

# King Seamoor and the Knights of Water Safety

**Principal will do this intro:**

Once upon a time there lived a magnificent king named Seamoor. This king traveled the lands in search of loyal, courageous subjects. To aid in his journey King Seamoor called upon the Ranger of the Lakes. Together King Seamoor and the Ranger of the Lake will find subjects who pledge to honor and uphold the duties of being a Knight of Water Safety. Let's welcome King Seamoor and the Ranger of the lake to our school.

**King Seamoor:** Thank You! Thank You!

**Ranger:** "We would like to say Thank You for having us here today. (point to Seamoor) This is King Seamoor and I am Ranger of the Lakes. We have come here today to find subjects loyal and courageous enough to become Knights of Water Safety. How many of you would like to become a Knight of Water Safety?"

**King Seamoor:** I must warn you that with becoming a Knight of Water Safety come many responsibilities and being a knight isn't an easy job is it Ranger.

**Ranger:** It sure isn't. First you must prove that you are worthy by passing some tests.

**King Seamoor:** What do these tests consists of?

**Ranger:** Well to become a Knight of Water Safety, you must have the knowledge and skills of how to be safe in and around the water. A lot of subjects "think" they know how to be safe, but we want to make sure they actually "do" know how to be safe.

**King Seamoor:** That is a good point. Sometimes what people say is different from what they actually do.

**Ranger:** That's right. We have even had some knights who pledged to be safe but when they were around their friends they were anything but safe.

**King Seamoor:** It doesn't look good when a Knight of Water Safety doesn't practice safety around the water.

**Ranger:** That's another reason we've come here today. These subjects look like people who know a lot about water safety and know how to practice it. (turn to audience) How many of you practice safety in and around the water?

**King Seamoor:** I can already tell we've made a good choice in coming here to look for subjects to dub Knights of Water Safety.

**Ranger:** King Seamoor why don't we get on with the tests. Who would like to try their hand at the first test?

### **Activity 1: (you will need 5 volunteers)**

This is a test of knowledge. You will need **5 volunteers** for this activity. The audience will also be involved. In this activity, you will test the audience on their knowledge of the rules of water safety. You will read a scenario and it will be up to the helpers to decide which water safety rule goes with the scenario. After reading a scenario, a helper will pull a sword from the stone and with the help of the audience decide if the message on the sword goes with the scenario. The audience will help by agreeing or disagreeing with the rule the helper chooses.

#### Scenarios:

- You come upon a peasant standing next to a river. The peasant says he was just getting ready to jump in the water to go swimming and asks if you would like to join him. You walk over to the ledge and as you look below you notice some large rocks in the water. You quickly stop the peasant from jumping because he was just about to break which rule of water safety? (Look before you Leap)
- You are out for a walk and you come upon a child swimming alone in a pond. The child seems to be safe, but you know that one rule of water safety is to what? (Always swim with a buddy, Never swim alone)
- You overhear some fellow friends talking about going swimming near a waterfall. You have heard stories about how dangerous this can be. As a good friend you need to remind you buddies which rule of water safety? (Swim in designated areas)
- The King has called on you to take the princess to the swimming hole. This will be the first time the princess has been around water. Since you always follow the rules of water safety, you know that it is very important for the princess to first learn to do what before playing in the water. (Learn to Swim)
- The young oaf wants to go swimming and his parents can't go right now. His 6 year old friend says it will be ok if he goes along instead. What rule of water safety would they be breaking?

**King Seamoor:** Well Ranger, it looks like everyone has successfully passed the first test.

**Ranger:** The tests do get a little more difficult as we go, but I'm sure these subjects can handle it. They already seem to know a lot about water safety.

**King Seamoor:** They sure do. Why I would dub them all knights right now if I could.

**Ranger:** Let's not get ahead of ourselves now King Seamoor. Remember it is very important that we make sure these subjects really do know and understand all the rules of water safety. And even more importantly, that they know how to practice them.

Now that we know the 5 rules of water safety, let's look at some equipment you can use in the water to make yourself even safer.

**King Seamoor:** Let's pick 4 volunteers to help us.

## Activity 2: (you will need 4 volunteer)

This activity involves the students learning how to recognize someone who is in trouble and the signs that indicate someone who is at risk of putting themselves in harms way.

The ranger will hand out jackets to two of the volunteers, a floatie to one and a cushion to the other.

- The 1<sup>st</sup> volunteer will put on a lifejacket that is too small.
  - o Student will have to identify that if a life jacket is too small then it will not keep you afloat.
- The 2<sup>nd</sup> volunteer will put on a lifejacket that fits but that is not properly buckled or has a broken strap.
  - o Student will have to identify that if a lifejacket is not properly buckled or is not in good working order and that it will not properly work and therefore won't provide the most protection for you.
- The 3<sup>rd</sup> volunteer will put on a round floaty.
  - o Student will have to identify that a round floaty is made of air and it can pop. What does the life jacket have in it? Foam. Foam will allow the jacket to stay afloat and will not deflate.
- The 4<sup>th</sup> volunteer will be handed a cushion and asked how he would use it to save his life? The correct answer is to hold it to his chest and grasp his arms around it like the hug of life.
- After activity give each of the volunteer their choice of either a tattoo or an iron on transfer. After everyone has returned to their seat briefly talk about how to be safe.
  - o Always WEAR a properly fitting lifejacket. Just having it close won't do any good if you get thrown from the boat or if you fall in the water and your jacket is still on the shore.
  - o Know how to use your safety equipment – don't let improperly worn equipment put you in harms way.
  - o Never rely on a toy to save your life. Use it to have fun, but make sure you have your safety equipment too.
  - o Have your **own** life jacket or your Personal Floatation Device. Don't try to borrow your mom or dad's jacket.

**Ranger:** We are nearing the end of our journey but I feel that we need to do one more test to assure that these students know how to use the knowledge that they have learned.

**Seamoor:** Yes, that is very important.

**Ranger:** If a person sees someone that they believe is drowning what would they do next to try to help save that person?

**Seamoor:** One thing for sure is they would never swim out to save the person in trouble unless they were a trained lifeguard.

**Ranger:** That's right King Seamoor. If you are not a trained lifeguard a person should never swim out to save a drowning victim. If you did the drowning person might just pull you under too. Then there would be two people in trouble instead of just one. So what should they do King Seamoor?

**Seamoor:** There is a saying that helps me to remember what to do. It is REACH, THROW, ROW and GO FOR HELP!

**Ranger:** That's great! Lets do a test to see how well these subjects understand this concept.

**Activity 3: (select 3 volunteers)**

This activity is to help students understand the importance of the slogan "Reach, Throw, Row and Go for Help". Students will practice each of the steps involved in order to learn how to help someone in need.

Each of the students will have a task to complete. If the first task is not successful the second student must try the second task. If the second task is not successful then the third task must be attempted. If all fails the students must all GO FOR HELP!

-The ranger will describe the classic symptoms of a drowning victim. Head back, mouth open, distressed look on his/her face and thrashing of the arms.

- o Ranger will ask if the audience believes that a drowning victim will be continually yelling for help? The answer is no – drowning victims typically have water in their throat and sometimes their lungs and find it difficult to do anything but gurgle.

Reach: Student #1 will use jousting pole to attempt to reach the targets. Student must get all 4 of the targets within 15 seconds in order to complete this task. If the task is not completed the next student tries their hand at their task.

Throw: Student will throw a life ring at a wizard hat (cone). The students must ring the cone at least one time or hit the cone 3 times in order to complete task. The student gets 5 tries to complete the task.

Row: Student will "row" in the wagon boat and retrieve the chalice. The students has a total of 30 seconds to complete this task.

If this task is not completed all volunteers must race over and GO FOR HELP!

Go for help: The last obstacle is to go for help. After completing the above obstacles, the students will run to the Go For Help sign. This will complete their test.

**Ranger:** These subjects have done a great job at saving the drowning subject that I believe I shall give each a new name.

- From now on you (the reach person) shall be know of as **Sir/madam Reach-so-well, the-saver-of-non-swimmers**

- The throw person shall be known of as “**Sir/madam Throwsstraight,**” *throwing-to-those-in-need-of-help*
- The row volunteer will be “**SirMadam Rowsfar,**” *the-saver-of-the-sunk* and
- The person who goes for help will be **Sir/madam Seaker-of-help,** *the-caller-of-help to save those in need*

**Ranger:** King Seamoore, I think these subjects are certainly ready to become Knights of Water Safety. Don't you.

**King Seamoore:** I do agree!

**Ranger:** It's been tough work but I believe that all of these subjects have definitely proven that they have the strength and courage to uphold the title of a Knight of Water Safety. However, with becoming a knight there is a CODE of Chivalry” one must swear to.

**King Seamoore:** What is a CODE Ranger?

**Ranger:** This code lays out the duties and actions that a Knight must promise to uphold and honor. These are the rules that the knights will live by.

**King Seamoore:** The code of Chivalry sounds like it is a very important part of knighthood.

**Ranger:** That it is King Seamoore. So who here would like to take this pledge before we must go? Alright, if everyone wants to take the pledge we shall all take it together.

Now if you all would raise your right hand and repeat these very important words after me.

**I shall pledge to honor and uphold the title of a Knight of Water Safety all the days of my life.**

**I shall pledge to never put myself in danger when trying to save another person's life.**

**I shall pledge to practice and respect all the rules of water safety.**

**Let's quickly go over these rules again. (restate rules of water safety)**

- \***Learn to Swim**
- \* **Never Swim Alone/Always swim with a buddy**
- \* **Swim in Designated Areas**
- \* **Look Before you Leap**
- \* **Always have an adult watch you**

**King Seamoore:** Well Ranger I think our day has been a good one. And we now have more Knights of Water Safety to help us spread the word about staying safe around the water.

**Ranger:** Yes, King Seamoor this has been a very bright group. They really know their water safety rules. They will make very good Knights. I look forward to seeing them practicing their water safety rules next time they visit Rend Lake or any other body of water.

**King Seamoor:** Ranger of the Lakes, I believe our work here is done. We have successfully found subjects whom we can count on to uphold the title of a Knight of Water Safety.

**Ranger:** We probably should be on our way. There are still many lands we must search to find subjects worthy enough to uphold the title of a Knight of Water Safety. Thank you again for letting us be here today and remember to always practice safety in and around the water.