

# Kidz Zone Activity Sheet

## Pool & Water Awareness 2



### DIVING

Insert the missing words

water - signs - lifeguard

swimmers - head - toes

backwards - bombing - run

Look for \_\_\_\_\_ to see if you are allowed to dive. If unsure, ask the \_\_\_\_\_.

Check the depth of the \_\_\_\_\_ before diving.

Check the area is clear of other \_\_\_\_\_ before diving.

Perform a shallow dive from the poolside with your \_\_\_\_\_ over the edge and arms stretched above your \_\_\_\_\_.

Do not \_\_\_\_\_ before diving.

\_\_\_\_\_, somersaults and \_\_\_\_\_ dives are dangerous as you may risk injury to yourself and others.

# Kidz Zone Activity Sheet

## Pool & Water Awareness 2



### ANSWERS

Insert the missing words

water - signs - lifeguard

swimmers - head - toes

backwards - bombing - run

Look for **SIGNS** to see if you are allowed to dive. If unsure, ask the **LIFEGAURD**

Check the depth of the **DEPTH** before diving.

Check the area is clear of other **SWIMMERS** before diving.

Perform a shallow dive from the poolside with your **TOES** over the edge and arms stretched above your **HEAD**.

Do not **RUN** before diving.

**BACKWARDS** somersaults and **BOMBING** dives are dangerous as you may risk injury to yourself and others.