



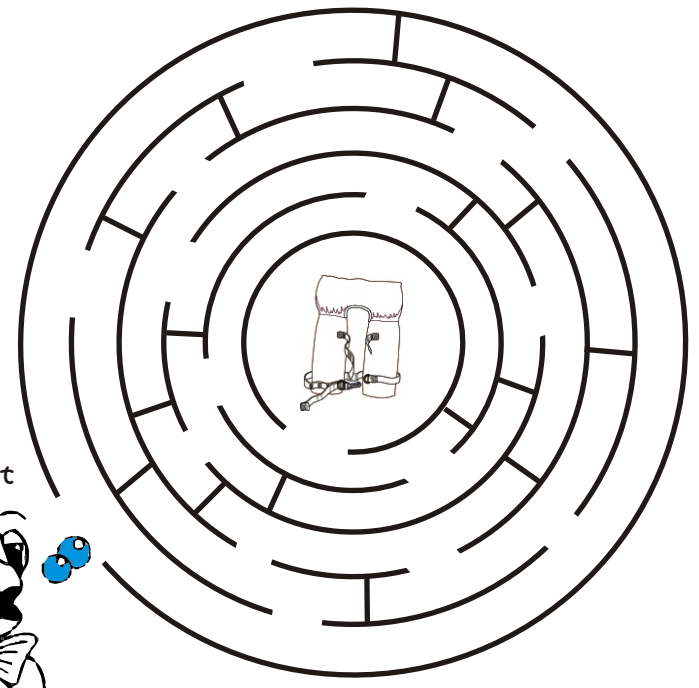
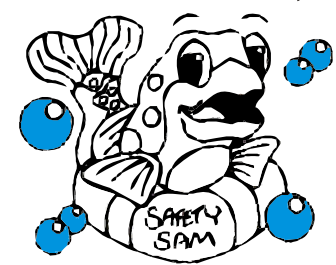
### Fill in the blanks

Dive Lifejacket Winds  
Friend Swimming

1. Never swim alone. Always swim with a \_\_\_\_\_.
2. Never \_\_\_\_\_ into a lake or river.
3. The most important item to have and wear in the water is your \_\_\_\_\_.
4. It is smart to take \_\_\_\_\_ lessons if you do not know how to swim.
5. Do not swim during thunderstorms or strong \_\_\_\_\_.
6. Protect your skin from the sun by wearing \_\_\_\_\_.

Answers:  
1. Friend, 2. Dive, 3. Lifejacket, 4. Swimming, 5. Winds, 6. Sunblock

Help Safety Sam find his lifejacket

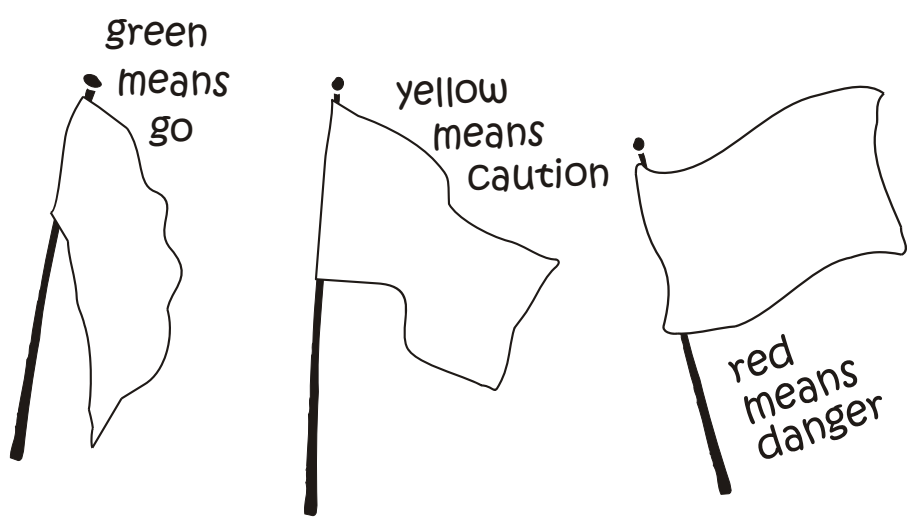


See if you can find all of the hidden words below. Look carefully!

- |              |            |             |                 |
|--------------|------------|-------------|-----------------|
| BEACH        | FUN        | RED FLAG    | SWIMMING LESSON |
| BUDDY        | HIGH WAVES | RIP CURRENT | THUNDERSTORM    |
| CAUTION LAKE | SAFETY SAM | TIRED       |                 |
| COLD         | LIFEGUARD  | SUN BLOCK   | UNDERTOW        |
|              | LIFEJACKET |             | WATER WISE      |

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

### Know the beach flag warning system



Unscramble the words below to answer the watersafety question

F E L I G A U D R  
 L O U R

M S G I W M N I  
 W M G

N W I D  
 N

T E D U N R O W  
 N R O

G A L F S  
 F G

What is the best thing you can do to stay safe in and around the water?

N O W

Answers: Lifejacket, Swimming, Wind, Undertow, Flags, Learn to swim

For more information on water safety  
 Call 1.800.813.8111 or visit [www.muskegonhealth.net](http://www.muskegonhealth.net)



Coordinated and designed by the Risk of Drowning Task Force.  
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