



Dear Parents

The Swiss Lifesaving Association SLRG (Schweizerische Lebensrettungs-Gesellschaft) visited your child at nursery school today.

A lifeguard of SLRG as SLRG's water ambassador showed your children playfully in cooperation with the nursery school teacher how to behave correctly in and near the water (in a similar way the police does this for the behaviour in traffic situations).

This visit at the nursery school is the most important part of the new SLRG-project "The Water and I", which aims at preventing accidents with children in and near the water through calculated and lasting educational work. If you would like to know more about it, you can find further information at: www.das-wasser-und-ich.ch

Today your child has learnt 10 water messages*. To be able to repeat them, your child has also received a colouring book.

We have listed these 10 water messages beside for your information. Please ask your child to explain them to you.

We would also like you to always support your child at using these rules of conduct.

You might perhaps repeat the 10 water-messages with your child while you are applying sun cream together.

Thank you very much for your support
Anita Moser, project manager

* For this we have been allowed to use part of the learning method mega memory® by Gregor Staub (www.gregorstaub.com)

Pico's water messages

1

Sun protection

- I put some sun cream on half an hour before and move into the shade over noon

2

Saying where I am

- I tell my contact people where I'm going

3

Eating and drinking

- I pay attention to food and drink

4

Having a shower

- I go to the toilet before I go into the pool
- I have a shower and cool down before I have a bath

5

Belly-deep water

- I stay in belly-deep water until I can swim well
- I take someone with me when I swim longer distances

6

Goodbye, toy!

- I stay on the shore, even if my dearest toy falls into the water and swims away

7

Rescue equipment

- Rescue equipment is only used in emergencies
- I look where it is

8

Crying for help if necessary

- I only cry for help in an emergency

9

Looking where I'm jumping

- I only jump into bodies of water (lakes, rivers or the sea) which I know and only if I don't put anyone's life at risk

10

Drying oneself

- I get out of the water if I feel cold
- After having a bath I dry myself well