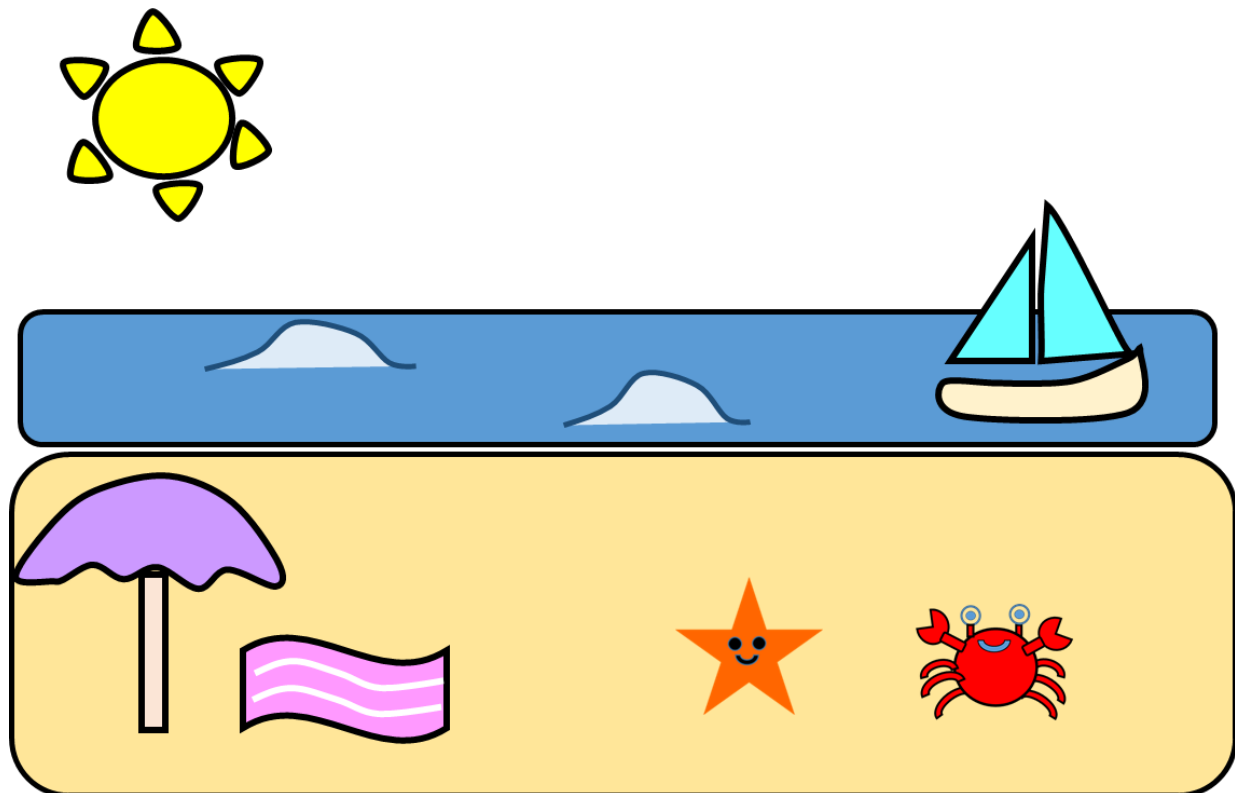


Summer Water Safety Information



Disclaimer:

While we aim to provide fully accessible content, there is no text alternative available for some of the content in this document. If you require alternate formats or need assistance understanding our maps, drawings, or any other content, please contact us at 416-392-1368/416-392-0157 or email [Virtual Aquatics](#).

Sun Safety Information

Some facts to keep in mind:

- The sun's rays can be damaging to your skin every day of the year but they are especially damaging during the hot summer months.
- Before heading outdoors, it is important to apply sunscreen and have as many sun-safe items as we can to protect ourselves from the sun's harmful rays.
- Being sun-safe means having the following items and taking precautions:
 - Sunscreen that is applied at least 30 minutes prior to sun exposure and reapplying it frequently according to the instructions found on the label.
 - A hat and sunglasses to further protect your face.
 - Light coloured, long-sleeve clothing as an added protective layer.
 - Staying hydrated by drinking plenty of water.
 - Periodic breaks in the shade whenever possible.
 - Snacks to ensure you are getting adequate nutrition throughout the day.

Additional Sun Safety Resources

For more sun-safe information and activities, please visit the affiliate links listed below to obtain more sun safety information:

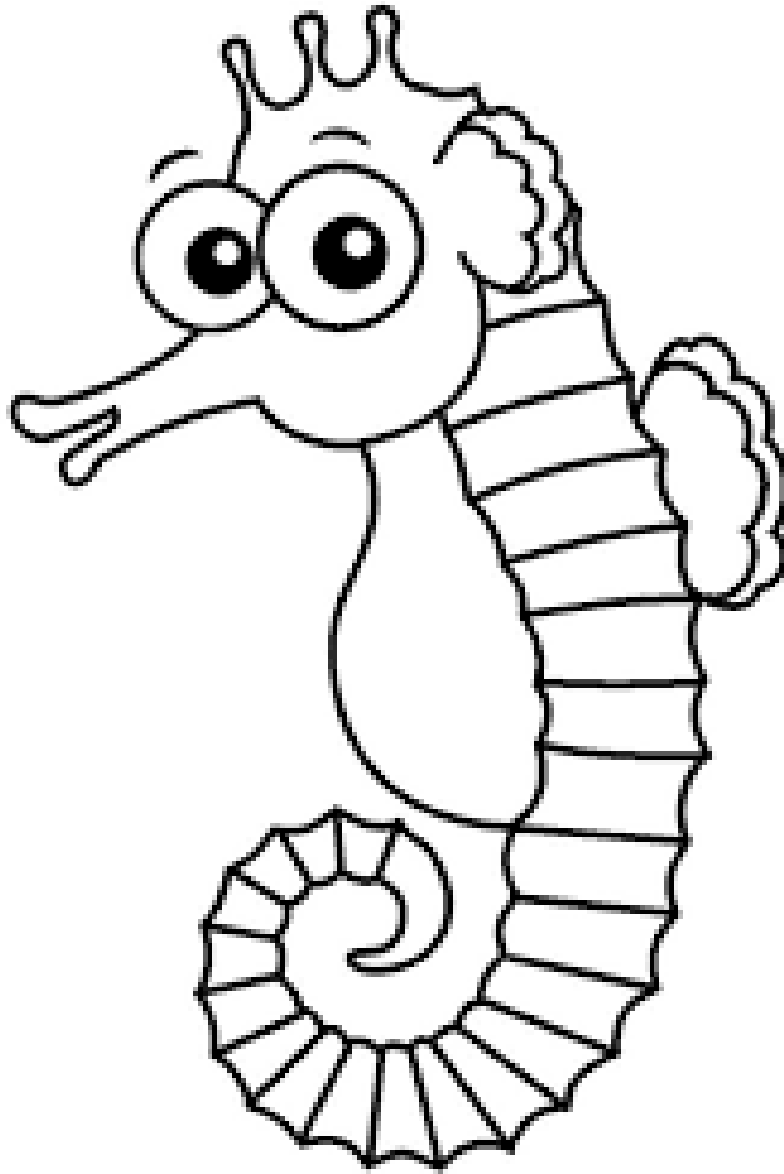
[Canadian Red Cross - Staying safe during hot weather](#)

[City of Toronto - Sun safety activities](#)

Activity: Making Sunny the seahorse sun-safe

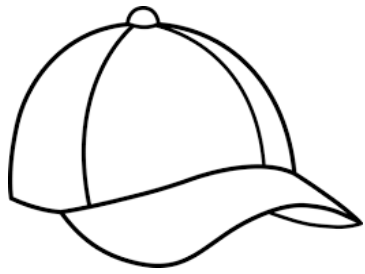
Using any materials you have on hand, decorate Sunny the seahorse.

Select items from the following page that you think Sunny will need to be sun-safe. Colour, decorate and cut out as many items as you want. Place your selected sun-safe items on or around Sunny and display your masterpiece as a reminder of what you will need to ensure you have a sun-safe summer.

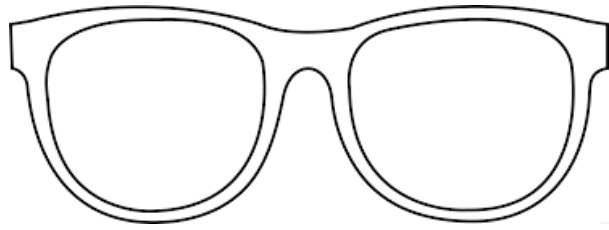


Sunny the seahorse

Sun-safe items:



Baseball hat



Sunglasses



Long sleeve shirt



Sunscreen



Umbrella



Water bottle

Summer Weather

Summer is the time for outdoor fun and lots of great weather. Below are some weather conditions to be aware of when planning your day of fun in the sun.

Clear, sunny day

When it is clear and sunny, this is a great time to spend the day outdoors but remember to wear your sunscreen.

Sunny and calm water

When the water is calm and the sun is shining, this is a great time to visit the beach and see some underwater life. Remember to always have a grown-up or a buddy with you in the water.

Light rain

The rain can sometimes be refreshing when it is not pouring. Make sure you have your rain boots on and an umbrella for some shelter.

Thunderstorms

It is not safe to be outdoors during a thunderstorm. Make sure you head indoors and remain inside until the storm passes or at least 30 minutes after the last roar of thunder.

Activity: Weather matching

Colour each picture below and match them with the correct weather scenario mentioned on the previous page.



Activity: Hydration experiment

The purpose of this activity is to learn the importance of staying hydrated during the hot summer months.

Hydration and our bodies

Approximately 60% of the human body is made up of water. This means that the human body, especially our organs, need water to function properly. When you are active outside on a hot summer day, you sweat. Your body sweats to regulate your body temperature and cool you down so that you don't overheat. As you sweat, the water level in your body decreases so you need to continuously drink water to avoid dehydration.

Dehydration can make you feel sick. Signs and symptoms of dehydration include being thirsty, dizziness, light headedness, fatigue, and dry lips and mouth. This happens because your body does not have enough water to keep it functioning.

Staying safe while we play outdoors means we need to continuously drink water, at least 8 cups a day or more, to stay hydrated. We also need to take frequent rest periods in the shade where it's cooler. This allows our bodies to cool down without the need to sweat as much.

Experiment

Dehydrate a potato and observe the effects it has on the potato. Adult supervision is required for this activity.

This experiment was based on the following reference:

[Understanding the effects of hydration](#)

Materials:

1. 1 potato
2. 2 dishes
3. 2 tablespoons (2tbsp) of water
4. Cutting board and a knife
5. Water
6. Piece of paper
7. Pen, pencil or marker

Instructions:

1. Take your piece of paper and label it "salt" and place it on the table or the flat surface where you will be conducting the experiment.
2. Place one dish on the piece of paper labeled "salt" and the other dish beside it.
3. Fill each dish with equal amount of water, high enough to almost fill the entire dish.
4. Stir two tablespoons of salt into the dish marked "salt".
5. Parents: using the cutting board and knife, cut the potato in half to make two equal size pieces
6. Place one-half of the potato, flat side down into the dish marked "salt" Figure 1).
7. Place the other half, flat side down, into the other dish with the plain water (Figure 1).
8. Let the potatoes sit in the dishes undisturbed for approximately 1 hour.
9. After 1 hour, observe what has happened, take notes or a photo of the potatoes to note any observations
10. Leave both potato halves in the dishes overnight and observe the next day. Note any differences you have noticed from the previous state of the potatoes (Figure 2).

Observations

After an hour, you may notice that the potato in plain water is mostly unchanged while the potato in the salt water has slightly shriveled up. After 24 hours, you may notice the state of potato half that was in the salt water is significantly worse than when observed after 1 hour in the salt water. The salt water acts as a dehydrator by drawing the water out of the potato causing it to become dehydrated and shrivel up. When we sweat, we lose lots of water and our organs become dehydrated. Eventually our organs shrivel up, similar to the potato that was placed in salt water, and cannot function properly. Remember to drink water even when you're swimming as being in a pool or lake does not hydrate your internal organs.



Figure 1: Potato halves in salt & plain water

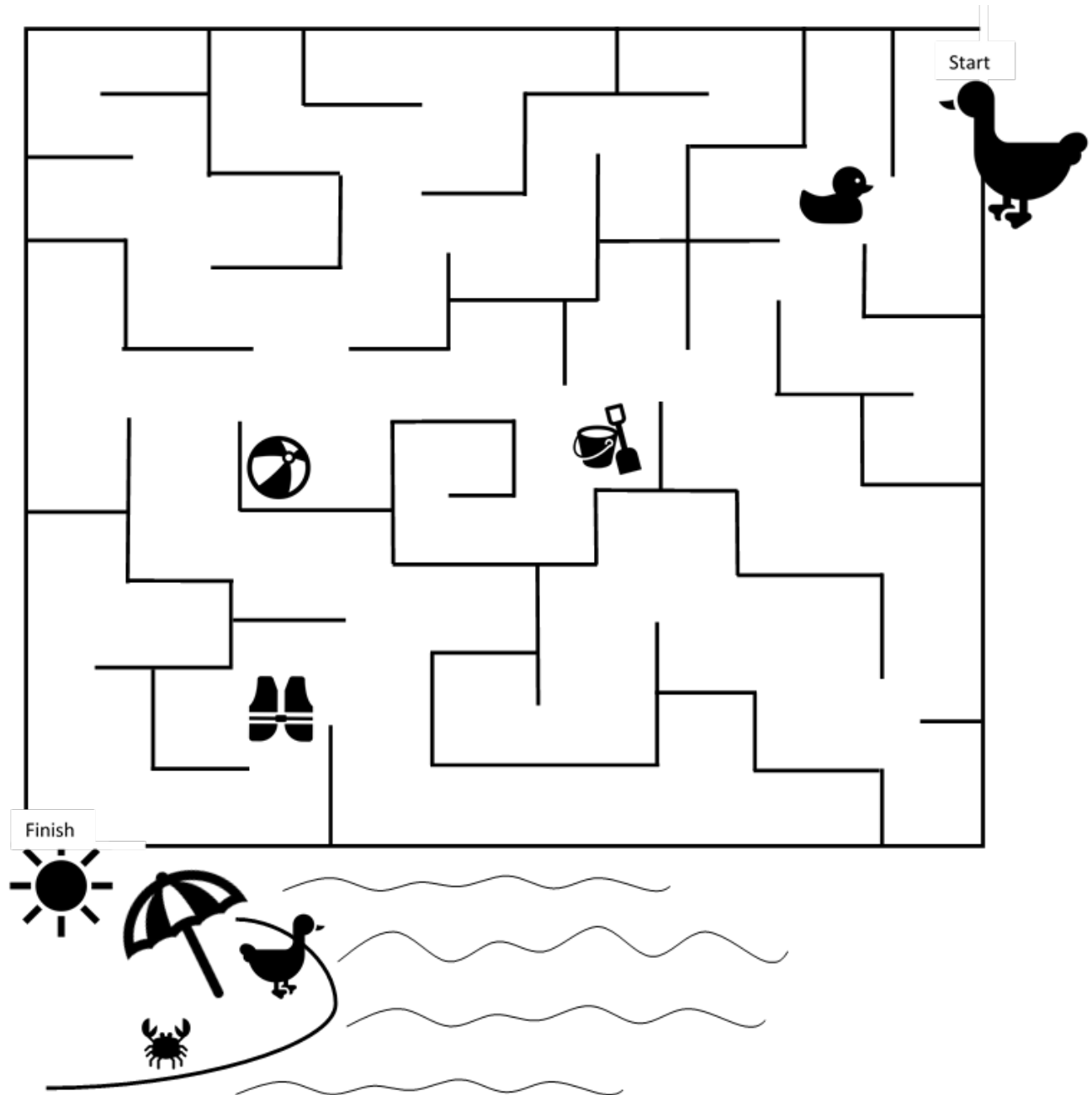


Figure 2: Potato halves after 24 hours

Activity: Water Safety Maze

Before the little duck can enter the water, he must wait for an adult. Help the adult duck reach the little duck before he can enter the water. You can pick up beach toys along the way.

Safety tip: always stay within arm's reach, whether you're at a pool or at the beach.



Water safety maze

Dock Safety: Be aware before you leap

Docks can be an exciting part of summer getaways at cottages and camp sites. Some people use docks for fishing, boating, jumping and diving. In order to stay safe, you need to be aware of your surroundings and do a supervised environment check with a grown-up or buddy before leaping off a dock into the water.



Group of people jumping off a dock into the lake

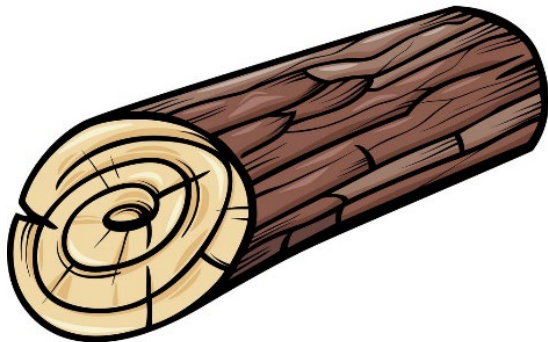
Activity: Environment Check

Help Lenny the frog do an environment check before he leaps off the dock. Fill in the blanks for the hazards below.



Lenny the frog

1. L__ gs and D __ br __ s



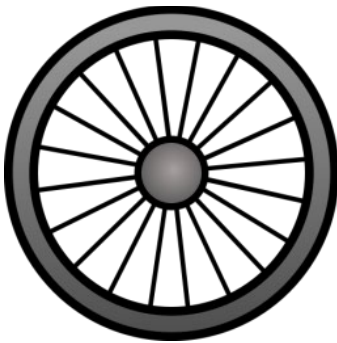
Log

2. Gl __ s __, C __ n __ and Pl __ sti __ s



Garbage in the water

3. Ti __ es and Sh __ rp metal obj __ cts



Bicycle tire

4. Sh __ ll __ w W __ te __



Warning sign

5. Fa __ t M __ v __ ng Water (Currents) and W __ v __ s



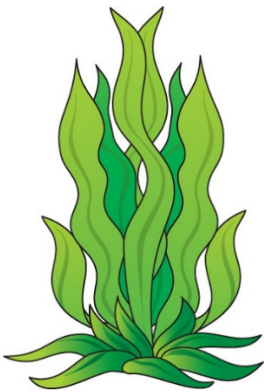
Wavy water

6. __ oc __ s



Large rocks

7. P __ or Visibility and s __ dd __ n dr __ p off p __ ints (sudden transition from shallow to deep water)



Seaweed

8. Brainstorm other hazards that Lenny should look for:

Fill in the Blank Answer Key:

1. Logs and debris
2. Glass, cans and plastics
3. Tires and sharp metal objects
4. Shallow water
5. Fast moving water (currents) and waves
6. Rocks
7. Poor Visibility and sudden drop off points (sudden transition from shallow to deep water)
8. Boats - boaters may not see you while they are docking, other swimmers - ensure the way is clear, weather conditions, horseplay on the dock

Backyard Pool Safety

Remember, always swim with a buddy.

Backyard pool facts:

1. Backyard pools carry the highest risk of drowning incidents in children under the age of 5 years old.
2. Drowning can occur in very small bodies of water such as just inches of water. Smaller, fillable and collapsible pools still pose a significant risk for young children.
3. In Toronto, all backyard pools are required to have a pool enclosure fence that is locked at all times when not in use
4. Direct adult supervision is the most effective strategy to ensure children are safe in and around backyard pools.

For more safety tips on backyard pool safety, please visit:

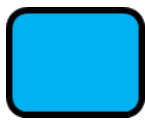
[Backyard pool safety tips](#)

Activity: Draw your own dream pool

1. Draw your favourite pool shape. You may draw any shape you desire.



Pool shape: circle

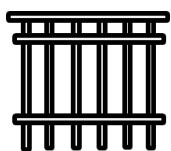


Pool shape: rectangle



Pool shape: heart

2. Draw the equipment and items you need to make your pool safe.



Fence



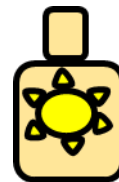
Ring buoy



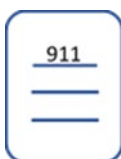
First aid kit



Lifejacket



Sunscreen



Emergency numbers sign



Shallow water sign



Reaching pole

3. Add any items you think would make it fun and enjoyable.



Lounge chair



Beach Ball



Rubber duck



Umbrella

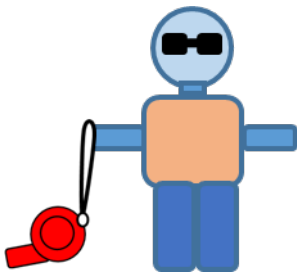


Beach towel

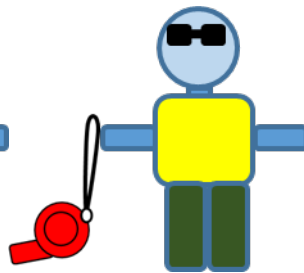


Juice or water

4. Add at least one adult that will be supervising the pool



Lifeguard



Adult buddy

5. Draw yourself and friend swimming in the pool. Always swim with a buddy.



Swimmer 1



Swimmer 2

6. Share your dream pool with your family and friends. Let them know how you made it safe and enjoyable for everyone.

Know before you go checklist

Remember the following key tips before visiting one of the many City of Toronto outdoor pools so that your visit is fun and enjoyable.

For more information on how to make a reservation at an outdoor pool, please visit: [Recreation reservations](#)

	Make a reservation for the location you plan to visit. All City of Toronto run pools will be operating using a reservation system with limited space available for drop-in visits. Take a screenshot of your reservation confirmation so you can show the staff on site.
	Check the weather report for the day. If thunder and lightning are expected, the pool may be closed.
	Bring a water bottle. It is important to stay hydrated. Make sure it is not a glass bottle
	Be sun safe. Bring your sunscreen, sunglasses, a hat and if possible, a light, loose fitting long sleeve shirt.
	Bring accessories that will help you feel comfortable like flip flops, a towel and goggles if you have a pair.
	All facilities require a mask on site. Masks are mandatory while you wait in line, inside any facility area like washrooms and on the pool deck.

Family Emergency Contact Sheet

Dial 911 for Police, Fire and Ambulance



Home Address:



Phone number:



Emergency contacts:

Name:

Phone Number:



Family physician:

Name:

Number:

Address:



Nearest hospital:

Name:

Address:

Closest major intersection:
