

IDEAS FOR SAFETY FAIRS WITH STATION

Four Station Format

1. Fitting of Life Jackets
2. Small boat behavior (Must have properly fitted Life Jacket to get in boat)
3. Cold Water (beaker) tank
4. The throwable

Equipment

Small dinghy (should be equipped with wheels for carrying supplies and for easier transport)

Air mattress & air pump

Oars (optional)

Life Jackets of all sizes. Mostly youth size (50 to 90 lb.)

Other sizes Child 30 to 50 lb., Small adult, and maybe 1 infant

Large 21 qt. plastic beaker (hypothermia or cold water tank)

Large thermometer

Ice

Water

Towels

Chair, stool, or box (for tank)

USCG approved throwable cushion Type IV

The children rotate through the 4 stations (depends on the time and amount of kids). As they go to each station the Auxiliarists talk about that station. Design a little dialog for each station, emphasizing the important facts of that station.

Tags and Stickers

As the children rotate through the 4 stations, stickers can be given out. The kids are given tags to wear. As they finished a task they are given a sticker for that task. Reason:

1. Auxiliarists can tell which task the child needed to finish.
2. Keeps the kids from repeating a task that they felt was fun.

Stickers are made from printed label stock on the computer. The tag was of heavy tag stock paper, printed 4 to a 8 1/2 x 11 page. 2 holes can be punched with yarn or string threaded through. It then can be put around the neck.

Activities from “Boating Fun”

Demonstrations and Activities:

PFDs -Bring or ask students to bring life jackets of various sizes and colors.

1. Life Jacket Style Show: Ask small students to put on large jackets and large students to put on small jackets. Show how a jacket can be pulled up over the eyes of a person if it is too large. To add to the fun, use music and let them model the jackets along a designated walkway. Discuss the value of color for finding people who are in water. Discuss how the jackets should fit.

2. Who’s Lost? Set four (or more) chairs in a row and get volunteer children to sit on them. Pretend this is a boat with four passengers. Put different sized life jackets under their chairs, zipped, turned inside out or tangled, making them difficult to put on. Tell the students that many people store life jackets under their seats in a boat. At your signal, “the boat is sinking”; the students must put on the jackets as quickly as possible. Time them, as well as watching for who wins. Discuss how long it takes for a boat to capsize and how long it would take to put on a jacket in the water. (Be advised that putting on a jacket while in the water is very difficult for anyone and probably impossible for a small child!) For added variety, with older children, let them be blindfolded during the time they put on the jackets. Alternatively, at the end of 60 seconds, give a signal and then determine how many students are properly jacketed and how many are not (and therefore “lost”).

3. Jacket Race: Divide the class into two or more teams; line them up alongside one another and establish finish lines with a rope. Place a life jacket at the feet of the first person on each team. When you say go, the first person of each team puts on the life jacket correctly, runs across the finish line on the other side of the room and returns to the team, removes the life jacket and gives it to the second person in line. This is repeated until each team member has run the race. The team that changed jackets correctly in the least amount of time wins the race.

Hypothermia (Cold Water):

Place a small, squeezable ball in the bottom of an aquarium or bucket (preferably see through) and then fill with sufficient water and ice to allow the children to immerse their arms up to the elbows. The temperature of the water should be 45-60 degrees Fahrenheit. Ask the children if they think 90 seconds is a long time. Allow one or more children to immerse their arms. Using a stopwatch, time the immersion for about 90 seconds then ask them to try to squeeze the ball. Discuss how difficult it would be to put on a life jacket and zip a zipper under these conditions.

(Note: Since plunging the arms into cold water can cause dizziness or faintness, do not include children in this exercise who have heart conditions or other chronic conditions.)

Trimming A Boat:

Obtain a 10-12 inch long plastic boat, 4-6 half-ounce fishing sinkers and a dishpan. Fill the dishpan with water and place the boat on it so that the boat is floating. Have the children place weights in the boat, one at a time, either in positions which will balance the boat or positions which will cause the boat to roll over and sink. Discuss how this is related to a big boat in which people ride. For added fun, paint the sinkers yellow and add smiling faces!