



Scottish  
Water

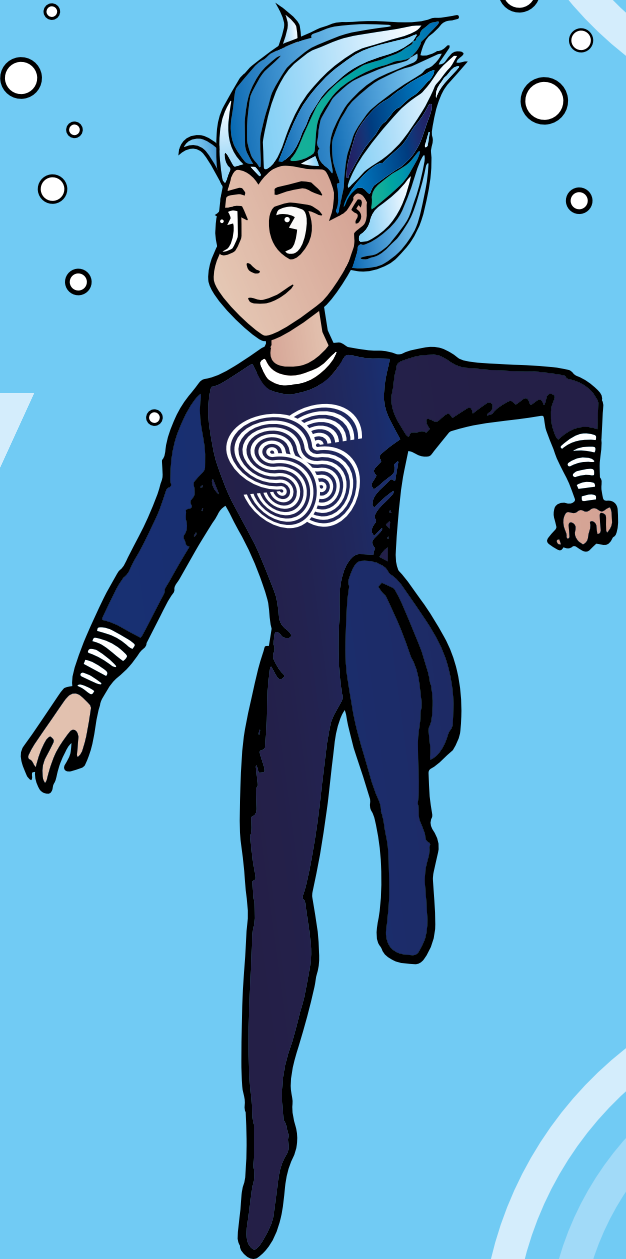
Trusted to serve Scotland

Proud to Support



# Activity Pack

For age 8+



Colouring in

# Toni Shaw, Learn to Swim Ambassador



Scottish Water  
Trusted to serve Scotland

Proud to Support



Colouring in

# Duncan Scott, Learn to Swim Ambassador



Proud to Support



# Crossword 1

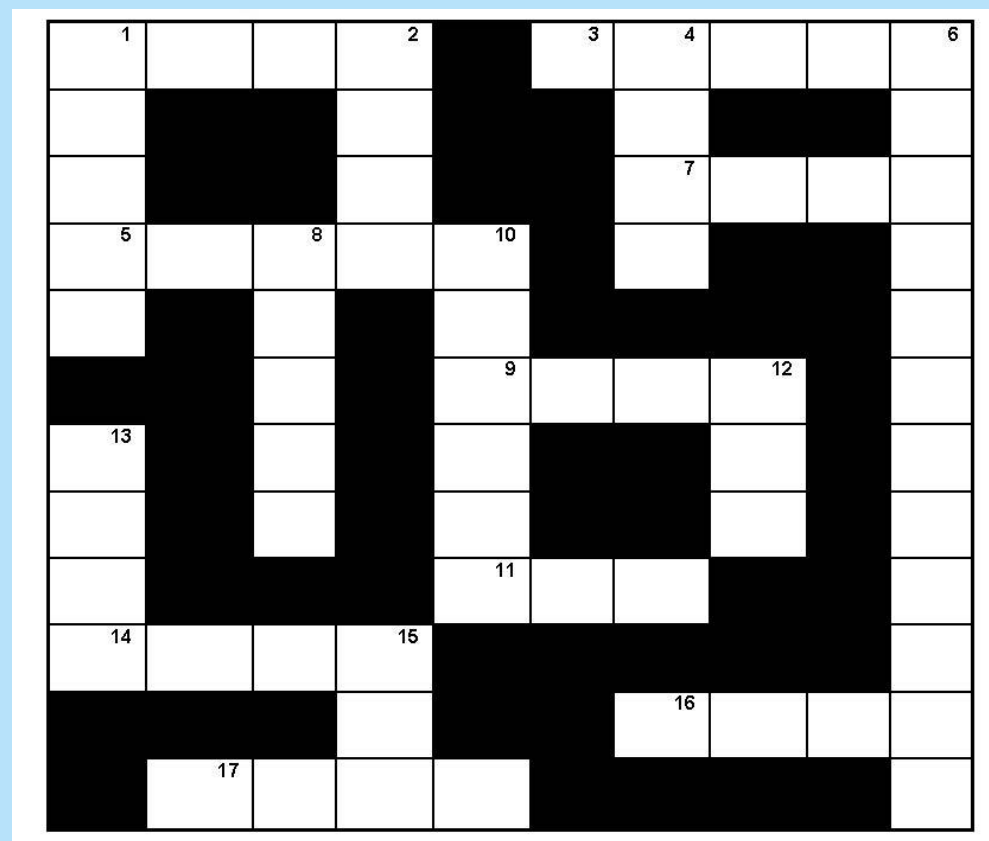
## Clues

### Down

- 1. Swimming pool is full of \_\_\_\_
- 2. Swimming cap to cover your \_\_\_\_
- 3. If you see someone in danger in the water you should shout for \_\_\_\_
- 4. \_\_\_\_ I, butterfly and \_\_\_\_
- 5. \_\_\_\_
- 6. \_\_\_\_
- 7. \_\_\_\_
- 8. \_\_\_\_
- 9. \_\_\_\_
- 10. \_\_\_\_
- 11. \_\_\_\_
- 12. \_\_\_\_
- 13. \_\_\_\_
- 14. \_\_\_\_
- 15. \_\_\_\_
- 16. \_\_\_\_
- 17. \_\_\_\_

### Across

- 1. \_\_\_\_
- 2. \_\_\_\_
- 3. \_\_\_\_
- 4. \_\_\_\_
- 5. \_\_\_\_
- 6. \_\_\_\_
- 7. \_\_\_\_
- 8. \_\_\_\_
- 9. \_\_\_\_
- 10. \_\_\_\_
- 11. \_\_\_\_
- 12. \_\_\_\_
- 13. \_\_\_\_
- 14. \_\_\_\_
- 15. \_\_\_\_
- 16. \_\_\_\_
- 17. \_\_\_\_





# 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

**RNLI**

**Lifeboats**



Proud to Support



For more activities, advice and tips on swimming and being safe in the water, visit us at [learntoswim.scot](http://learntoswim.scot)





# Water Safety Quiz

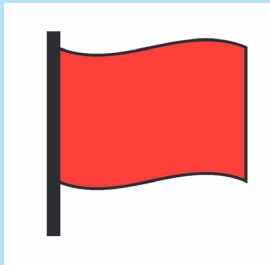
Scottish Swimming are proud to have worked with RLSS and RNLI on Drowning Prevention Week.

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



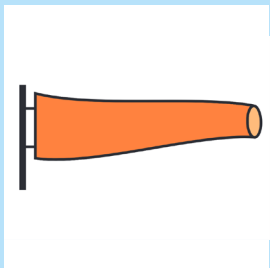
Which of the following IS part of the Water Safety Code?

- Float
- Tread Water
- Start Swimming



What does this flag mean?

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



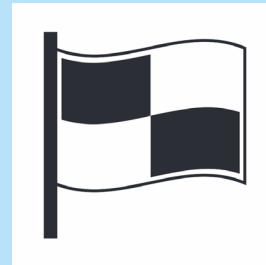
What does this flag mean?

- 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?

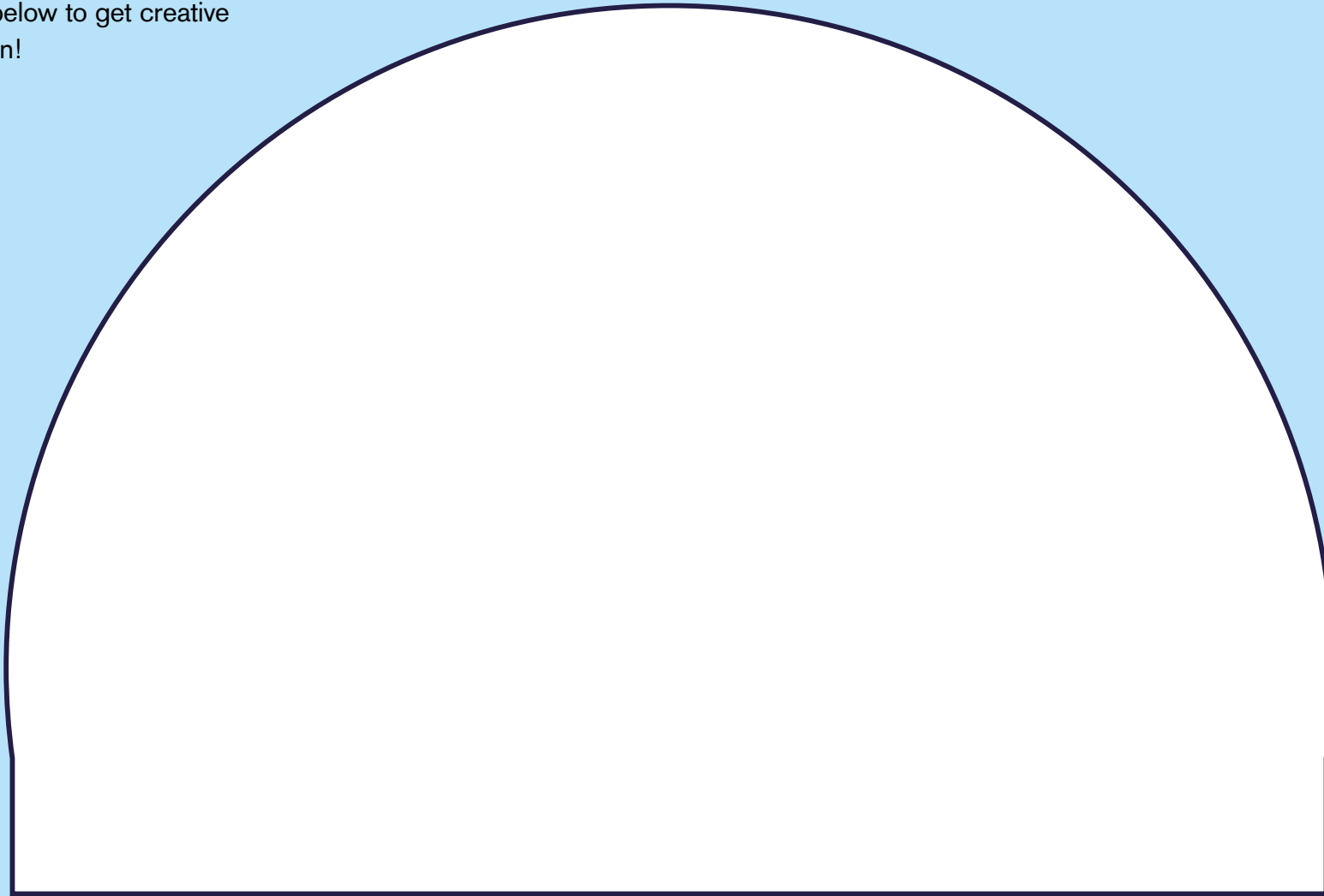
- A friend
- Your parents
- 999 or 112





# Design your own swim cap

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



Scottish  
Water  
Trusted to serve Scotland

Proud to Support



Learn  
to Swim  
Scottish Swimming

For more activities, advice and tips on swimming and  
being safe in the water, visit us at [learntoswim.scot](http://learntoswim.scot)

# Spot the difference

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

Can you spot all 6 differences?



Proud to support



For more activities, advice and tips on swimming and being safe in the water, visit us at [learntoswim.scot](http://learntoswim.scot)



# 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](mailto: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](mailto:marketing@scottishswimming.com)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

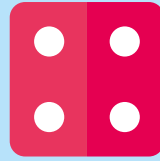


# Roll the Dice!

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



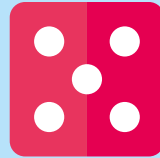
**Streamline burpees**



**High knees on the spot**



**Push-ups**

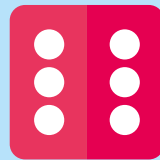


**Sit-ups**



**Flutter kick**

(Lie on your back and kick)



**Streamline lunges**



Proud to Support



For more activities, advice and tips on swimming and being safe in the water, visit us at [learntoswim.scot](http://learntoswim.scot)