



**Scottish  
Water**

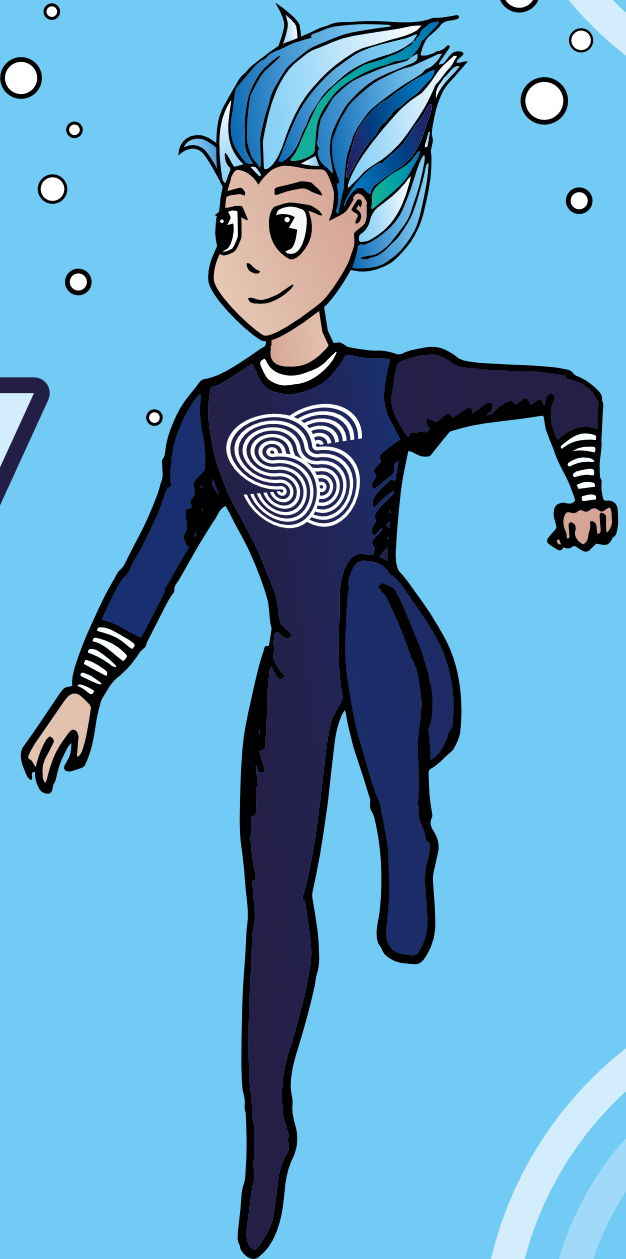
Trusted to serve Scotland

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# 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

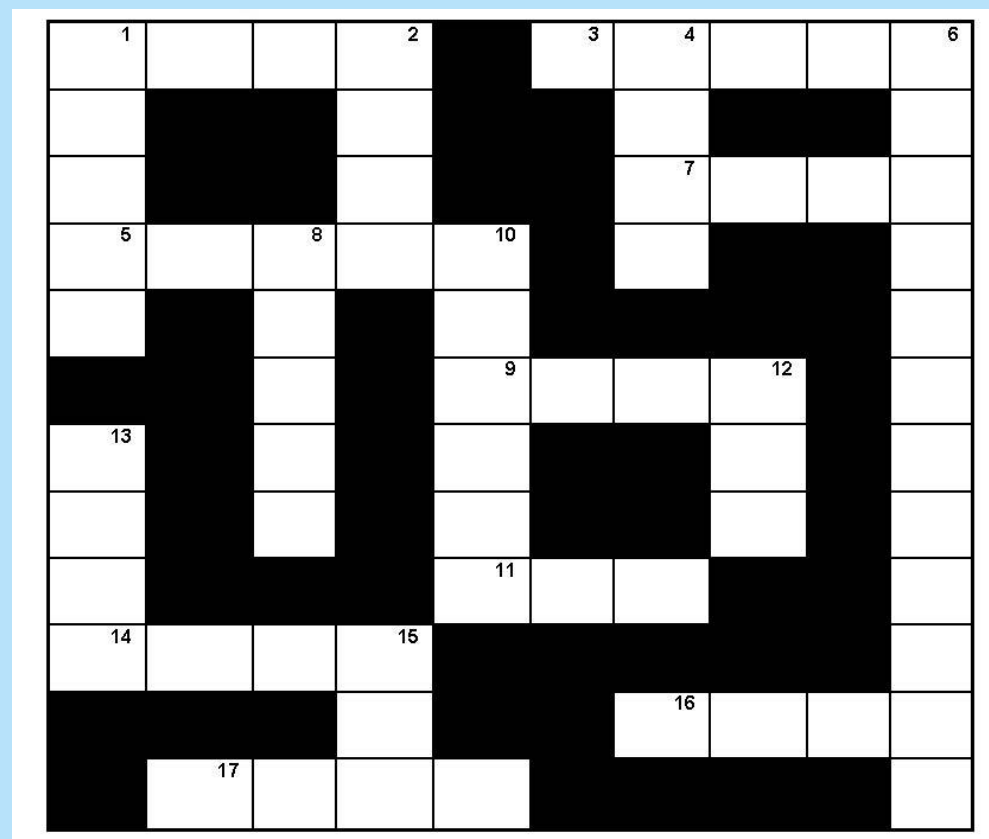
## Clues

### 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

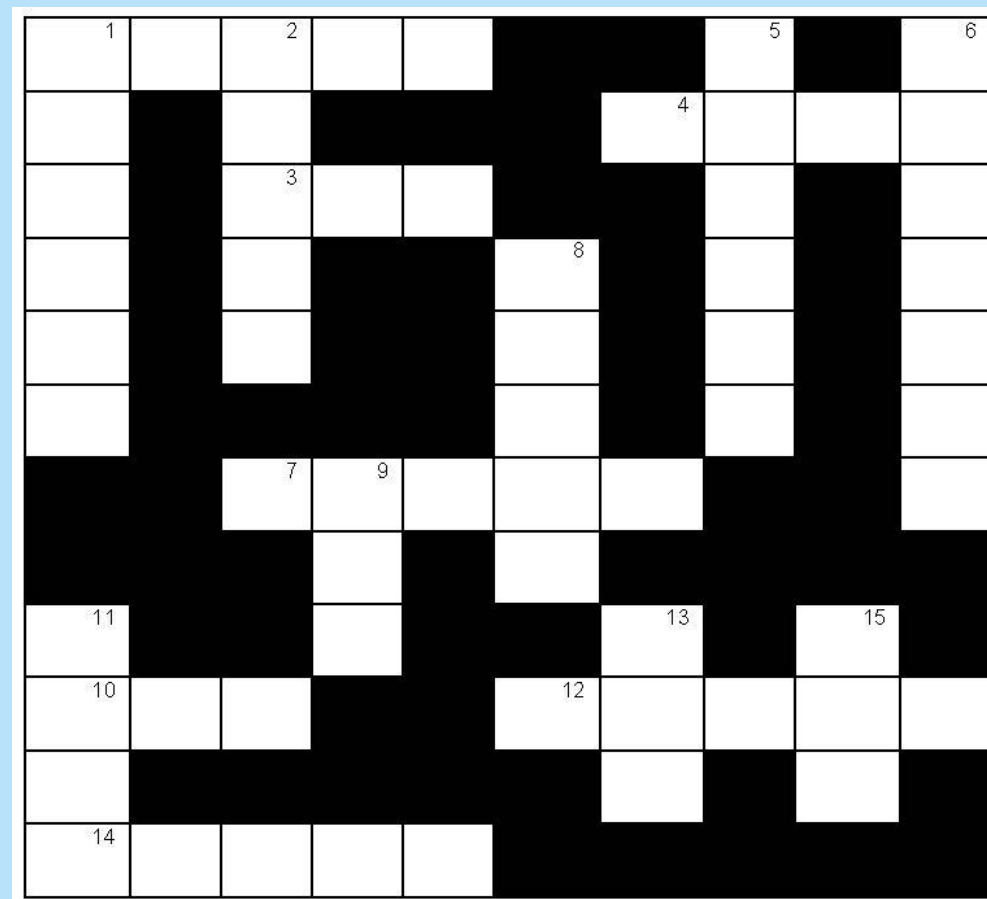
## Clues

### Down

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

### Across

- Use this to dry off. (5)
- The 2016 summer Olympics was held in \_\_\_. (3)
- A popular sport is water \_\_\_. (4)
- You need these to surf. (5)
- 25 metres is the distance of \_\_\_ length. (3)
- This is awarded for gaining a certain skill in the pool. (5)
- 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

**RNLi**

**Lifeboats**



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

# Spot the Dangers at the River

**SPOT THE DANGERS AT THE RIVER**

**WHO IS SAFE IN THIS SCENE AND WHO ISN'T?**

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

**RIVER SAFETY**

- NO SWIMMING
- STAYING CALM
- NO DRINKING
- DON'T DRUGS

**Lifeboats**



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# Water Safety Quiz

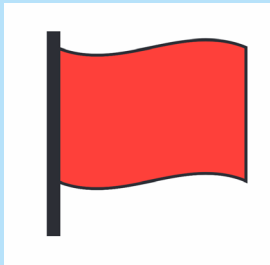
Scottish Swimming are proud to have worked with RLSS and RNLI on Drowning Prevention Week.

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



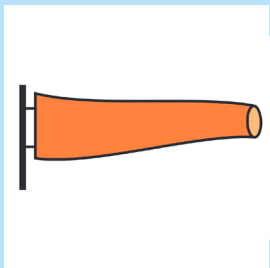
Which of the following IS part of the Water Safety Code?

- Float
- Tread Water
- Start Swimming



What does this flag mean?

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



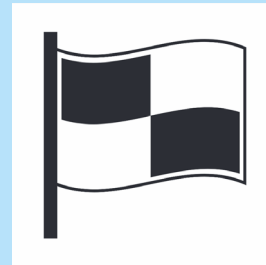
What does this flag mean?

- 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



# What I love about swimming lessons...

Think about what you like about your swimming lessons. Perhaps it is the feeling of the water, seeing friends or learning to swim better? Write about what you like below and send your story to [marketing@scottishswimming.com](mailto:marketing@scottishswimming.com)

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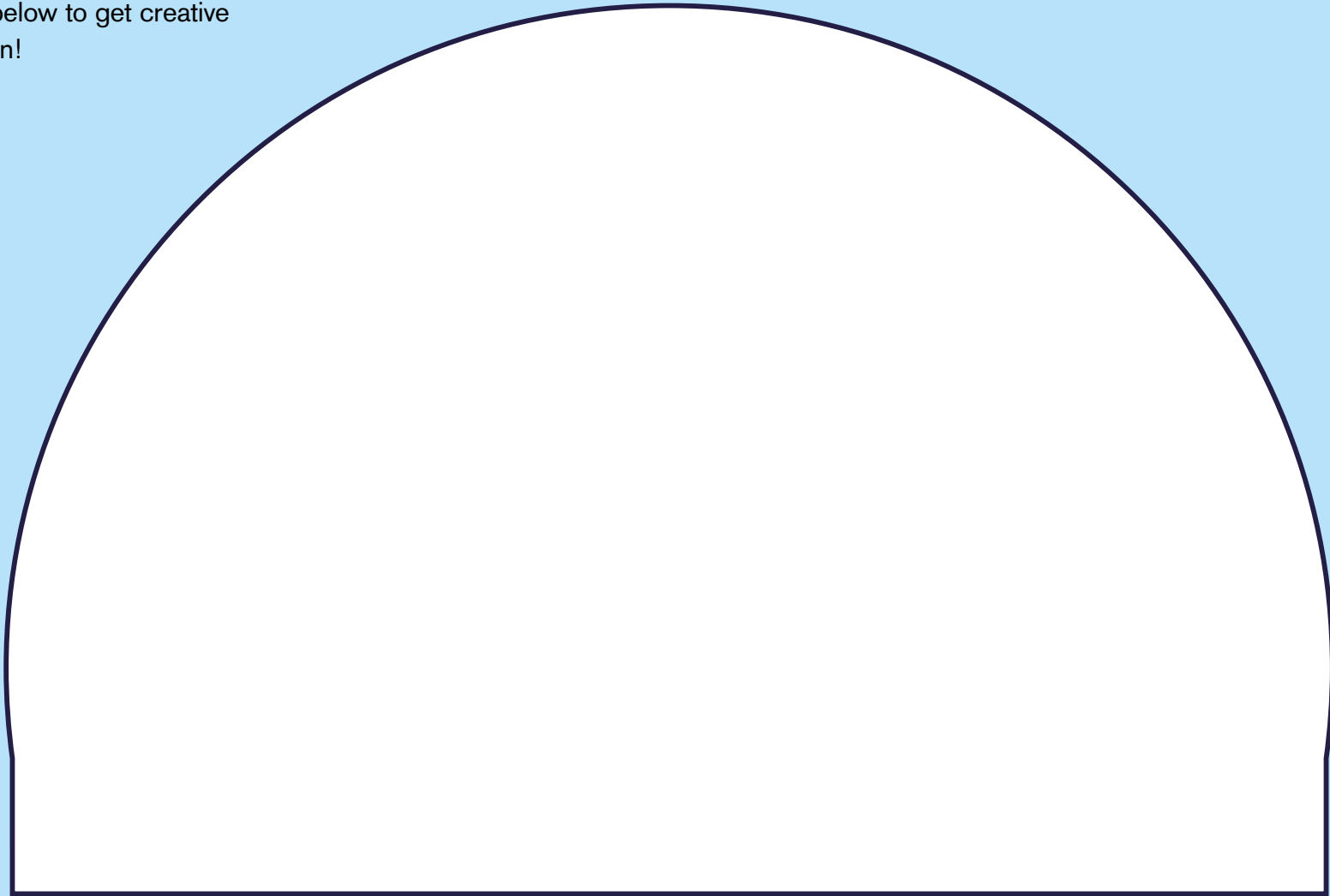
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For more activities, advice and tips on swimming and being safe in the water, visit us at [learntoswim.scot](http://learntoswim.scot)

# 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](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)

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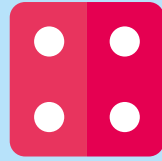
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# Roll the Dice!

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



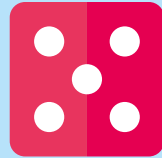
**Streamline burpees**



**High knees on the spot**



**Push-ups**

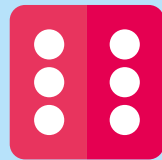


**Sit-ups**



**Flutter kick**

(Lie on your back and kick)



**Streamline lunges**



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