

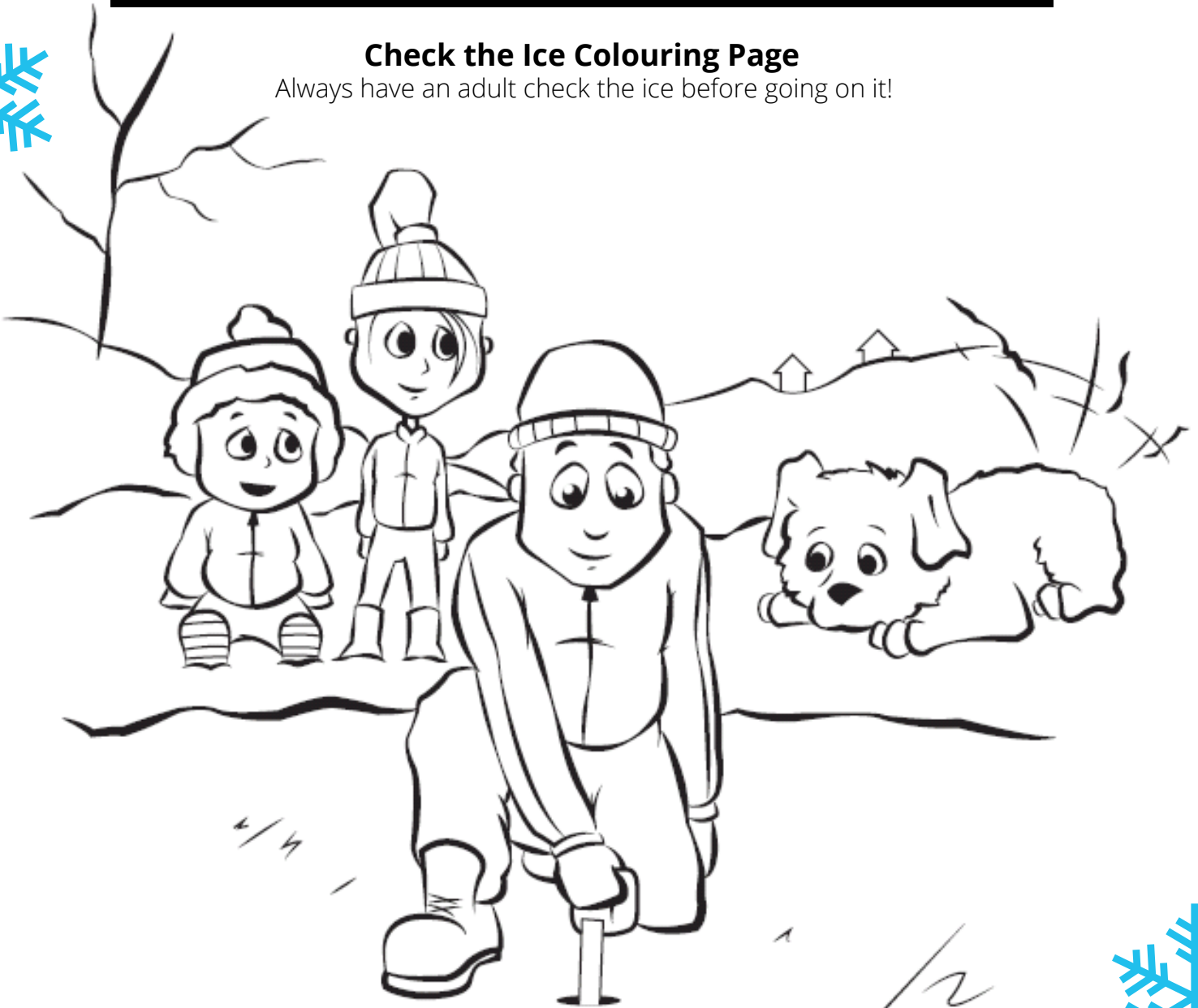
# ACTIVITY PACK 3

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

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## Check the Ice Colouring Page

Always have an adult check the ice before going on it!



*Used with permission from the Lifesaving Society Canada.*

# LIFEGUARD ACTIVITY PACK 3

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## Don't Break the Ice Story

Read about how Ethan rescued a boy who fell through ice!

### Don't Break the Ice!

It was a beautiful day for hockey. Ethan and his buddy set out to the supervised skating area of the pond with their warm clothes and hockey sticks. They checked the hole that their dad had chopped in the ice to make sure that the **thickness** was at least 10cm (4"). Then they checked around to make sure that all of the ice was clear hard, new ice. They had learned in school that clear hard new ice is the **safest ice** and that **unsafe ice** is covered in snow, is **slushy** or is near moving water.

Just then they noticed someone walking on their own, outside the **supervised** skating area. It was near the current and the ice was **slushy**. The boys knew to avoid this area.

All of a sudden the boys heard a big crack! They saw the person fall through the ice. The boys grabbed their hockey sticks to use as a **reaching assist** and called for someone to get **help**! Then they ran over to get a closer look at what was happening.

They told the boy to relax and not to panic. They yelled out the following instructions: "Put your wet glove on the ice. It will **freeze** to the ice and give you something to pull on. Kick your legs slowly and pull forward on your stomach until your hips are at the edge of the ice. Now roll away from the hole. Do not stand up until you are far away from the hole."

They reached their sticks out and the boy grabbed on and let them pull him to safety. He was very cold. When the body loses heat faster than it can produce heat, it is called hypothermia, and this can be very dangerous.

They gave the boy their coat to help him to **get warm**, as they were afraid he would lose too much body heat and get **hypothermia**. They knew they must immediately take the boy to get warm, dry clothes and a blanket and they tried their best to **huddle** close to him, under the blanket, to help bring back his body heat. Slowly they walked with him, to their house that was close by, to get **help**.



# LIFEGUARD ACTIVITY PACK 3

## Don't Break the Ice Crossword

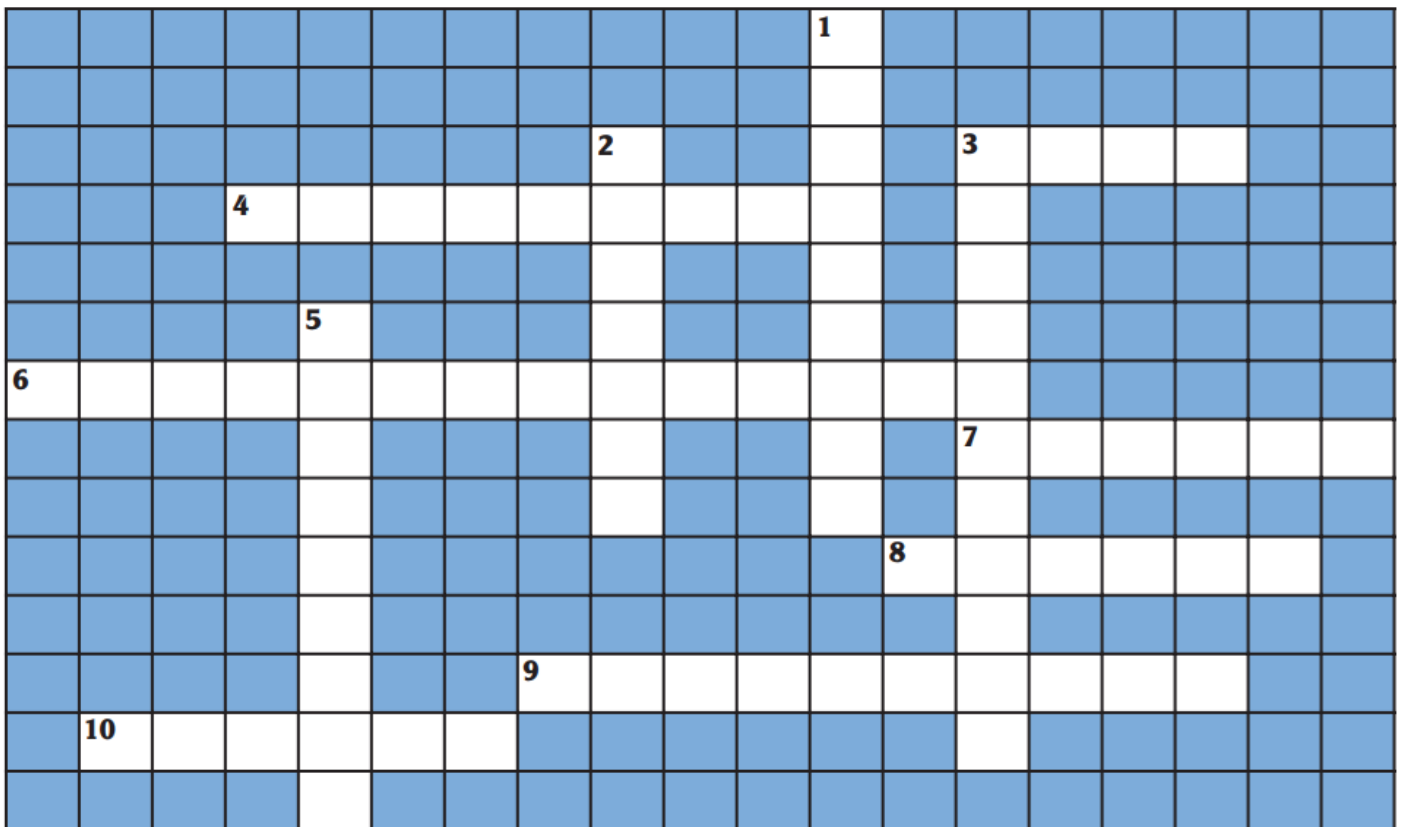
Solve the crossword using the clues from the story!

### ACROSS

3. If someone goes through the ice, call for \_\_\_\_\_.
4. \_\_\_\_\_ is covered in snow or is slushy.
6. Make sure a \_\_\_\_\_ is near by.
7. It helps to \_\_\_\_\_ close to the victim under a blanket to help to bring back body heat.
8. Put a wet glove on the ice. It will \_\_\_\_\_ and give you something to pull yourself up on.
9. Skate in a \_\_\_\_\_ area.
10. Avoid ice near moving water that is \_\_\_\_\_ or covered in snow.

### DOWN

1. \_\_\_\_\_ is clear, hard, new ice.
2. It is important to \_\_\_\_\_ by getting dry clothes and a blanket.
3. When your body loses heat faster than it can produce it, it is called \_\_\_\_\_.
5. Chop a hole in the ice to measure \_\_\_\_\_.

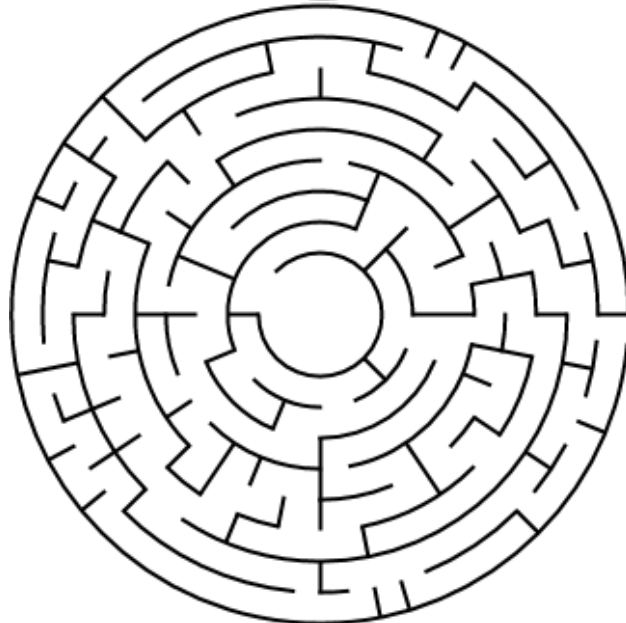
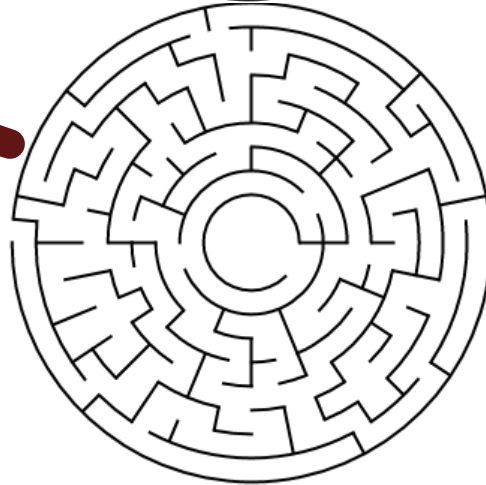
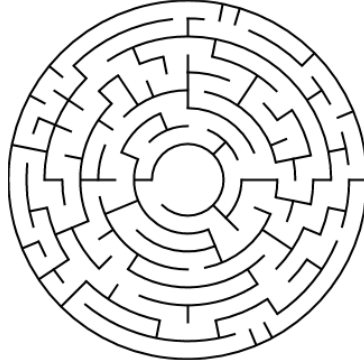


# LIFEGUARD ACTIVITY PACK 3

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## Snow Man Maze

Can you find the center of each giant snowball?

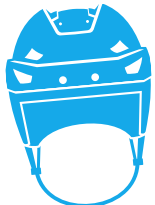
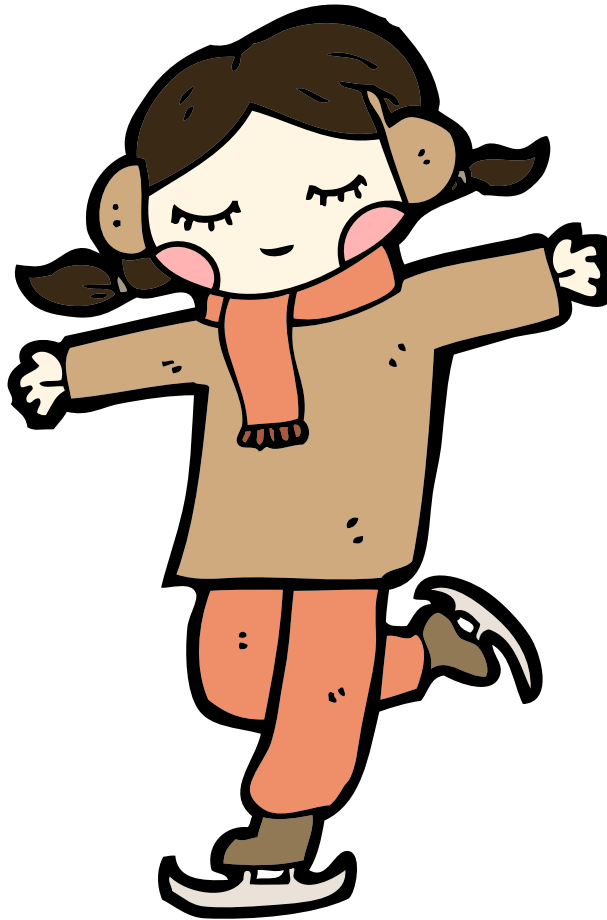


# LIFEGUARD ACTIVITY PACK 3

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## Staying Safe Outside

Circle what this skater can wear to stay safe outside on ice.



# LIFEGUARD ACTIVITY PACK 3

## Swimming Lesson Word Search

What do you miss about swimming lessons?



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

BACKCRAWL  
BACKFLOAT  
BACKGLIDE  
BREASTSTROKE  
BUBBLES  
CANNONBALL  
CHOPCHOPTIMBER  
DIVE  
DOLPHINKICK  
FLUTTERBOARD  
FLUTTERKICK

FOODGAME  
FRONTCRAWL  
FRONTFLOAT  
GOGGLES  
HULAHOOP  
JUMP  
LANEROPES  
LIFEJACKET  
PFDS  
READYSETGO  
RELAYRACE

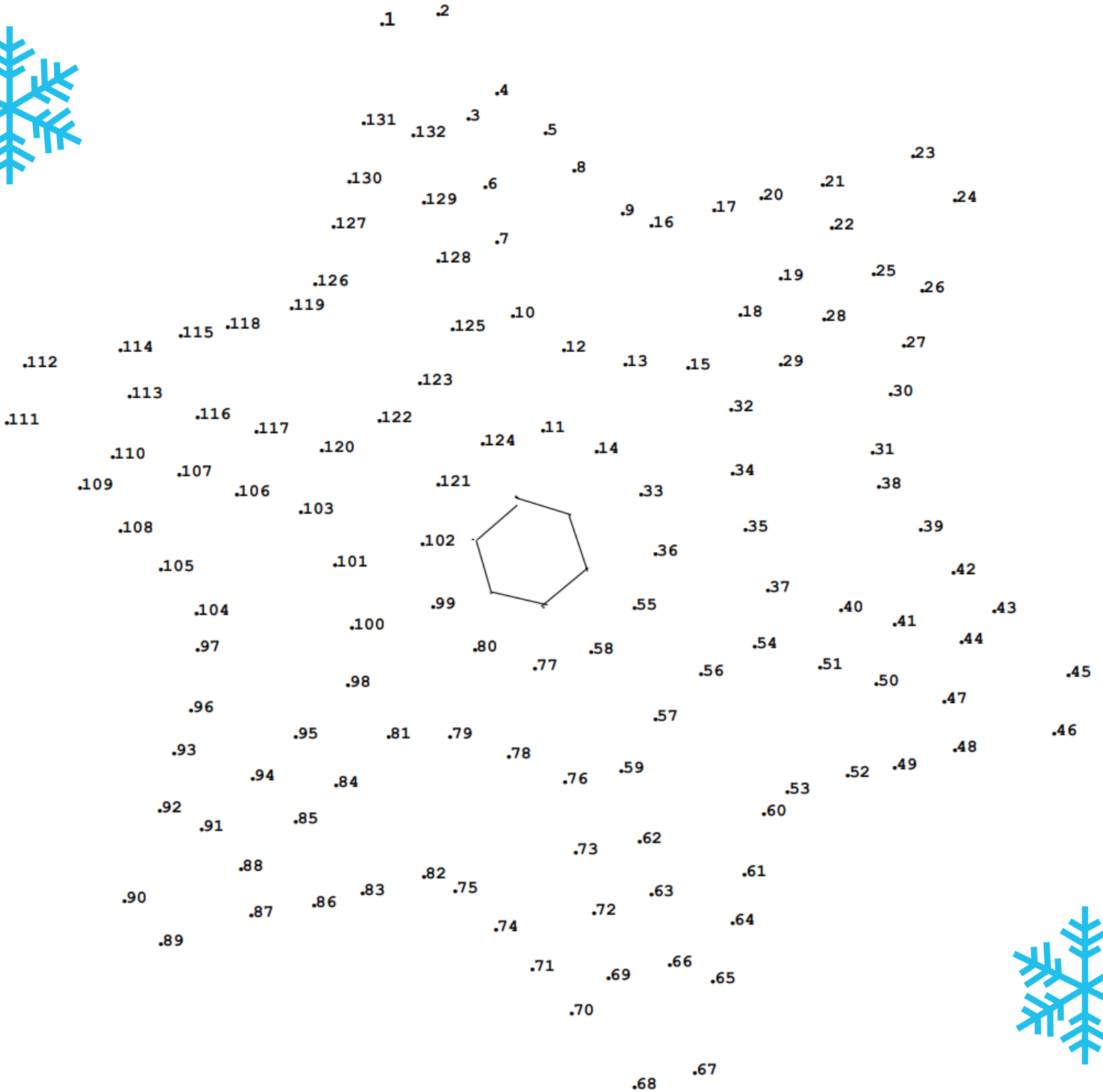
RINGS  
ROCKETSHIPGLIDE  
STREAMLINE  
SUBMERGE  
SUN  
SWIM  
SWIMMINGINSTRUCTOR  
TOTDOCKS  
TOWEL  
WET  
WHIPKICK



# LIFEGUARD ACTIVITY PACK 3

## Connect the Dots

Connect the dots to see what shape is hidden!



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## Online Water Safety

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



## SPLASHY MISSION

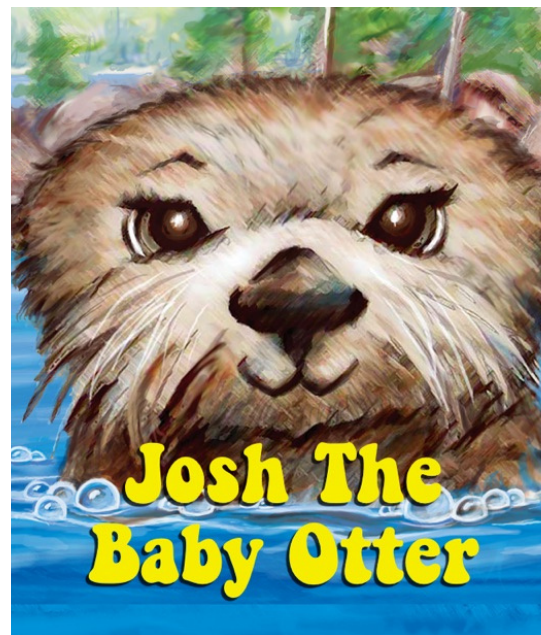
Videos and games designed for kids and parents to learn about safety in the bath, the boat, ice, and more!

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/>



## SUPER STEWIE

Under the watchful eye of a lifeguard duck, children will help Stewie keep baby ducklings safe!

Download and learn more online.  
<https://stewietheduck.org/>

