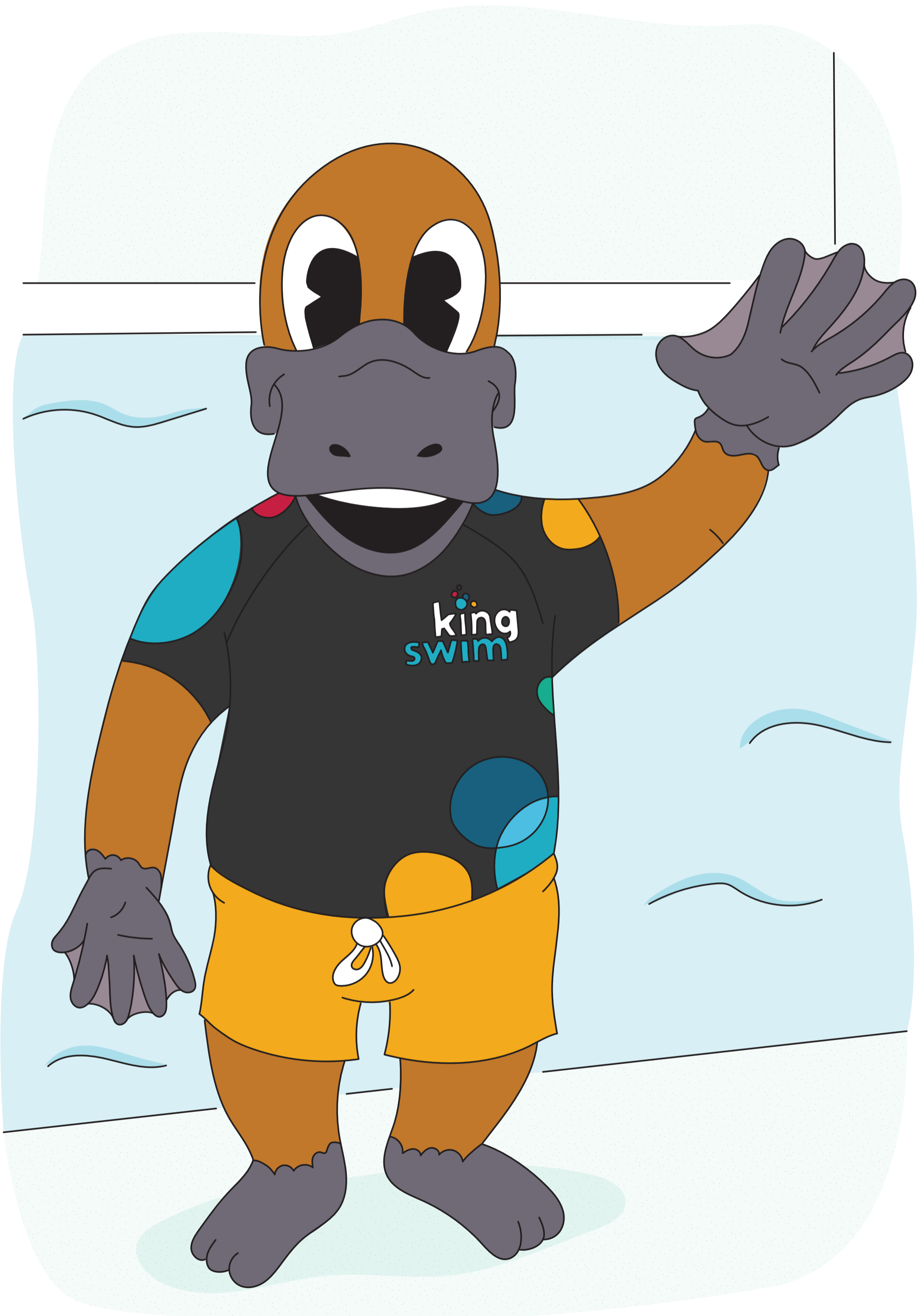
Use your muscles  
to pull them in,  
The rescue process  
is about to begin!



Are they alright?  
We really hope so.

But if they're not OK  
then we'll dial 000!

(Triple zero)

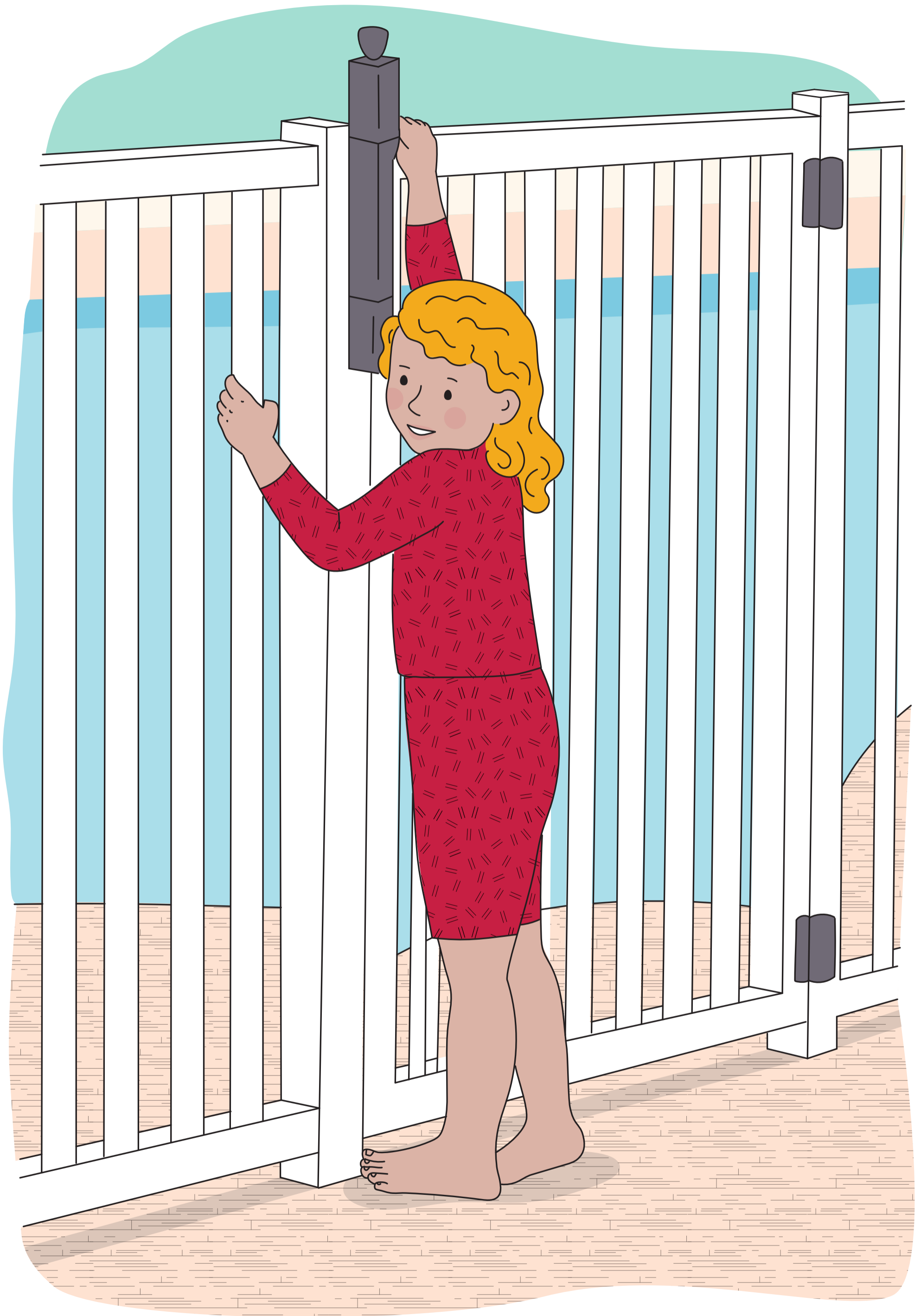




So you've had a great swim  
and you've learnt some new rules  
that will help you to survive.

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

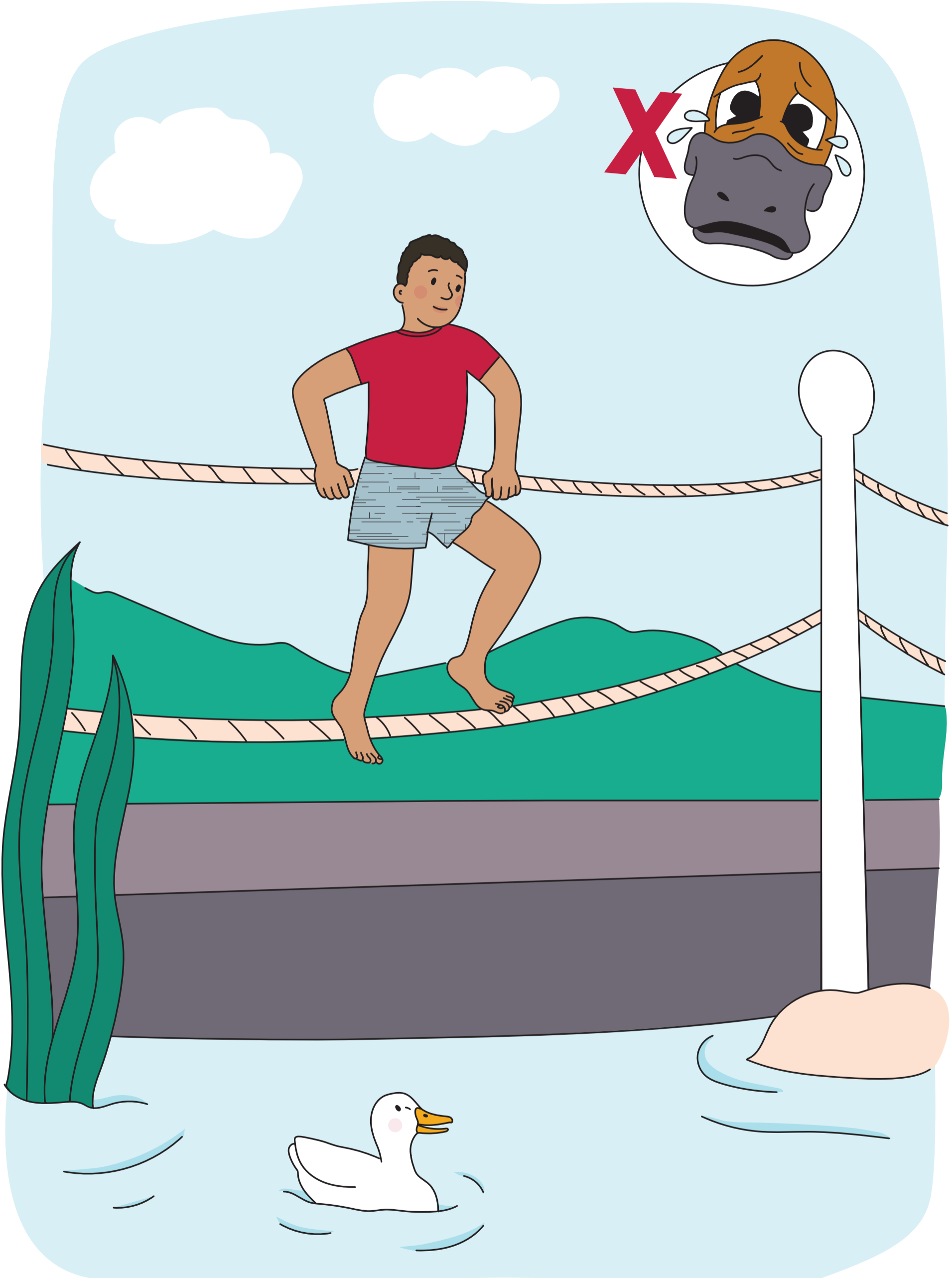
**Rule number 5!**



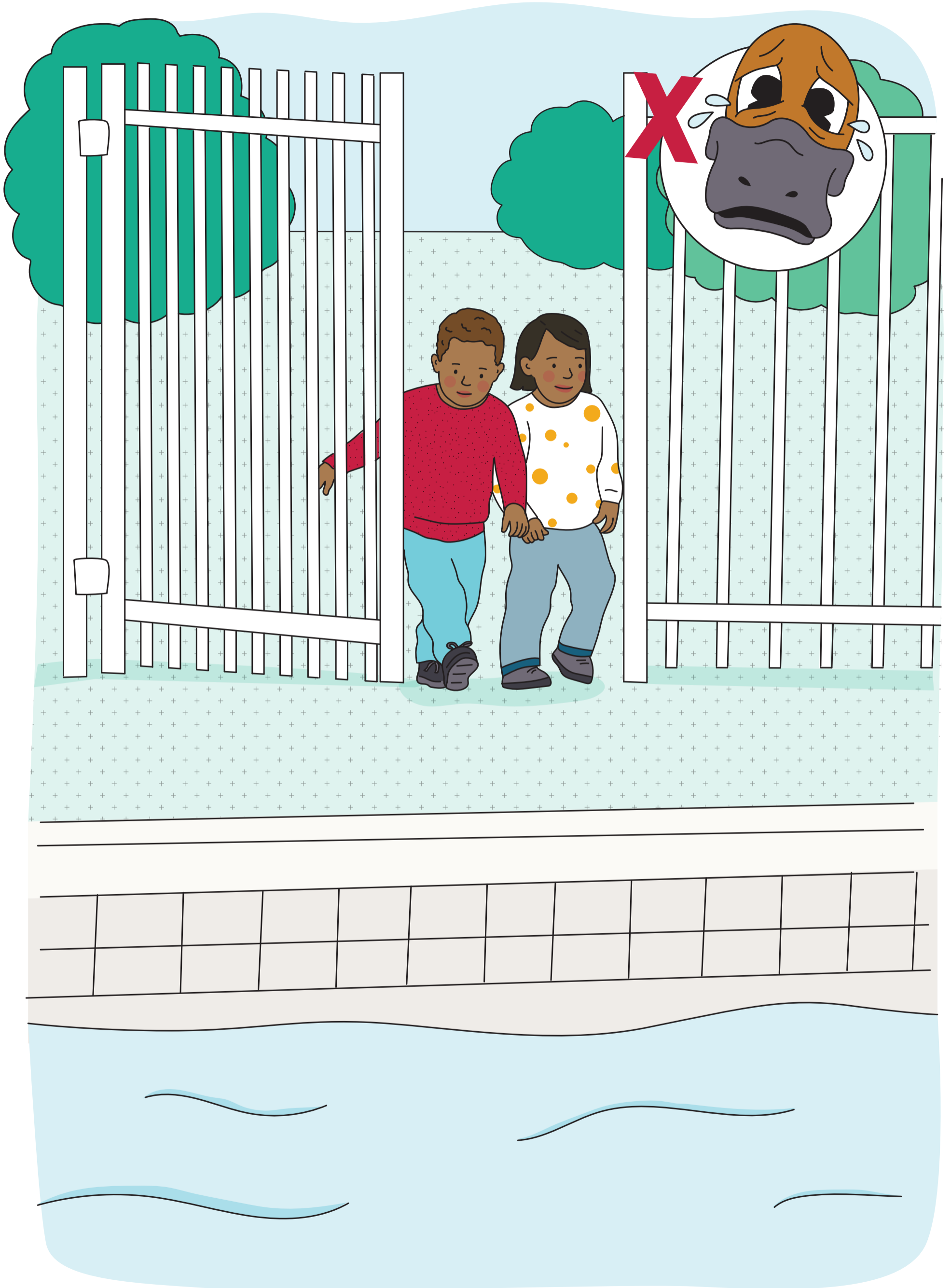
Be a good friend,  
a buddy and mate  
and always remember to  
**SHUT THE GATE!**











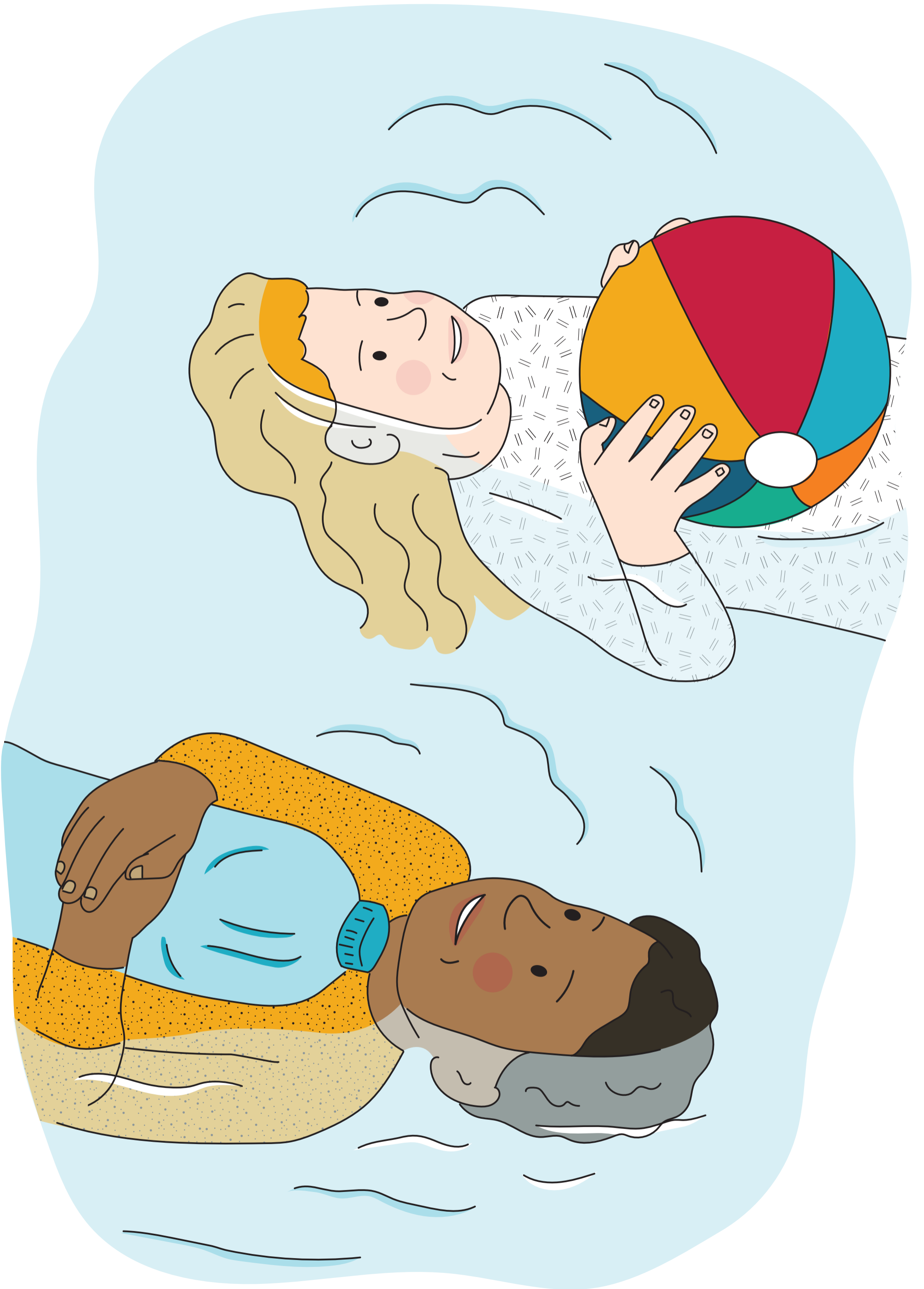




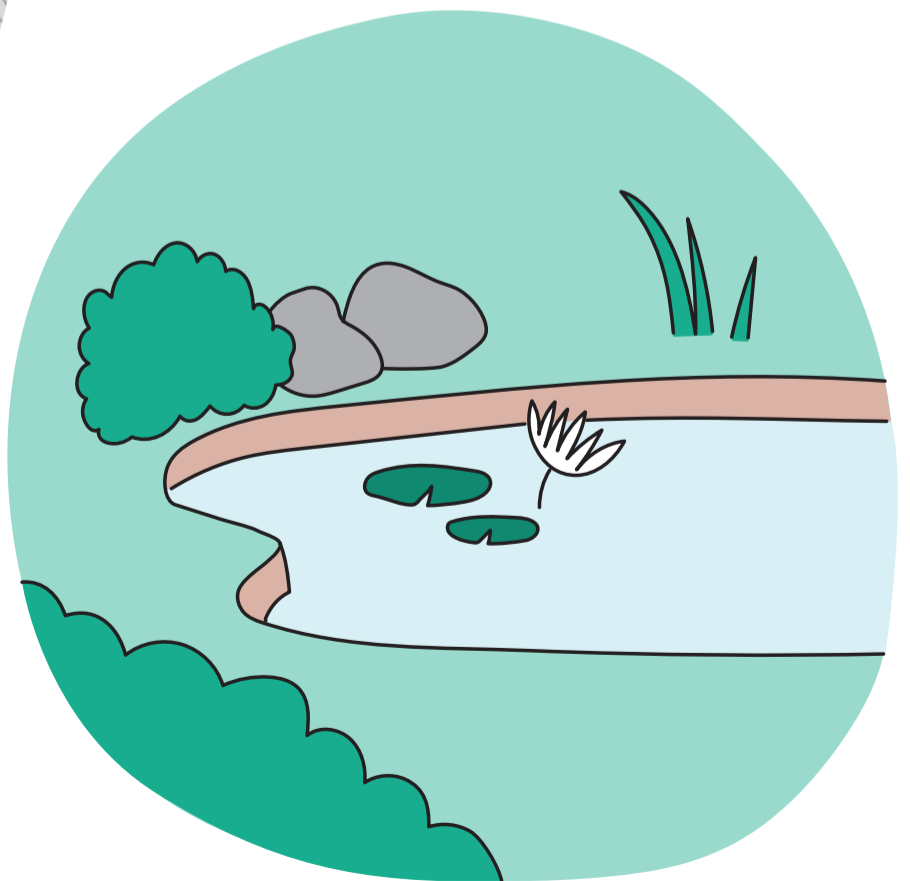
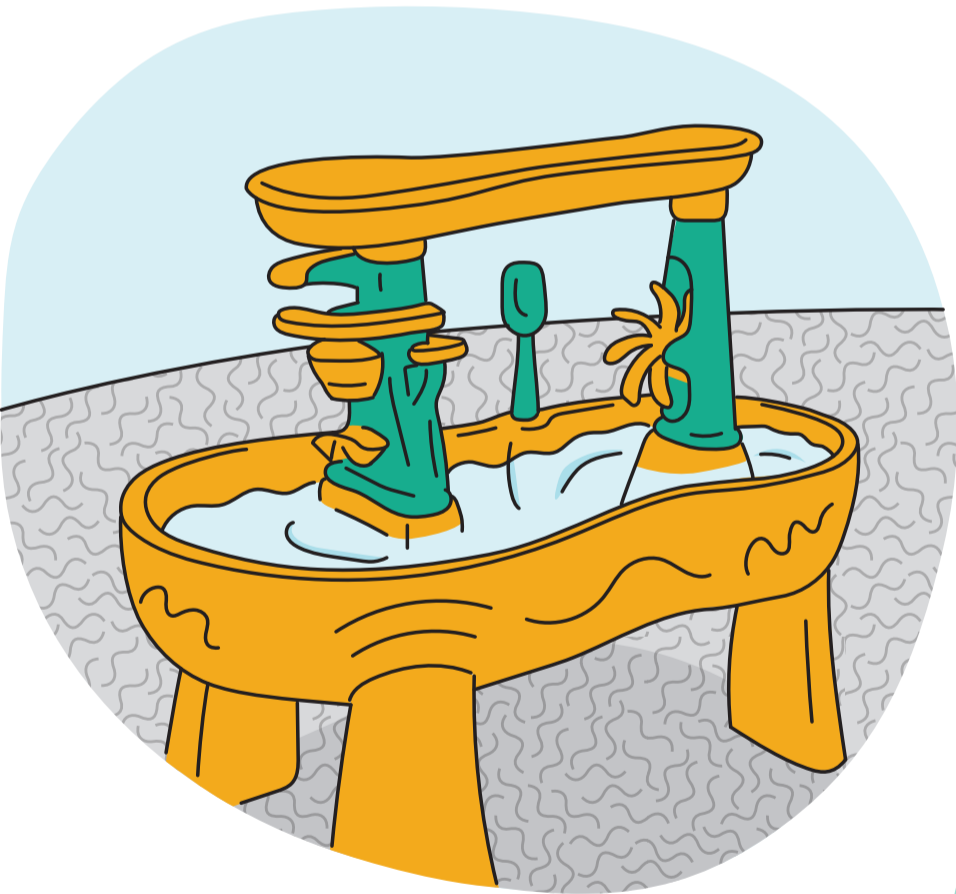
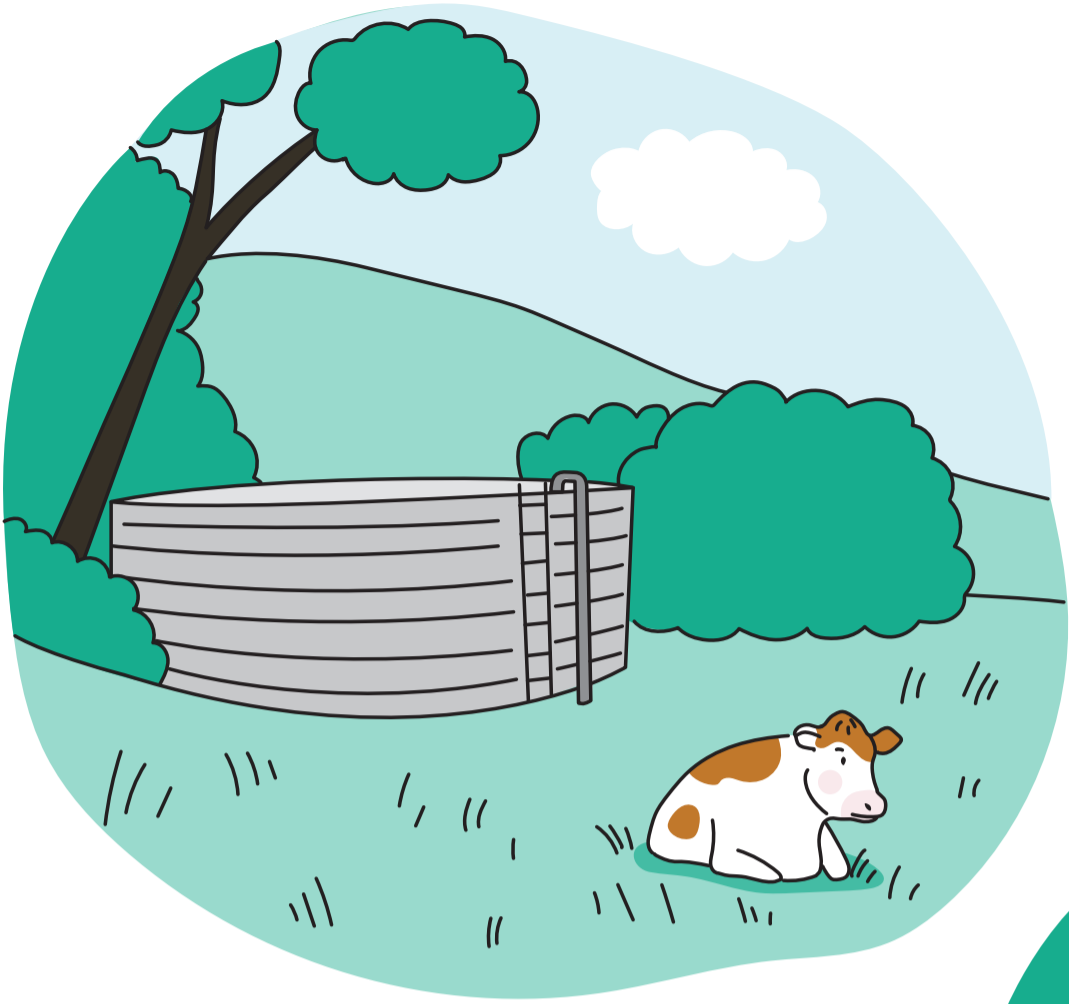


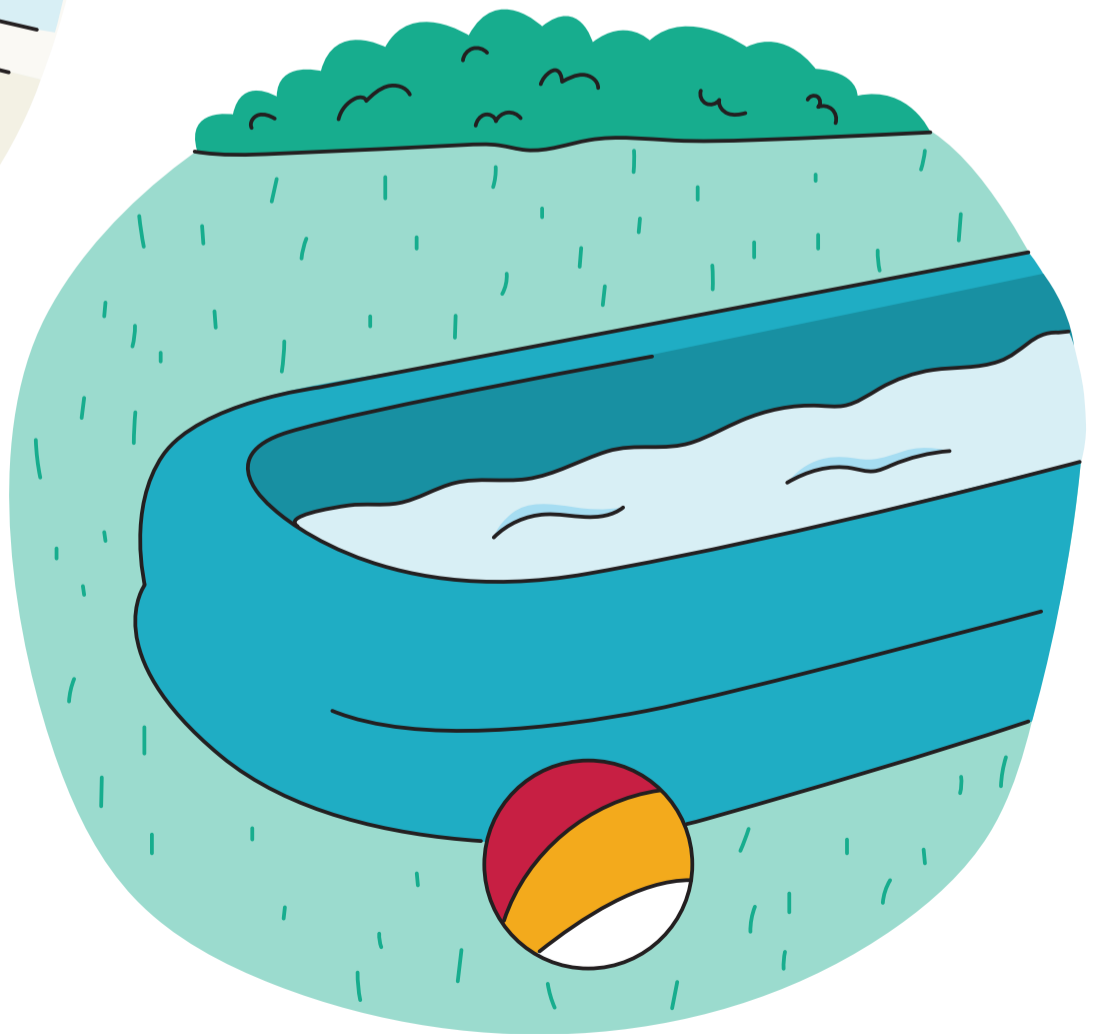
**No Diving &  
No Swimming**



















# Stick / Noodle Rescue Game

Divide children into 3 - 4 groups and nominate a leader for each group.

The groups form a line and the leader takes three steps to the front. The leader takes a noodle and faces his/her group.

The first person in the line has to wave one hand in air and call for help. The leader reaches out with the noodle and calls out 'GRAB HOLD!'

The leader pulls the first person in the group towards themselves by walking their hands up the noodle until the rescue is complete.

The leader goes to the end of the group and the person rescued becomes the new leader (rescuer).

Continue until everybody has had a turn at being rescued and being the rescuer.



# Pool Fence Game

*Designed to reinforce 'shut the gate' and 'get on tummy to rescue'. Blue cloth can be used to represent water.*

In individual groups children take turns at the following:

Make a circle holding hands.

Begin Rhyme:

*I'm a big strong fence protecting the pool,  
Keep the gate shut is my number one rule,  
Uh oh! Gate's left open and someone gets in,*

Children all drop hands.

*What's going to happen if they  
don't know how to swim?*

Everyone calls for help and then finds a noodle to begin the rescue process on tummy.

N.B. Children are rescuing an imaginary person from the swimming pool.



# Lifesaving at the Beach Game

*Designed to reinforce the understanding of swimming between the flags.*

Nominate two people to hold lifesaving flags. Each person moves to a separate location to represent where it is safe to swim.

Ask children to stand up and move together to the place where it is safe to swim.

Once everybody is in between the flags, ask the flag holders to change their locations. Again, children have to move together and fit in between the flags.

Repeat 2-3 times.



# 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



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







# 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.

