

Fill in the blanks

Dive Lifejacket Winds
Friend Swimming Sunblock

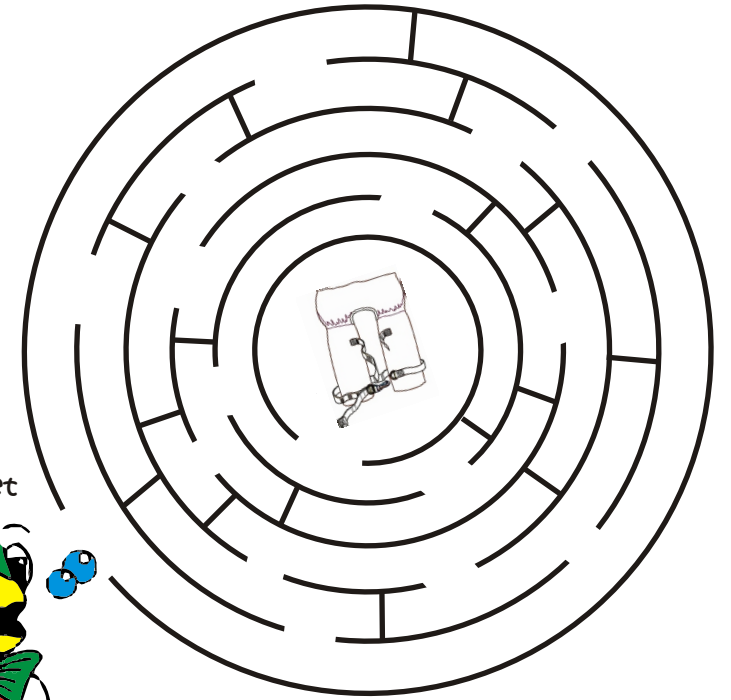
1. Never swim alone. Always swim with a _____.
2. Never _____ into a lake or river.
3. The most important item to have and wear in the water is your _____.
4. It is smart to take _____ lessons if you do not know how to swim.
5. Do not swim during thunderstorms or strong _____.
6. Protect your skin from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

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

Safety Sam
says...



Help Safety Sam
find his lifejacket

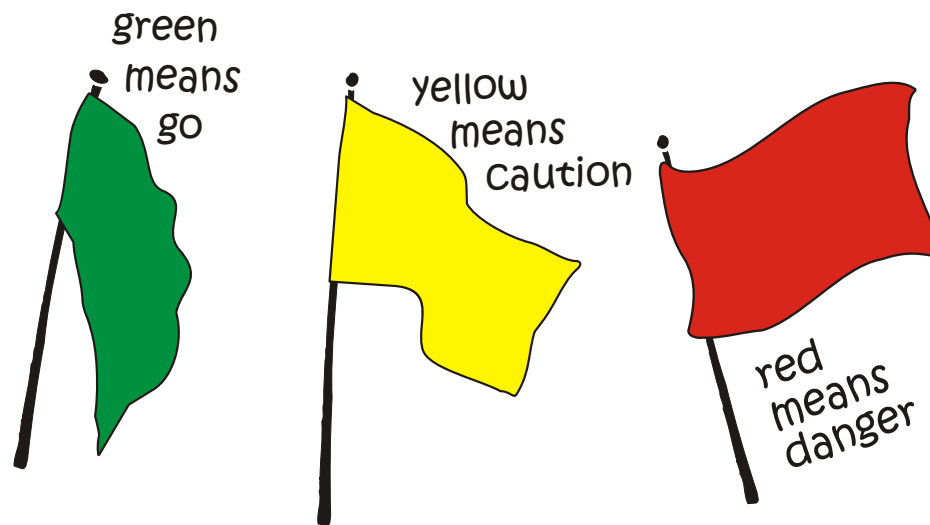


See if you can find all of the hidden words below. Look carefully!

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 O G

N W I D
O N

T E D U N R O W
N O R O O

G A L F S
F O G O

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

N O W

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

For more information on water safety
Call 1.800.813.8111 or Visit www.muskegonhealth.net