

THE **BOREAL BESTIES**

Water Smart Adventure to Sunshine Island



LIFESAVING SOCIETY®
The Lifeguarding Experts



The Royal Life Saving Society Canada

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.




The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

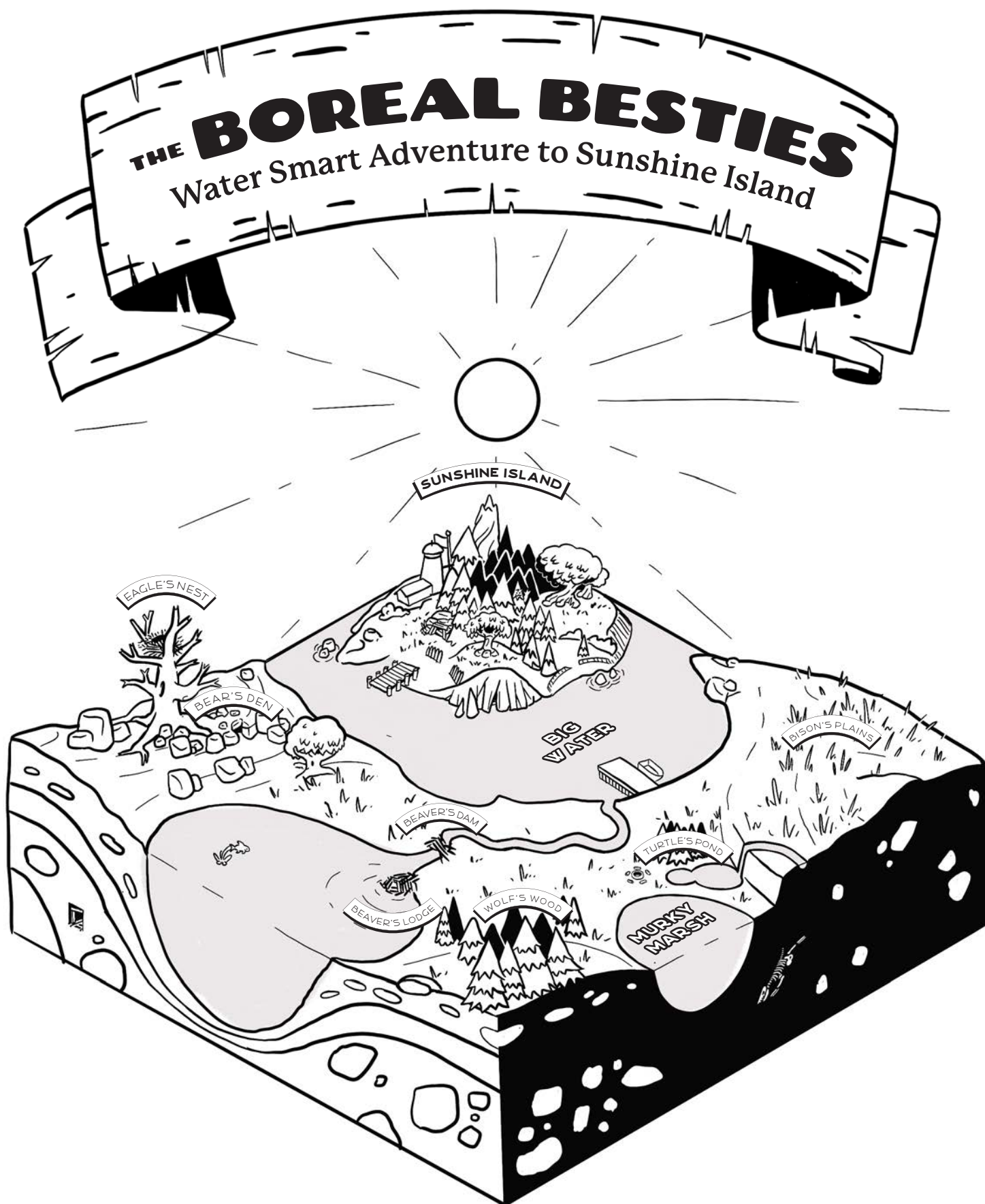
The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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Lifesaving Society Manitoba
100 - 383 Provencher Blvd
Winnipeg, Manitoba R2H 0G9

204-956-2124
info@lifesaving.mb.ca
www.lifesaving.mb.ca

 @LifesavingMB
 @LifesavingMB
 lifesavingsociety.mb



Concept, Content & Editing by Mélissandre Berthelot-Dilk & Alexandra Carrière • French translation by Mélissandre Berthelot-Dilk
Characters created by William Konrad & David Bock • Illustrations & design by David Bock

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THIS BOOK BELONGS TO

I am _____ years old.

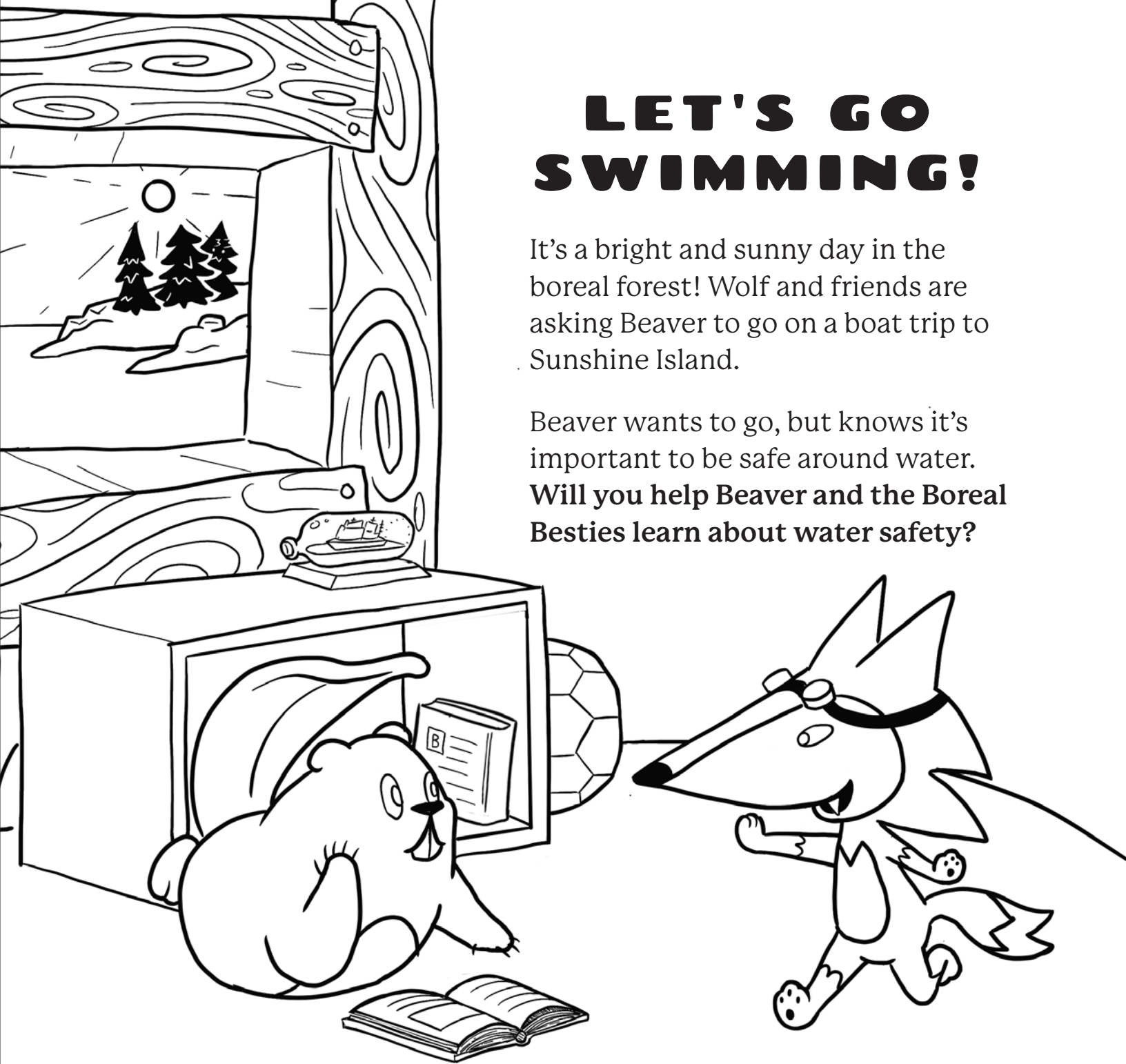
This summer I want to

I will stay safe around water by

LET'S GO SWIMMING!

It's a bright and sunny day in the boreal forest! Wolf and friends are asking Beaver to go on a boat trip to Sunshine Island.

Beaver wants to go, but knows it's important to be safe around water. Will you help Beaver and the Boreal Besties learn about water safety?



Q: Where is your favourite place to swim?

A: _____

Q: What is your favourite water activity?

A: _____

FIRST THINGS FIRST

Know who to call! If someone is in trouble, these people can help. Beaver knows the local emergency numbers, do you?

MY EMERGENCY NUMBERS LIST

Write down your local emergency phone numbers
or ask an adult to help.

My home phone number

Nursing station / Hospital

Medical Van / Emergency Medical Services

Fire Hall / Emergency Services

RCMP / Police / Emergency Services

Guardian / Parent

ALWAYS ASK AN ADULT

Beaver always asks an adult before going on the water.
Elder Beaver has a few questions, help Beaver answer them!

Can I please
go swimming?

Let's make sure
it's safe first.

Q: Where are you going?

A: _____

Q: Who will supervise?

A: _____

Q: What is the weather?

A: _____

Q: Where is your lifejacket?

A: _____



READY, SET, BINGO!

Beaver is ready to go to Sunshine Island. Help finish the BINGO card by exploring your area with an adult! **Colour in the squares when you find the items.**

B	I	N	G	O
An adult to keep you safe around water	Hat	Emergency number	Emergency meeting place	Boat
Rope	Swim with a buddy. Find a friend!	Water safety equipment	Safe place to boat	Towel
Nurse or doctor's office	Something you can reach with	Lifejacket or PFD	Something that floats	Something to throw to help your friend
Safe person to teach you to swim	Free space	First aid kit	Check the weather	Safe drinking water
Safe place to fish	Sunscreen	Emergency phone	Healthy snack	Safe place to swim





EVERYBODY NEEDS A BUDDY

Beaver knows it's important to have a swimming buddy and for there to be an adult watching!

Wolf is Beaver's buddy. Bear and Turtle are buddies too. Bison will drive the boat and watch the youngsters.

Q: Who are some of your favorite swimming buddies?

A: _____

Q: Name some adults who can supervise you when you go swimming:

A: _____

WATERFRONT WORD SEARCH

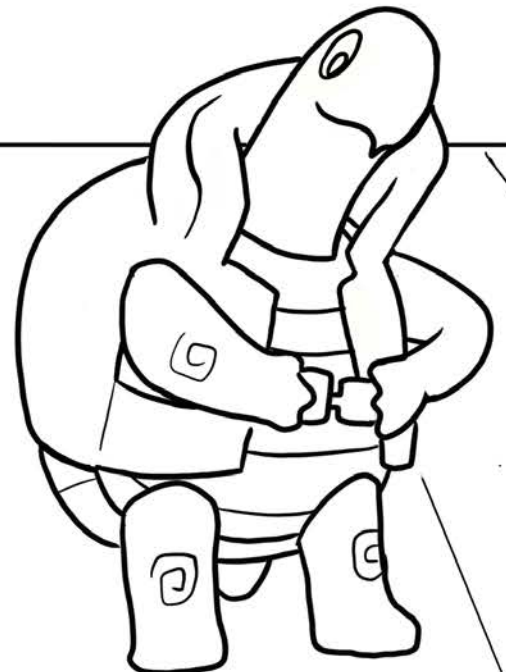
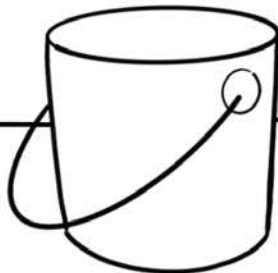
Before climbing aboard, let's remember some important things.

Words are hidden left to right, top to bottom, and diagonally.

Find everything on the list before the Besties set sail.

WORDS TO FIND

Dock	B	D	A	L	D	H	A	D	M	N	D	A	L	D	P	S	O	M	A	L
First aid kit	R	L	F	R	K	H	R	L	E	R	F	D	O	C	K	E	R	L	E	K
Rope	G	K	B	G	K	O	N	C	B	D	I	E	B	J	I	N	M	S	B	A
Compass	L	E	R	L	A	A	D	A	R	D	R	O	P	E	A	L	E	R	L	E
Safety	K	B	G	K	L	A	D	A	A	D	S	C	A	S	V	A	D	A	A	D
Paddle	A	V	D	A	K	A	U	R	A	S	T	O	D	N	A	C	A	D	A	L
Windy	E	R	L	A	A	G	A	E	H	L	A	M	L	E	L	F	R	L	E	K
Whistle	B	G	K	L	E	S	K	T	G	K	I	P	A	D	D	L	E	K	B	A
Lifeguard	A	D	A	F	E	L	A	R	L	A	D	A	F	I	S	R	E	T	L	E
Lifejacket	R	P	I	S	A	O	B	G	K	L	K	S	L	K	W	I	N	D	Y	D
Lifesaving	K	L	F	K	L	A	D	A	W	H	I	S	T	L	E	A	D	H	A	D
Float	A	L	I	F	E	J	A	C	K	E	T	Q	D	S	T	O	R	M	A	E
Storm	E	R	L	A	O	O	N	M	A	D	N	C	M	A	O	L	D	B	V	K
Fog	B	G	K	L	E	G	K	B	N	A	B	O	K	N	C	A	B	A	B	A
Wave	A	D	A	K	B	L	L	I	F	E	S	A	V	I	N	G	W	R	L	E
	R	L	E	A	A	K	B	G	K	L	E	R	L	K	A	A	D	A	A	D




Q: Where could you go for a boat ride?

A: _____

A PFD FOR YOU AND ME

Everyone on board needs a PFD!
Wear one that fits, fastens around
your waist, and has a whistle!



A PFD or
Personal Flotation Device
is something that keeps you
floating, even if you can
already swim!

Colour the PFDs on this page a bright colour!

Q: Where could you find a PFD or lifejacket?

A: _____

ISLAND EYE-SPY

Everyone arrived safely at Sunshine Island. Eagle and Bison are watching over the friends while they go on a fun scavenger hunt.

Can you help them find these items on the island?

SAFETY

- ☐ Lifejacket
- ☐ First aid kit
- ☐ Lifeguard chair
- ☐ Life Preserver
- ☐ Whistle
- ☐ Flashlight
- ☐ Phone
- ☐ Matches
- ☐ Bug spray
- ☐ Water bottle

BEACH

- ☐ Towel
- ☐ Sand castle
- ☐ Goggles
- ☐ Campfire
- ☐ Sunscreen
- ☐ Hat
- ☐ Umbrella
- ☐ Sunglasses
- ☐ Sandals

FUN

- ☐ Ice Cream
- ☐ Beach ball
- ☐ Backpack
- ☐ Fishing Rod
- ☐ Pail & Shovel
- ☐ Bicycle
- ☐ Rubber duck
- ☐ Flutterboard
- ☐ Innertube

BOATING

- ☐ Rope
- ☐ Paddle
- ☐ Flag
- ☐ Lighthouse
- ☐ Anchor
- ☐ Canoe
- ☐ Keys
- ☐ Buoy

NATURE

- ☐ Shells
- ☐ Frog
- ☐ Net
- ☐ Crane
- ☐ Robin
- ☐ Bird's egg
- ☐ Crab
- ☐ Squirrel



It's fun to
explore, but be aware!
**Find these dangerous
things on the island and
colour them red!**

DANGEROUS!

- ☐ Sharp rocks
- ☐ Broken glass
- ☐ Falling rocks
- ☐ Abandoned mine
- ☐ No diving sign
- ☐ No swimming sign
- ☐ Shore cave
- ☐ Cliff



A-MAZE-ING TRAIL



Bison is taking the Boreal Besties on a hike. Eagle is watching from above as they explore. **Can you help them find a path through the woods to find the four special clearings?**

SHIPPING OUT



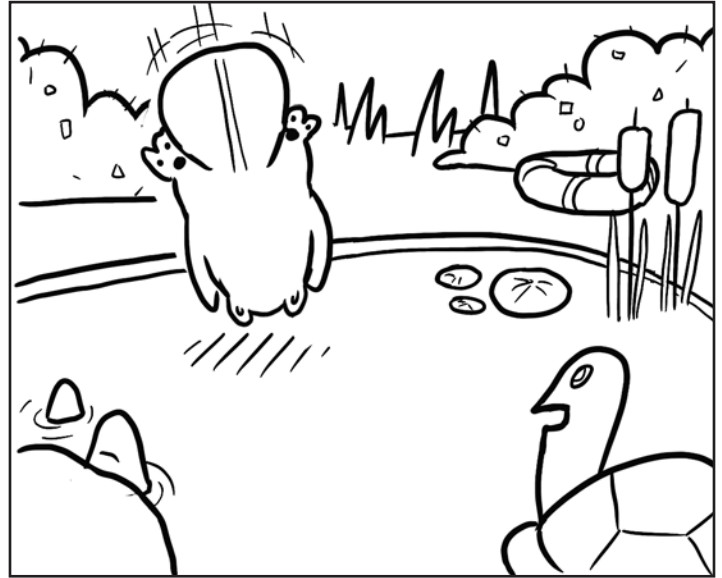
It's time to pack the boat! The Besties found lots of stuff on Sunshine Island, but the boat can't hold it all! Help them pick by colouring the safest items.

SAFE OR UNSAFE

Spot the danger. Which pictures are SAFE and which are UNSAFE?
Circle all 5 differences between each set of pictures.



Beaver is jumping into familiar water feet first. Beaver is being: ☐ SAFE ☐ UNSAFE



Beaver is diving headfirst into unfamiliar waters. ☐ SAFE ☐ UNSAFE



Beaver is going swimming with buddies nearby and an adult watching. ☐ SAFE ☐ UNSAFE

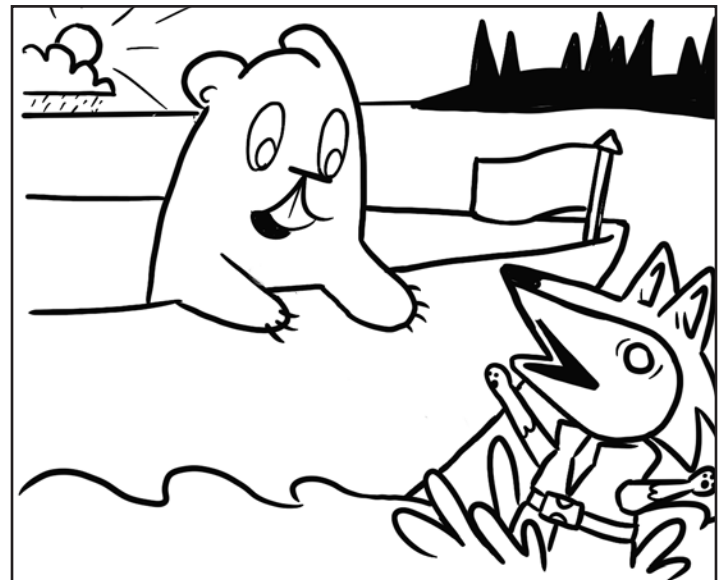


Beaver is going swimming without a buddy and adults aren't nearby. ☐ SAFE ☐ UNSAFE



Beaver can choose between two lifejackets.
The left lifejacket is ☐ **SAFE** ☐ **UNSAFE**

The right lifejacket is ☐ **SAFE** ☐ **UNSAFE**



Beaver is using a rope to reach a friend who fell out of the boat. ☐ **SAFE** ☐ **UNSAFE**

Beaver is using a hand to reach a friend who fell out of the boat. ☐ **SAFE** ☐ **UNSAFE**

BESTIE OVERBOARD!

Wolf fell in the lake getting off the boat!

But no need to panic. Wolf is wearing a lifejacket and the Besties know what to do.

1. Write: What can Beaver say when calling for help?

If someone falls in the water:

1. Stay calm.
2. Call for help. Tell an adult and call an emergency phone number.
3. Talk to the person in the water and keep them calm.
4. Throw them something that floats.
5. Stay low and pull them in with something long, like a rope or paddle.
6. **Don't pull them with your hand,** you could fall in too!



Help rescue Wolf!
There are lots of things nearby
that float. Draw something that
could help Wolf. **Remember, NEVER
reach out with your hand.**
You could fall in too!

2. Write: What can Bison
say to keep Wolf calm?



3. Draw: what can the
Besties use to help Wolf?



SAFETY SMARTS CHECK!

The Besties are back home safe!

They learned a lot about water safety, and had a great time doing it.

Now it's time to show what you learned!

Write or draw answers to the questions below!

Q: What weather is safe for swimming?

Q: Who do you ask before you go swimming?

Q: What's something that floats?



Q: What should you
always wear on a boat?

Q: How should you
jump into unknown
water for the first time?

Q: What can you use to
make noise on a boat?



ANSWERS TO PUZZLES

B	D	A	L	D	H	A	D	M	N	D	A	L	D	P	S	O	M	A	L
R	L	F	R	K	H	R	L	E	R	F	D	O	C	K	E	R	L	E	K
G	K	B	G	K	O	N	C	B	D	I	E	B	J	I	N	M	S	B	A
L	E	R	L	A	A	D	A	R	D	R	O	P	E	A	L	E	R	L	E
K	B	G	K	L	A	D	A	A	D	S	C	A	S	V	A	D	A	A	D
A	V	D	A	K	A	U	R	A	S	T	O	D	N	A	C	A	D	A	L
E	R	L	A	A	G	A	E	H	L	A	M	L	E	L	F	R	L	E	K
B	G	K	L	E	S	K	T	G	K	I	P	A	D	D	L	E	K	B	A
A	D	A	F	E	L	A	R	L	A	D	A	F	I	S	R	E	T	L	E
R	P	I	S	A	O	B	G	K	L	K	S	L	K	W	I	N	D	Y	D
K	L	F	K	L	A	D	A	W	H	I	S	T	L	E	A	D	H	A	D
A	L	I	F	E	J	A	C	K	E	T	Q	D	S	T	O	R	M	A	E
E	R	L	A	O	O	N	M	A	D	N	C	M	A	O	L	D	E	V	K
B	G	K	L	E	G	K	B	N	A	B	O	K	N	C	A	B	A	B	A
A	D	A	K	B	L	L	I	F	E	S	A	V	I	N	G	W	R	L	E
R	L	E	A	A	K	B	G	K	L	E	R	L	K	A	A	D	A	A	D



HELLO, FRIEND!

Thanks for coming on an adventure.
Did you find me throughout this book?



How to reach us

For more information on the Society and its programs and services, contact your local Lifesaving Society Branch or the National office.

British Columbia & Yukon

112-3989 Henning Drive
Burnaby, BC V5C 6N5
Tel: 604-299-5450
Fax: 604-299-5795
info@lifesaving.bc.ca
lifesaving.bc.ca

Alberta & Northwest Territories

13123 - 156 Street
Edmonton, AB T5V 1V2
Tel: 780-415-1755
Fax: 780-427-9334
experts@lifesaving.org
lifesaving.org

Saskatchewan

2224 Smith Street
Regina, SK S4P 2P4
Tel: 306-780-9255
Fax: 306-780-9498
lifesaving@sasktel.net
lifesavingsociety.sk.ca

Manitoba

100 - 383 Provencher Blvd.
Winnipeg, MB R2H 0G9
Tel: 204-956-2124
Fax: 204-944-8546
info@lifesaving.mb.ca
lifesaving.mb.ca

Ontario & Nunavut

400 Consumers Road
Toronto, ON M2J 1P8
Tel: 416-490-8844
Fax: 416-490-8766
experts@lifeguarding.com
lifesavingsociety.com

Quebec

4545 Pierre de Coubertin Avenue
C.P. 1000, Succ. "M"
Montreal, QC H1V 3R2
Tel: 514-252-3100
Tel: 1-800-265-3093
Fax: 514-254-6232
alerte@sauvetage.qc.ca
sauvetage.qc.ca

New Brunswick

70 Melissa Street
Fredericton, NB, E3A 6W1
Tel: 506-455-5762
Fax: 506-450-7946
info@lifesavingnb.ca
lifesavingnb.ca

Nova Scotia

5516 Spring Garden Road, 4th floor
Halifax, NS B3J 1G6
Tel: 902-425-5450
Fax: 902-425-5605
experts@lifesavingsociety.ns.ca
lifesavingsociety.ns.ca

Prince Edward Island

PO Box 2411
Charlottetown, PE C1A 8C1
Tel: 902-368-7757
Fax: 902-368-7757
info@lifesavingsocietypei.ca
lifesavingsocietypei.ca

Newfoundland & Labrador

11 Austin Street
PO Box 8065, Station A
St. John's, NL A1B 3M9
Tel: 709-576-1953
Fax: 709-738-1475
info@lifesavingnl.ca
lifesavingnl.ca

National Office

Suite M012 - 2420 Bank Street
Ottawa, ON K1V 8S1
Tel: 613-746-5694
Fax: 613-746-9929
experts@lifesaving.ca
lifesaving.ca



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100 - 383 Provencher Blvd
Winnipeg, Manitoba R2H 0G9

204-956-2124
info@lifesaving.mb.ca
www.lifesaving.mb.ca

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📘 lifesavingsociety.mb



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