

# ACTIVITY PACK

Thanks to the City of Prince Albert Lifeguards for creating this activity pack! Available at [www.citypa.ca](http://www.citypa.ca)!

## Kinsmen Water Park Wordsearch

Find the secret message. Hint - Lifeguards say it all the time!

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

BATHINGSUIT  
CANNONBALL  
CANTEEN  
CHLORINE  
FUN  
GRASS  
GREENSLIDE

KINSMENWATERPARK  
LANESWIMMING  
LIFEGUARDS  
NORUNNING  
OLYMPICSIZEDPOOL  
PLAYGROUND  
PUBLICSWIMMING

RIVERRIDE  
SEAGULL  
SHOWERFIRST  
SUN  
SUNGLASSES  
SUNSCREEN  
SWIMMINGLESSONS

TOTPOOL  
TOWEL  
TUBES  
UMBRELLA  
WATER  
WATERSAFETY  
YELLOWSLIDE

# LIFEGUARD ACTIVITY PACK

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## Check the Ice Colouring Page

Always have an adult check the ice before you go on it!



*Used with permission from the Lifesaving Society Canada.*

# LIFEGUARD ACTIVITY PACK

## Swimming Snacks!

No Pool? No Problem! Try these pool-inspired snacks at home.




 onehandedcooks.com.au

## BANANA DOLPHINS

1. Cut ends off bananas. Stand bananas up and cut into the top of each to form a mouth.
2. Put the grape in the mouth to make a ball.
3. Draw eyes on the skin with a marker.



 food.com - LoriInIndiana

## FISH ON THE RIVER

1. Wash and cut celery.
2. Spread peanut butter or cream cheese on celery pieces.
3. Add fish!

**Bonus:** Mix your cream cheese mixture with blue food colouring to make it the color of water!



 food.com - LoriInIndiana

## CUCUMBER BOATS

1. Prep: cut cucumber thinly for sail, carrots into matchstick for post, cheese into triangles for flag, and cucumber base for boat.
2. Assemble boat using toothpicks.
3. Add dip to the boat.
4. Add a Lifesaver candy to each boat. Don't forget your life preserver!

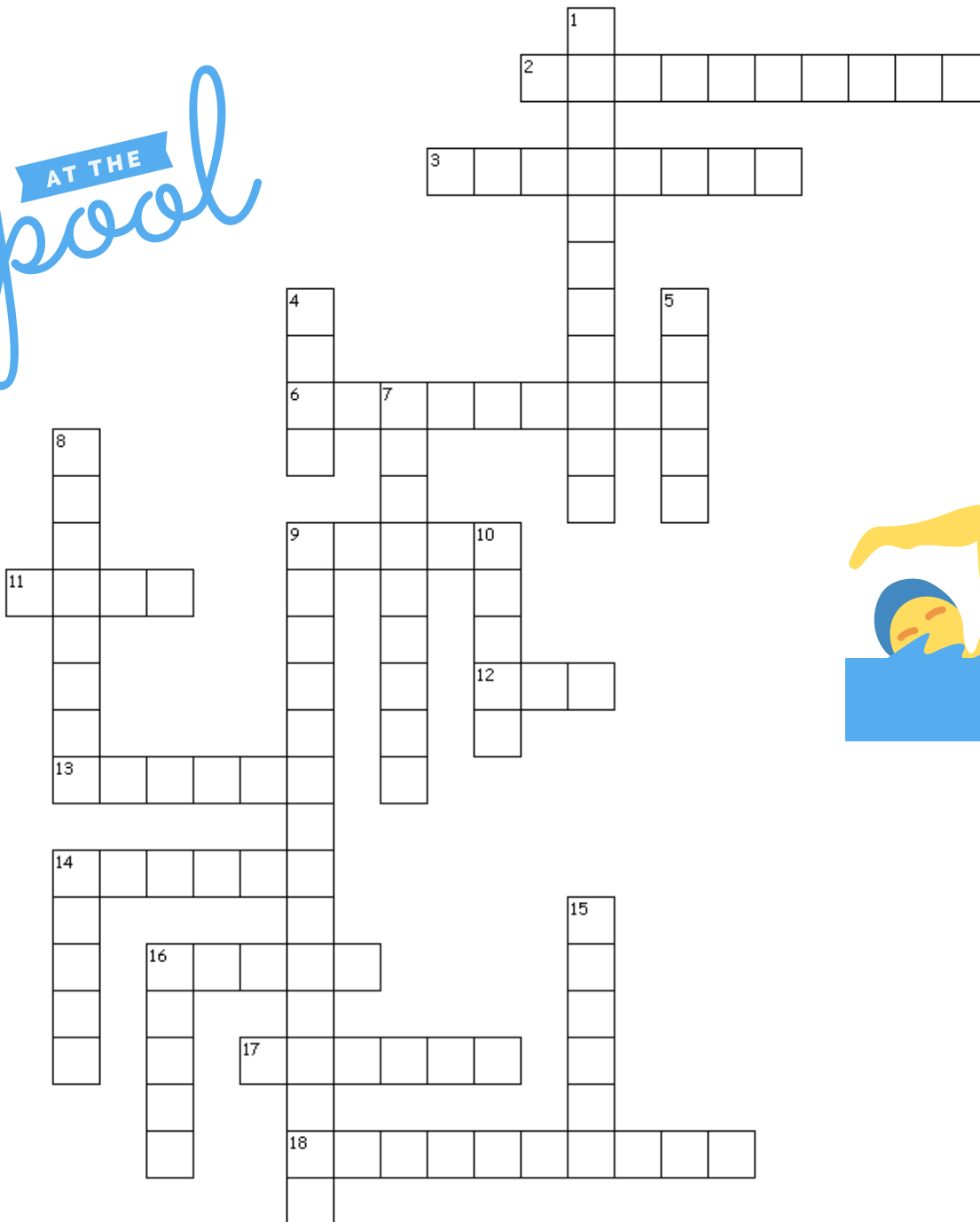
*Thanks to City of PA Lifeguard and Instructor, Megan!*

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## FJD Pool Rules Crossword

How many rules of the Frank J. Dunn Pool do you know?

AT THE  
*pool*



### Across

- Children and non-swimmers are encouraged to wear this.
- Rule for shallow pool about entering head-first.
- Person there to help swimmers and keep everyone safe.
- What the pool is full of! Careful though, don't drink this!
- \_\_\_ is not allowed to be eaten on the pool deck.
- Don't get caught chewing \_\_\_ while swimming!
- Age to go on the high diving board.
- Swimmers must take a \_\_\_ before entering the pool.
- No \_\_\_ water bottles permitted.
- Colour the lifeguard wears.
- A safe, fun way to enter the water.

### Down

- A fun place to do tricks into the deep water.
- How you should move about the pool deck.
- Always swim with \_\_\_.
- How you should go down the slide.
- Added to the pool water to keep it clean.
- Children under the age of 8 should be \_\_\_ of an adult.
- Please bring the \_\_\_ up from the bottom of the pool before you go home.
- Take off your \_\_\_ before going on the pool deck and in the changeroom.
- You should not put your head underwater in the \_\_\_.
- Wristband colour for children aged 8-10.

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## Swimming Exercises!

Always wanted to workout like a lifeguard? You don't need a pool for that!



## ARM SWINGS

Rotate arms forwards or backwards..  
Swing arms side to side like a gorilla.

Don't go too fast! You might hurt your shoulder.

## ROCKETSHIP JUMPS

Start in a squat, with your arms behind you.  
Jump and swing your arms above your head towards the sky!

How high can you jump?



## SUPERMAN

Lay on your belly. Raise both arms and both legs up off the ground at the same time!

Can you lean side to side like Superman flying through the air?



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## Swimming Workout!

What does a lifeguard do at home? Try out a workout!



## WORKOUT

Complete and Repeat x 2

- 3 x 15-30 sec Rocketship Jumps
- 3 x 15-30 sec lunges/leg
- 3 x 15-30 sec mountain climbers
- 1 minute crab walk
- 1 minute bear walk
- 3 x 15-30 sec Superman
- 3 x 5-15 crunches
- 3 x 5-15 push ups
- 1 minute mini arm circles



## WARM-UP

1 minute each of:

- Arm Swings (1 min/arm)
- Leg stretches (1 min/leg)
- Choice stretch

1 minute each of (repeat x 2)

- high knees
- jumping jacks
- front kicks
- skipping in place
- run in place



## COOL DOWN

1 minute each of (repeat x 2)

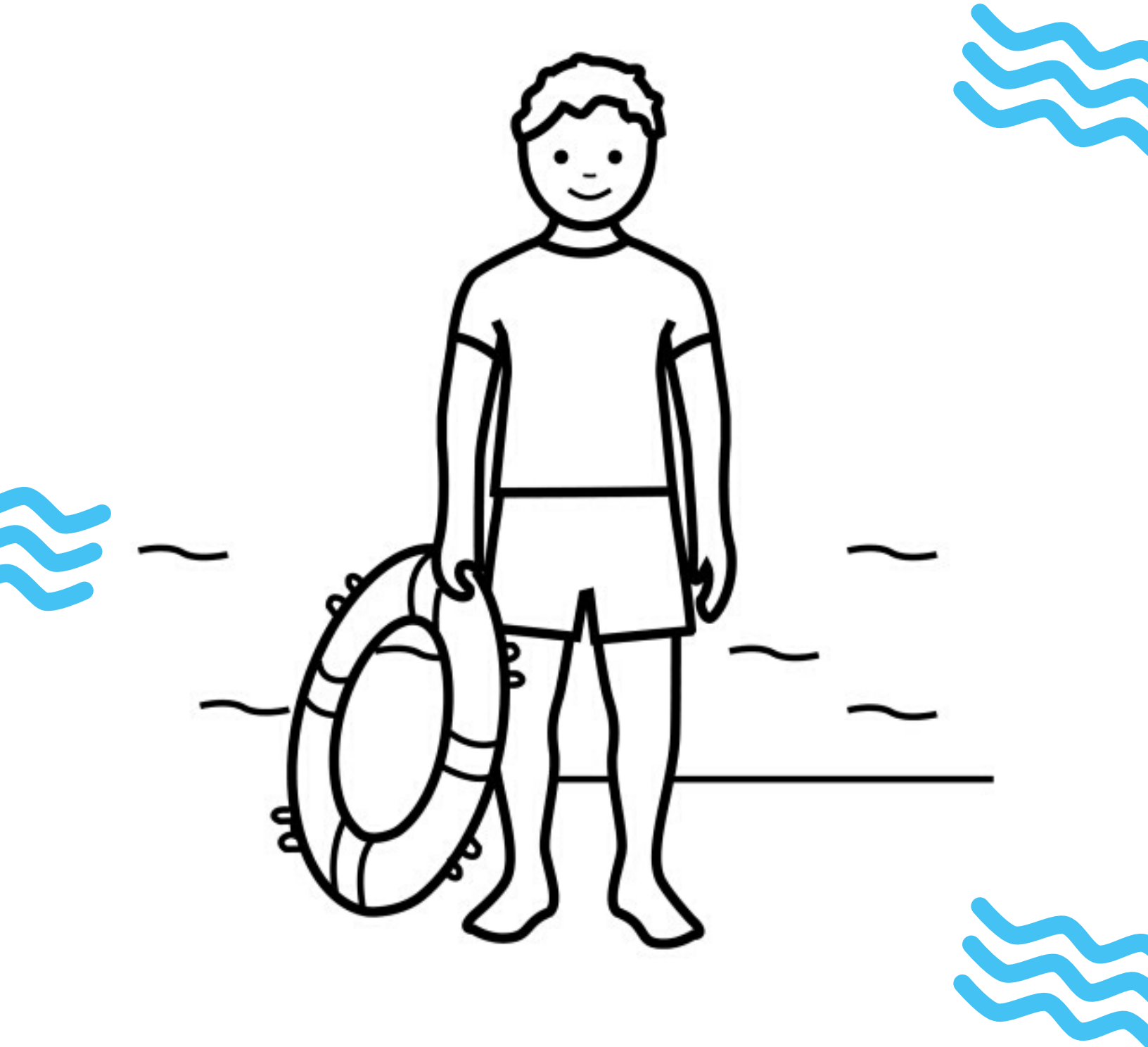
- arms to sky, arms to toes (standing)
- walk in place
- choice stretch - legs
- choice stretch - arms

*Thanks to City of PA Lifeguard and Instructor, Tristan!*

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**Lifeguard Colouring Page**  
What colours does a lifeguard wear?



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## Online Water Safety

Looking for fun ways to learn about water safety at home? Check these out.



## SPLASHY MISSION

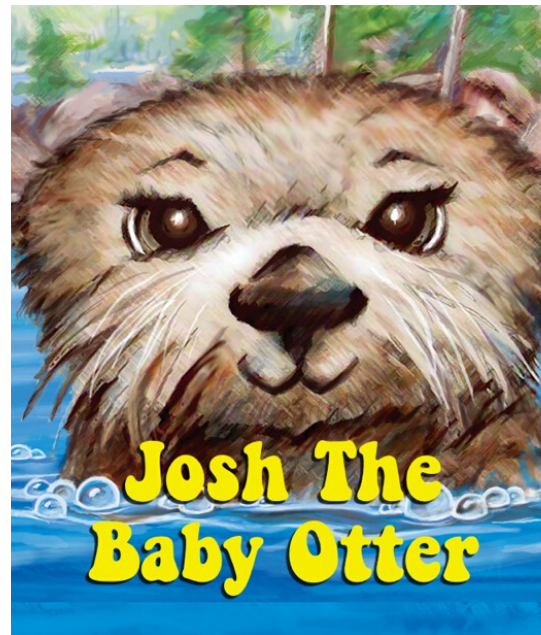
Videos and games designed for kids and parents to learn about safety in the bath, the boat, ice, and more!

From the Quebec Lifesaving Society.  
<http://www.nagerpoursurvivre.com/games/>

## JOSH THE BABY OTTER

"Josh the Baby Otter" was created to help children learn to stay away from water unless accompanied with an adult.

Read and listen to the book online.  
<https://joshtheotter.org/>



## STEWIE THE DUCK

Read with Stewie the Duck and learn about water safety!

Stewie the Duck Learns to Swim  
<https://stewietheduck.org/>  
FREE on the App Store





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## Wear a Lifejacket Colouring Page

Everyone should be wearing a lifejacket or PFD!



*Used with permission from the Lifesaving Society Canada.*