



**Scottish
Water**

Trusted to serve Scotland

Proud to Support



Activity Pack

For age 8+



Colouring in

Toni Shaw, Learn to Swim Ambassador



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Colouring in

Duncan Scott, Learn to Swim Ambassador



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Crossword 1

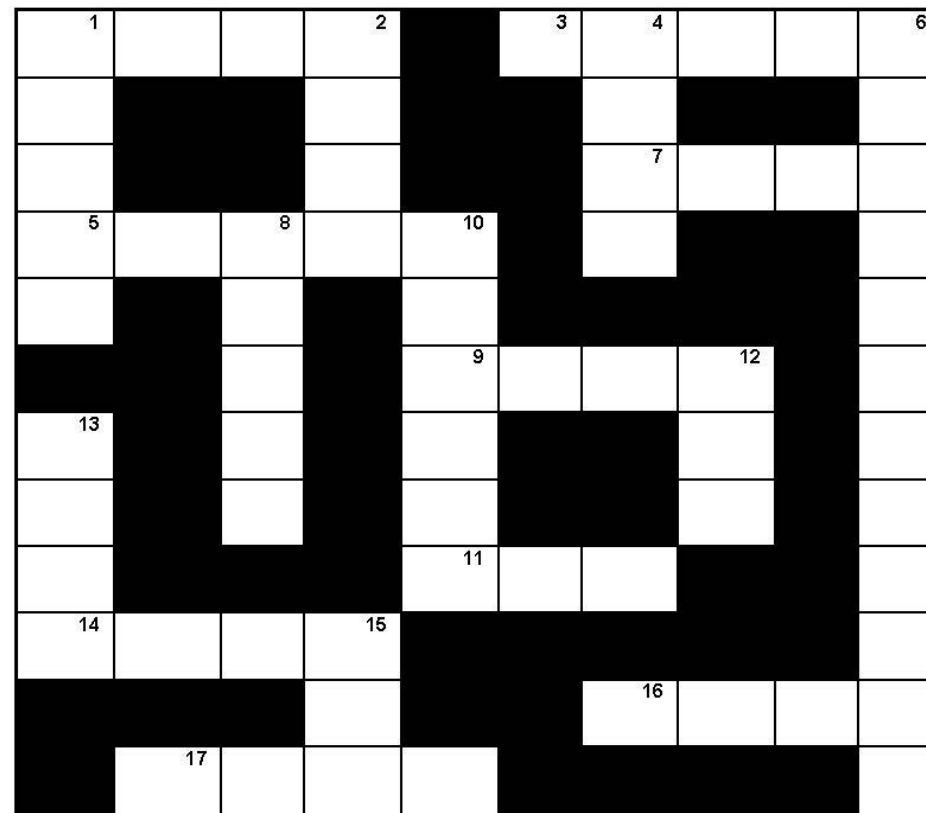
Clues

Down

1. A swimming pool is full of _____. (5)
2. Put on a swim cap to cover your _____. (4)
4. If you see someone in danger in the water you should shout for _____. (4)
6. Backstroke, front crawl, butterfly and _____ (12)
8. To stay afloat in a pool you can _____ water. (5)
10. The flag for a lifeguard area on the beach is red and _____. (6)
12. If you are at the beach you can swim in the _____. (3)
13. A method of entry into the water. (4)
15. The arm brushes the _____ in backstroke. (3)

Across

1. After swimming you should _____ your hair. (4)
3. This leaves the water first in backstroke. (5)
5. Make sure your _____ into the water is safe. (5)
7. The pool can be separated to make a fast and slow _____. (4)
9. Kick these to aid movement through the water. (4)
11. Water makes you _____. (3)
14. The p__ position is used in diving practice. (4)
16. Another diving position. (4)
17. _____ should be taken when walking around the pool side (4)



Crossword 2

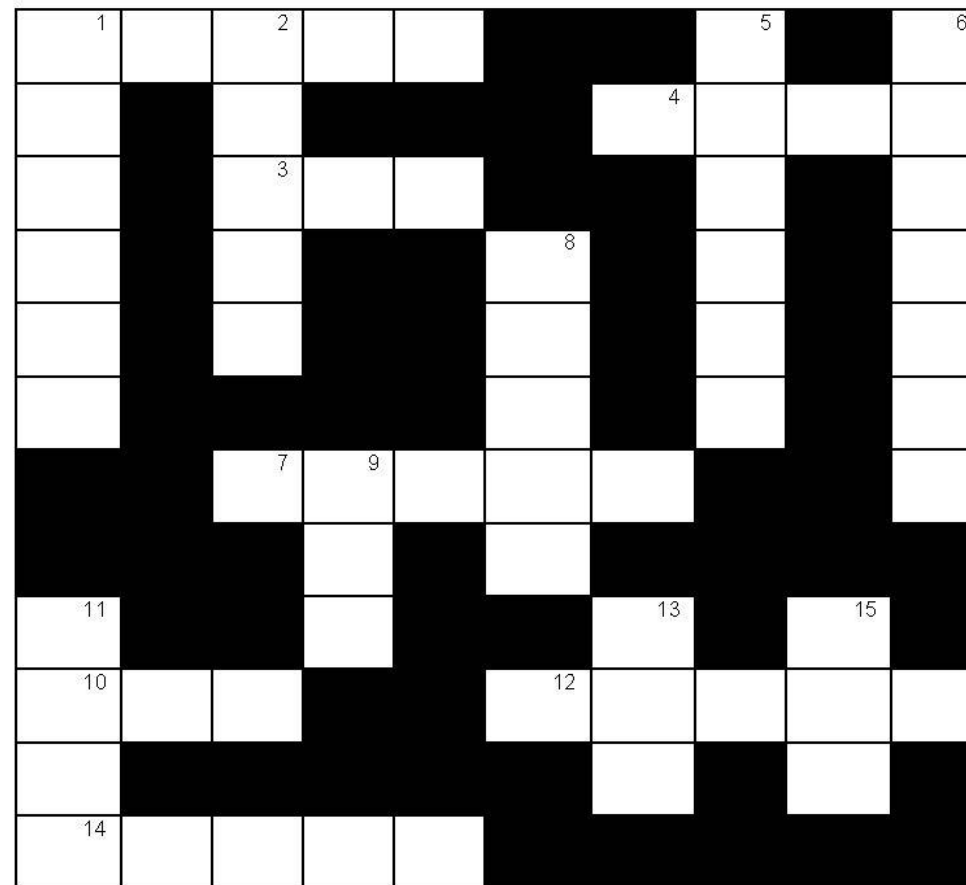
Clues

Down

1. Boys wear these for swimming. (6)
2. The fastest swimmer in a certain event holds the ___ record. (5)
5. Using this long foam object can help you stay afloat. (6)
6. Wear these to keep water out of your eyes. (7)
8. Famous British diver Tom ___. (5)
9. Floatation equipment: ___ bands. (3)
11. If one width is 10m, how many widths is 40m? (4)
13. You wear this on your head to go swimming. (3)
15. A technique for treading water is the ___ beater kick. (3)

Across

1. Use this to dry off. (5)
3. The 2016 summer Olympics was held in ___. (3)
4. A popular sport is water ___. (4)
7. You need these to surf. (5)
10. 25 metres is the distance of ___ length. (3)
12. This is awarded for gaining a certain skill in the pool. (5)
14. Teams of swimmers compete in a ___ race. (5)



Spot the Dangers at the Beach

SPOT THE DANGERS AT THE BEACH

WHO'S IN DANGER IN THIS SCENE?

SEE IF YOU CAN SPOT ALL 14 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU VISIT THE BEACH

The illustration depicts a busy beach scene with various activities and potential hazards. In the foreground, a lifeguard in a yellow shirt and red shorts stands near a white lifeguard car with 'RNLI' on the side. A sign on the beach lists various symbols and a warning: 'CAUTION'. In the water, there are several swimmers, some of whom appear to be in trouble. A surfer is riding a wave, and another person is falling from a surfboard. A boat is in the distance, and a person is fishing from a cliff edge. A lifeguard is also seen in the water. The background shows a cliff and a cloudy sky.



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For more activities, advice and tips on swimming and being safe in the water, visit us at learntoswim.scot



Water Safety Quiz

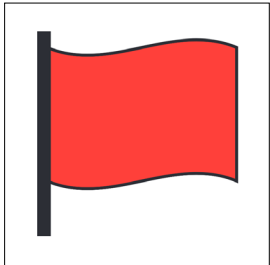
Scottish Swimming are proud to have worked with RLSS and RNLI on Drowning Prevention Week.

How good is your knowledge of beach flags and the Water Safety Code? Good luck!



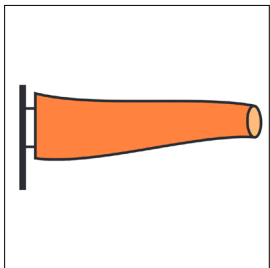
Which of the following IS part of the Water Safety Code?

- Float
- Tread Water
- Start Swimming



What does this flag mean?

- Swim freely
- Danger don't swim
- Swim in the safe area



What does this flag mean?

- Sharks in the water
- Don't swim
- Strong winds don't use inflatables



What does this flag mean?

- Strong winds don't use inflatables
- Danger don't swim
- Safe to swim here, lifeguards on patrol



What does this flag mean?

- Area for surfers do not swim here
- Strong winds don't use inflatables
- Safe to swim here, lifeguards on patrol

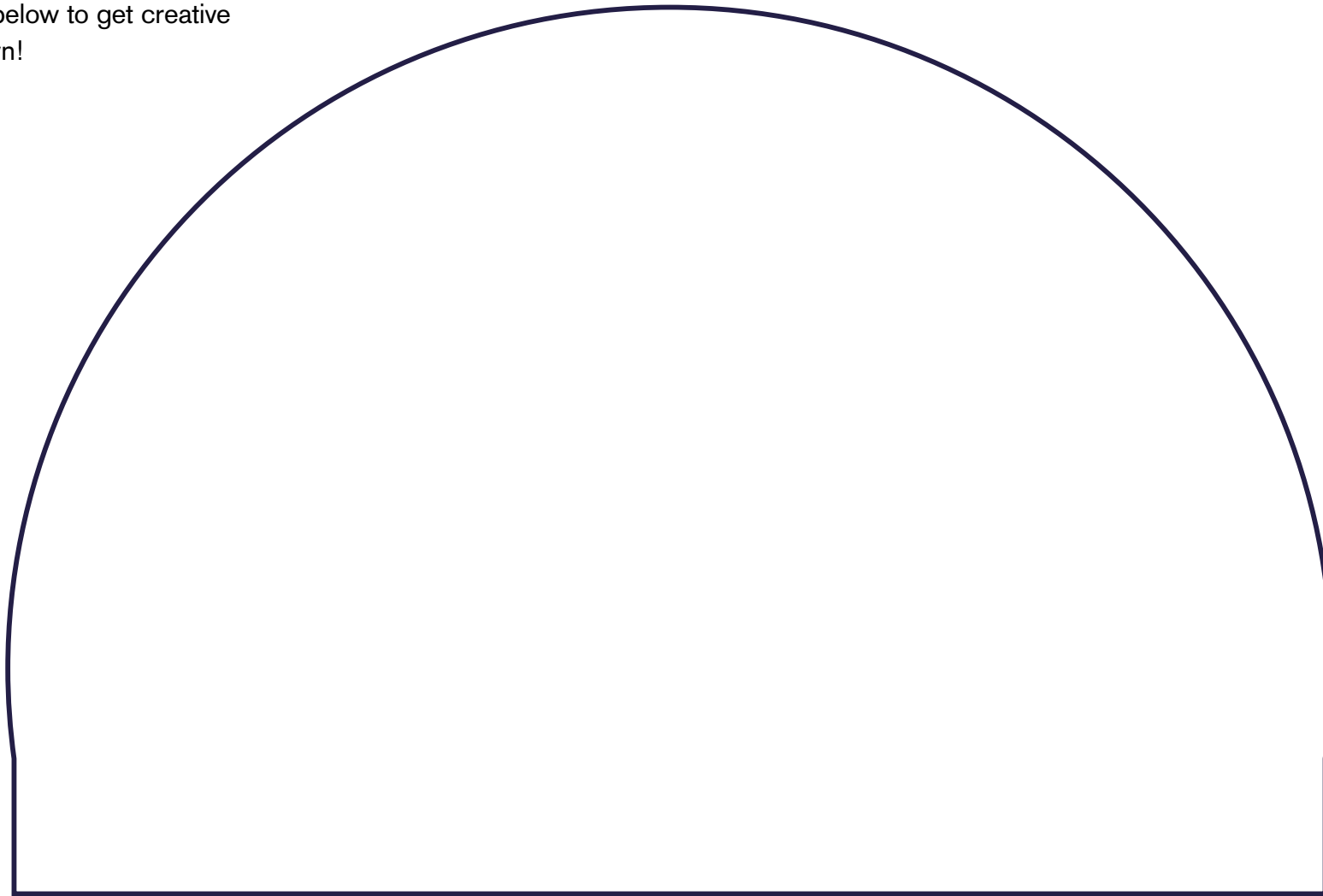


If you see someone in serious trouble in water who should you call?

- A friend
- Your parents
- 999 or 112

Design your own swim cap

What would your ideal swim cap look like?
Use the templates below to get creative
and design your own!



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Spot the difference

Duncan Scott and some swimmers having a splashing time at a #LearnToSwim launch.

Can you spot all 6 differences?



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Penny Boat Challenge!

Here is a fun challenge to try at home:

The challenge is to build a boat with things you might have around the house such as tinfoil or even lego and see how many coins it can hold before it sinks.

Step 1: Design

Take some time to think what supplies you have and plan out the design of your boat

Step 2: Build

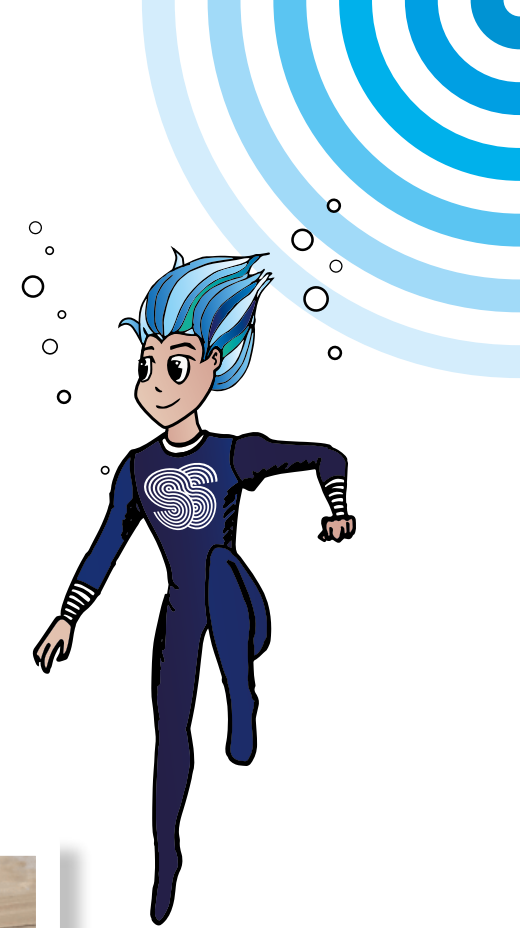
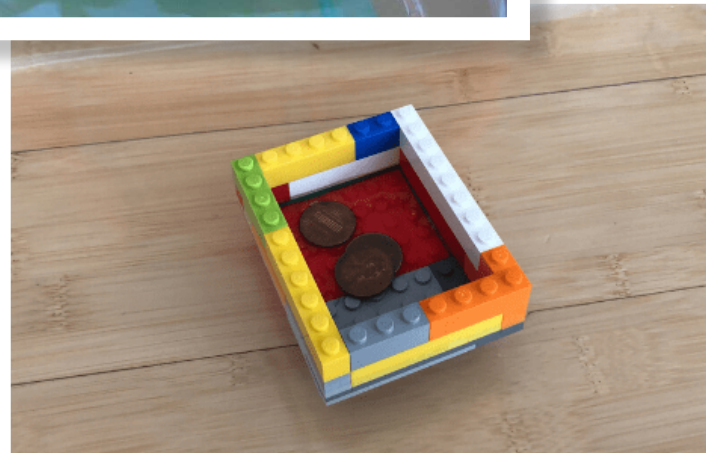
Have fun building and decorating your boat

Step 3: Test: now it is time to test your design and building skills and see how many coins it can hold before it sinks!

Step 4: Challenge

Why not challenge someone else in your house or you could even try to do it virtually with friends or relatives.

Send in any pictures or videos to marketing@scottishswimming.com



Write about the dangers of water...

What are some of the dangers of water? Do you know any of the Water Safety Code?

Write your answers below and send a photo of your answer to

marketing@scottishswimming.com



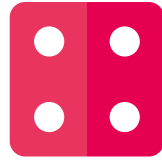
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Roll the Dice!

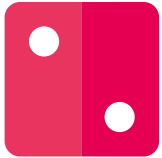
Roll a dice and do the exercise activity.
Make sure you have plenty of space.
10 seconds for each exercise number.



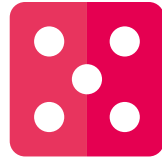
Streamline burpees



High knees on the spot



Push-ups

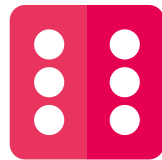


Sit-ups



Flutter kick

(Lie on your back and kick)



Streamline lunges



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