



Coming Together for Open Water Safety

Strengthening Dissemination Through Collaboration



Alissa Magrum

Executive Director, National Drowning Prevention Alliance



NEW WATER SAFETY RESOURCE!



DOWNLOAD THE SAFE KIDS WATER SAFETY TOOLKIT!

<https://ndpa.org/safe-kids-worldwide/>
Password: SafeKidsWorldwide-NDPA-2025!!

ADVOCACY, BLOG, PARENT + CAREGIVER RESOURCES

Important Ice And Cold Water Safety Tips



Stephanie Darimont

Aquatics Mission Program Manager, American Red Cross





Longfellow's WHALE Tales

Water Habits Are Learned Early



WATER SAFETY FOR CHILDREN


- Comprehensive teaching resources
- Kindergarten – 5th Grade
- 9 fun and engaging lesson plans
- Animated and live action videos for each lesson
- Take home materials to reinforce safety messages
- Free digital materials
- Available in English and Spanish

Longfellow's WHALE Tales

Lesson 1 Resources


By downloading or streaming these materials, I acknowledge that I may use these materials subject to the license granted below solely for education purposes consistent with all requirements provided by American Red Cross for use of these materials. [See below](#) for additional information.

Lesson Plan




[Download PDF \(pdf\)](#)

Course Presentation



[Download PPT \(ppt\)](#)


Animated Video



Animated Video: Do Your Part, Be Water Smart
Celebrate water safety with Longfellow and friends. This music video reminds us to be water smart because when you jump in safe, the fun can start!

[Play Video](#)

Live Action Video



Live Action Video: What It Means to Be Water Smart
Anyone can be water smart, including you! It starts with these easy-to-learn ways to be safer in, on and around the water!

[Play Video](#)


RED CROSS WATER SAFETY PROGRAM

Longfellow's WHALE Tales

Teach children about safer behavior, in and around the water.

[About](#) [Curriculum](#) [Reporting](#) [FAQs](#)

Take us Online | Longfellow's WHALE Tales | Water Safety for Children



Longfellow

Water Habits Are Learned Early

WHALE Tales Introduction

Drowning is a leading cause of death for children in the United States. Prevention is the key to saving lives.

The Red Cross believes that one way to prevent drowning is to teach children about being safer in, on and around the water in a fun and entertaining way. This complimentary and reimagined program comes complete with interactive videos, posters and lesson plans that will inspire your students while learning to recognize and understand risks of water safety.

[Ready to report your activity?](#)


Who Can Teach WHALE Tales?

Anyone! No special certification is required to teach this material.


WHALE Tales can be taught by:

- Teachers
- Coaches
- Aquatics Facilities
- Youth Programs Leaders
- Youth Prevention Agencies
- Water Camps/Clubs
- Water Safety Organizations
- Summer Institute Aides
- Swimming Professional Coaches
- Pool staff

Longfellow's WHALE Tales may also be integrated into American Red Cross swim lessons.




Poster and Coloring Sheet



[Full Color Poster Download PDF \(pdf\)](#)
[Coloring Sheet Download PDF \(pdf\)](#)


[Purchase Poster Set](#)

Activity Sheets



[1-1 Water Smart Matching Download PDF \(pdf\)](#)
[1-2 Fun Water Smart Fun, Rules Rule Download PDF \(pdf\)](#)
[Answer Key Download PDF \(pdf\)](#)


Caregiver Letter



[Lesson 1 Caregiver Letter Download PDF \(pdf\)](#)

[Purchase the Set](#)

Stickers



[Purchase the Set](#)

For leaders: redcross.org/whaletales
For parents and caregivers: redcross.org/watersafetyforkids

Spanish Version Now Available



Longfellow's WHALE Tales

Los hábitos acuáticos se aprenden desde temprano



For leaders: cruzrojaamericana.org/WHALE-tales-Espanol
For parents and caregivers: cruzrojaamericana.org/seguridad-acuatica-infantil

Resources

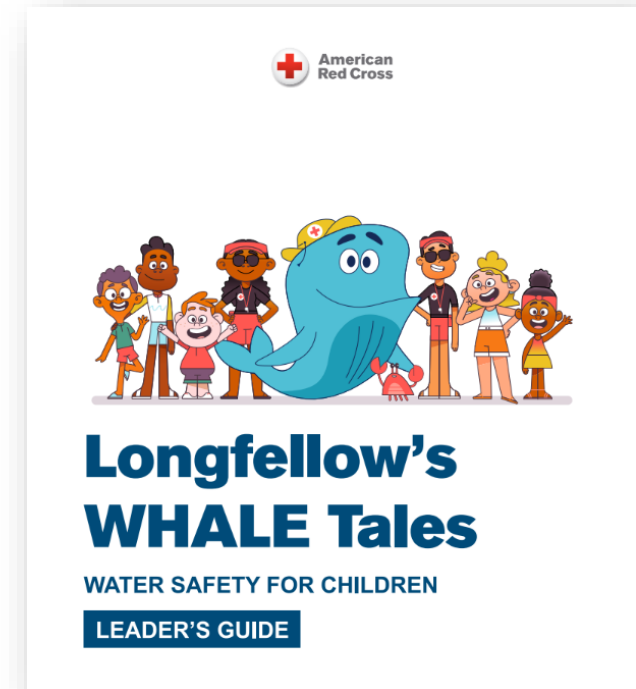
Free, Digital – Downloads and/or streaming

- Leader's Guide – Administrative, “how to teach”
- Lesson Plans: 9 lessons + Closing Ceremony
- Course Presentations
- Video Segments: Animations and Live Action
- Posters and Coloring Sheets
- Activity Sheets
- Caregiver Letters
- Participation Certificates
- Cutout Longfellow




For purchase on Red Cross Store

- Posters
- Sticker Sheets



WHALE Tales Lessons and Topics



Build your Leader's Guide here! The sections that follow include links to access a robust collection of water safety content and resources. Download them and print each section or just what is most relevant to your participant needs.

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Getting Started

Leader's Guide: [How to Lead Longfellow's WHALE Tales](#)



Section 1: Being Water Smart - The Basics

Lesson 1: [Do Your Part, Be Water Smart](#)



Lesson 1 introduces participants to basic guidelines and rules to help them be safer in, on and around the water. It lays out foundational concepts that one should never be in, on or around the water alone and should only swim in areas designated for swimming and supervised by a capable adult water watcher and, where possible, lifeguards.

These principles form the basis for all other lessons. It is strongly recommended that leaders start with this lesson before conducting any other lessons.

GO TO LESSON



The Lessons

- **Being Water Smart - The Basics**

- Lesson 1: Do Your Part, Be Water Smart
- Lesson 2: Swim as a Pair with a Lifeguard There
- Lesson 3: First Look Around: Is the Scene Safe and Sound?
- Lesson 4: Don't Just Pack It, Wear Your Life Jacket

- **A Deeper Dive into How to be Water Smart**

- Lesson 5: Play It Smart at Your Home, Pool or Park
- Lesson 6: Wave, River or Tide, Water Smarts are Your Guide

- **Being Water Smart in a Water Emergency**

- Lesson 7: Think So You Don't Sink
- Lesson 8: Reach or Throw, Don't Go
- Lesson 9: Stay Calm, Think It Through and You Can Know What to Do



Lesson Plan

Lesson 3: First Look Around: Is the Scene Safe and Sound?



Longfellow's WHALE Tales
Water Habits Are Learned Early

Lesson 3

First Look Around: Is the Scene Safe and Sound?

ABOUT THIS LESSON

This lesson provides more information about what a designated swimming area should look like and why it's important to know how deep the water is before getting in. The lesson wraps up with sun safety information to help participants keep their skin and eyes safer from harm while enjoying their time by the water.

GUIDANCE FOR THE LEADER

Please refer to the section How to Lead Longfellow's WHALE Tales for full guidance on how to teach this lesson and the Longfellow's WHALE Tales Water Safety for Children program. Leaders are encouraged to follow the lesson plan provided. However, use of the course presentation and videos is optional. You should also adapt the language and activities as needed based on the age and learning level of participants, the teaching setting, local references and available time. In some cases, options are offered for activities based on these factors.

KEY TERMS

Designated swim area: An area of the water that is meant for swimming and may be protected by lifeguards

Sunburn: When skin becomes painful and hot to the touch because of too much time in the sun

Sunscreen: A lotion, spray or roll-on used to protect the skin from sunburn and sun damage

TOPIC: INTRODUCTION

Time: 1 to 5 minutes, depending on whether optional video is used



Leader's Note: If needed, start by introducing yourself to participants and allow them to introduce themselves.

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Course Presentation 3,
Slide 1

VIDEO



LEVEL



MATERIALS

Course Presentation 3,
Slide 2

Dry erase board and
marker, or similar

■ Tell participants:

- In this lesson, we're going to talk about clues you can look for to tell if an area is meant for swimming.
- We'll talk about why it's water smart to know how deep or shallow the water is before you get in.
- And finally, we'll talk about using sun protection as an important way to keep your skin, eyes and health safer while enjoying the water.

■ Tell participants: We are going to watch a short video.

■ Play animated video: First Look Around: Is the Scene Safe and Sound?



Leader's Note: After watching the video, pose the following questions and allow a few participants to provide answers. If desired, and as appropriate for your participants and setting, you can create a Notice and Wonder chart for all to see by making a column for each and writing down what the participants say. You can refer to this throughout the lesson as you cover topics where relevant.

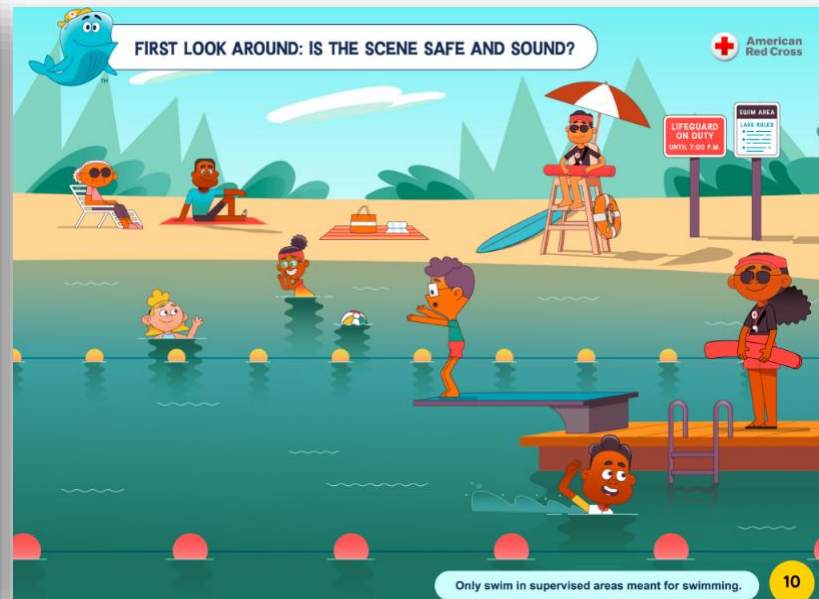
■ Ask participants:

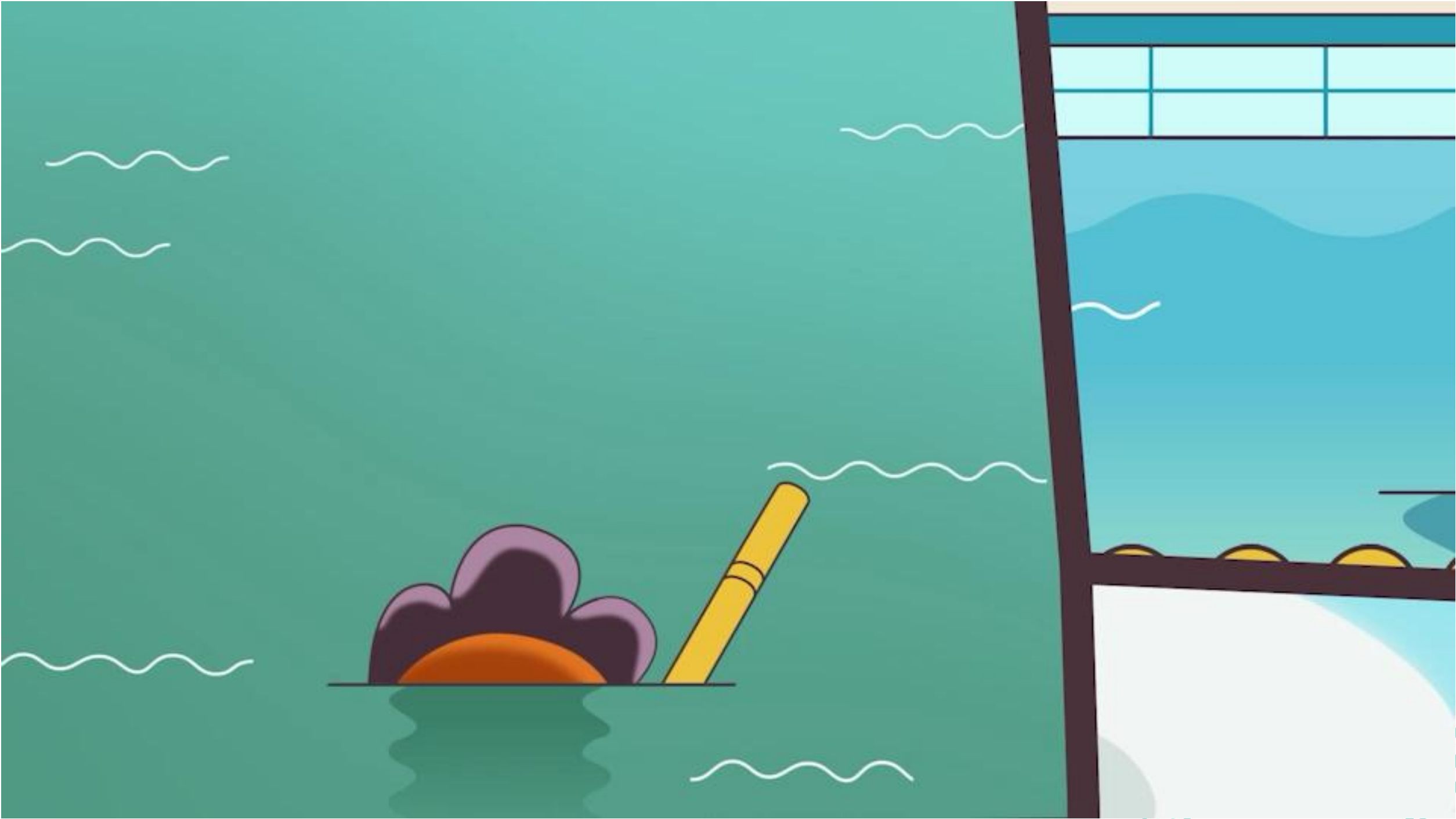
- Who can tell me one thing they noticed when watching the video?
 - Allow two or three participants to answer.
- Who can tell me one thing they are wondering after watching the video?
 - Allow two or three participants to answer.

■ Tell participants: As we go through this lesson and we learn more about this topic, think about what you saw in the video we just watched to help you in our discussions and activities.

Course Presentation

Lesson 3: First Look Around: Is the Scene Safe and Sound?

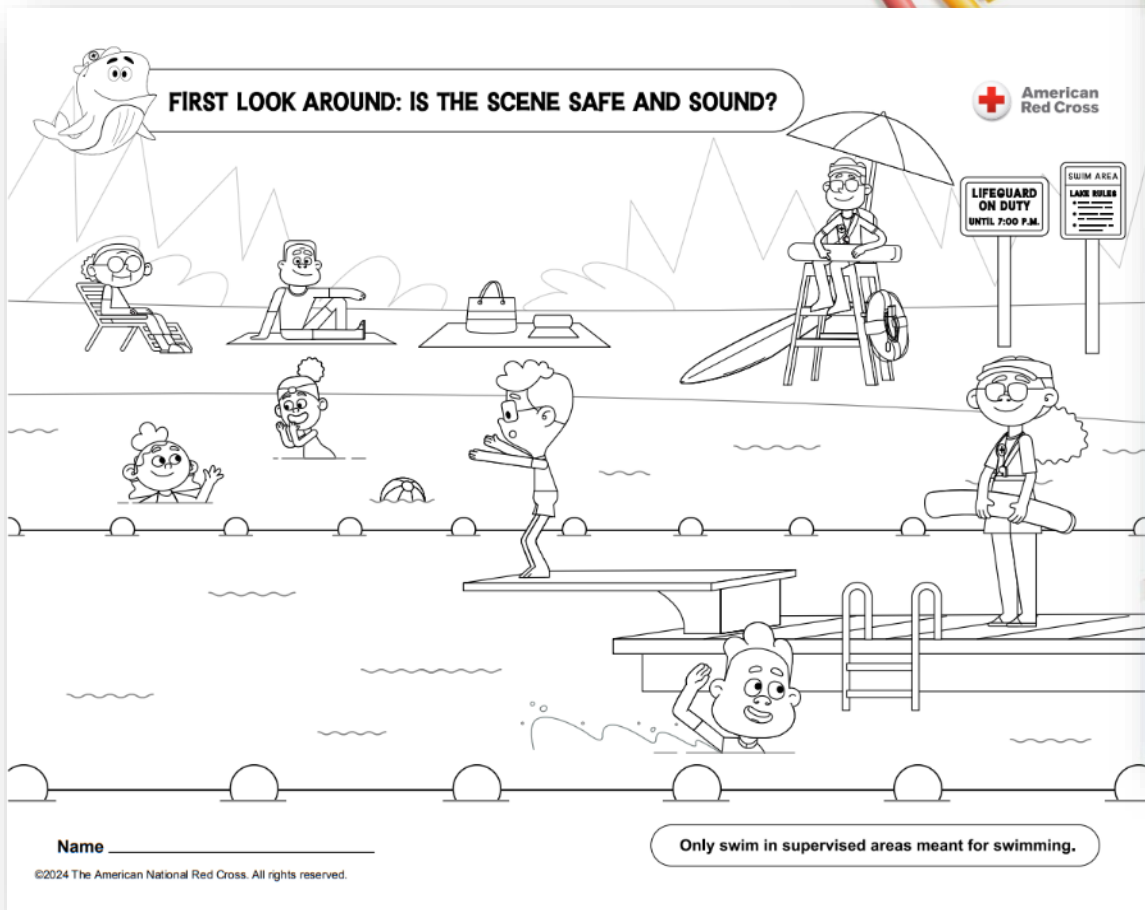




Posters and Coloring Sheets



STAY CALM, THINK IT THROUGH AND YOU CAN KNOW WHAT TO DO



Activity Sheets & Certificates



 American Red Cross

The American Red Cross recognizes that _____

Name _____

participated in Longfellow's WHALE Tales Water Safety for Children and learned ways to be safer in, on and around water.

Presented by _____ and _____

Leader _____ Date _____ Longfellow the Whale

 American Red Cross

The American Red Cross recognizes that _____

Name _____

participated in Longfellow's WHALE Tales Water Safety for Children and learned ways to be safer in, on and around water.

Presented by _____ and _____

Leader _____ Date _____ Longfellow the Whale

 American Red Cross

The American Red Cross recognizes that _____

Name _____

successfully participated in Longfellow's WHALE Tales Water Safety for Children and has made this safety pledge:

- I will do my part to be water smart.
- I will never go in the water by myself and will stick by my water buddy, supervising me.
- I will follow the rules and be a safety champion to help my friends remember the rules, too.
- To help out, I will first give a shout.
- I will not go in the water to help someone myself. I will only "reach or throw."

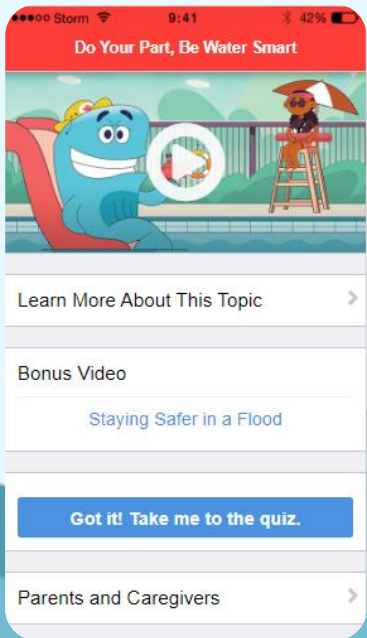
Participant Signature _____

Presented by _____ and _____

Leader _____ Date _____ Longfellow the Whale

Public Access Resources

- Red Cross Swim App
- Redcross.org/watersafetyforkids
 - Caregiver Discussion Guide



Longfellow the Whale helps kids learn to "Do your part, be water smart!"



Presenting WHALE Tales: Water Habits Are Learned Early

Meet Longfellow! His WHALE Tales are short, engaging and age-appropriate videos that teach important water safety topics. Each lesson centers on a memorable rhyming phrase to help children retain what they've learned.

We have content designed for Kindergarten through second grades, as well as for third through fifth graders. Encourage your child to watch the video, do the activity sheet for their age group, and then take a quick 3-question quiz to help them demonstrate what they've learned and take pride in their new knowledge! A parent & caregiver guide is available to help you enhance their learning.

Please note, younger children may need help printing the activity sheets and reading the quiz questions.

[MORE RESOURCES FOR PARENTS & CAREGIVERS](#)

WHALE Tales Lessons 1-9

Lesson 1: Do Your Part, Be Water Smart

Lesson 1
Lesson 2
Lesson 3
Lesson 4
Lesson 5
Lesson 6
Lesson 7
Lesson 8
Lesson 9
Resources for Parents & Caregivers
Download the Swim App
Related Links



Activities for Grades K-2



Activities for Grades 3-5

Lesson 2: Swim as a Pair With a Lifeguard There



Accessing Resources

Leaders: Red Cross Instructors

**Red Cross Learning Center
Classes>
Course Materials>
Longfellow's WHALE Tales AND
Longfellow's WHALE Tales -
Spanish**

Leaders: All Others

**Redcross.org/WHALETales
[cruzrojaamericana.org/WHALE-
tales-Espanol](http://cruzrojaamericana.org/WHALE-
tales-Espanol)**

General Public

**Redcross.org/watersafetyforkids

cruzrojaamericana.org/seguridad-
acuatica-infantil

Red Cross Swim App**



Include Water Safety at Events

- Skills stations
 - Reach or throw, don't go
 - Learning about life jackets
- Activity/craft stations
 - Game boards
 - Longfellow the Whale cutout
 - Coloring sheets
 - DIY water watcher tags
- Reading stations
 - Stories about water safety



Reporting WHALE Tales Activity

PROGRAMAS DE SEGURIDAD ACUÁTICA DE LA CRUZ ROJA

Longfellow's WHALE Tales — Seguridad acuática infantil

Enseñe a los niños a adoptar un comportamiento más seguro dentro y alrededor del agua.



Los hábitos acuáticos se aprenden desde temprano
Presentación de WHALE Tales

El ahogamiento es una de las principales causas de muerte infantil en los Estados Unidos. La prevención es la clave para salvar vidas.

En la Cruz Roja creemos que una forma de prevenir los ahogamientos es enseñar a los niños a estar más seguros dentro, sobre y alrededor del agua de una forma divertida y entendida.

Este programa gratuito y renovado se compone de videos interactivos, carteles y programas didácticos que inspirarán a sus alumnos para que aprendan a reconocer y comprender los riesgos relacionados con la seguridad acuática.

¿QUIÉN PUEDE ENSEÑAR WHALE TALES?
Cualquier este programa no requiere ninguna certificación especial. WHALE Tales puede ser impartido por:

- Profesores
- Entrenadores
- Instalaciones acuáticas
- Líderes de programas juveniles
- Agencias de prevención de lesiones
- Clubes de la Cruz Roja
- Embajadores de la seguridad acuática
- Instructores de natación
- Coaliciones para la prevención de ahogamientos
- ¡Y muchas otras personas más!

Longfellow's WHALE Tales también puede incluirse en las clases de natación de la Cruz Roja Americana.



Informar sobre el programa

(Gracias por impartir el programa Longfellow's WHALE Tales — Seguridad acuática infantil. ¡Cada alumno cuenta! Ayúdenos a hacer un seguimiento de nuestro impacto y a poner la seguridad en el agua al alcance de todos registrando a continuación su labor de divulgación. El proceso es rápido y sencillo.)

Instructores de la Cruz Roja

Primero inicie sesión en el **Centro de Aprendizaje de la Cruz Roja (en inglés)** y luego seleccione el botón que aparezca a continuación o «Recursos» > «Learn to Swim/Safety Outreach» > «Record Safety Outreach» y rellene el breve formulario.

EDUCACIÓN SOBRE NATACIÓN/CONCIENCIACIÓN SOBRE SEGURIDAD (EN INGLÉS)

Todos los demás líderes

Seleccione «Record Safety Outreach/Registra divulgación de la seguridad» y rellene el breve formulario.

PREVENCIÓN DE AHOGAMIENTOS/CONCIENCIACIÓN SOBRE SEGURIDAD (EN INGLÉS)

RECORD SAFETY OUTREACH / REGISTRA DIVULGACIÓN DE LA SEGURIDAD

Date / Fecha

*Topic / Tema

Longfellow's WHALE Tales

--None--

Hands-only CPR (course code: HSSCPR701 r.2018)

Home Pool Safety

✓ Longfellow's WHALE Tales

Longfellow's WHALE Tales - Spanish

Rip Current Safety

Sun Safety

*Total Students / Número de estudiantes

WHALE Tales Lessons / Lecciones de WHALE

Available

Lesson 3: First Look Around: Is the Sc...

Lesson 4: Don't Just Pack It, Wear Yo...

Lesson 5: Play It Smart at Your Home...

Lesson 6: Wave, River or Tide, Water ...

Lesson 7: Think So You Don't Sink

Lesson 8: Reach or Throw, Don't Go

Lesson 9: Stay Calm, Think It Throug...

Chosen

Lesson 1: Do Your Part, Be Water Sm...

Lesson 2: Swim as a Pair with a Lifeg...

*Outreach Leader Name / Nombre del líder

*Organization Type / Tipo de Organización

--None--

Other Type / Otro Tipo

Address / Dirección

State / Estado

City / Ciudad

Zip Code / Código postal

CONFIRM

redcrosslearningcenter.org > Resources > Drowning Prevention & Safety Outreach



Thank you!
Stephanie.Darimont@redcross.org



Chrissy Fandel

Executive Director of Drowning Prevention,
YMCA of Greater Richmond



COMMUNITY BASED ORGANIZATIONS, PARTNERSHIPS, & DROWNING PREVENTION

YMCA OF GREATER RICHMOND

Chrissy Fandel
fandelc@ymcarichmond.org

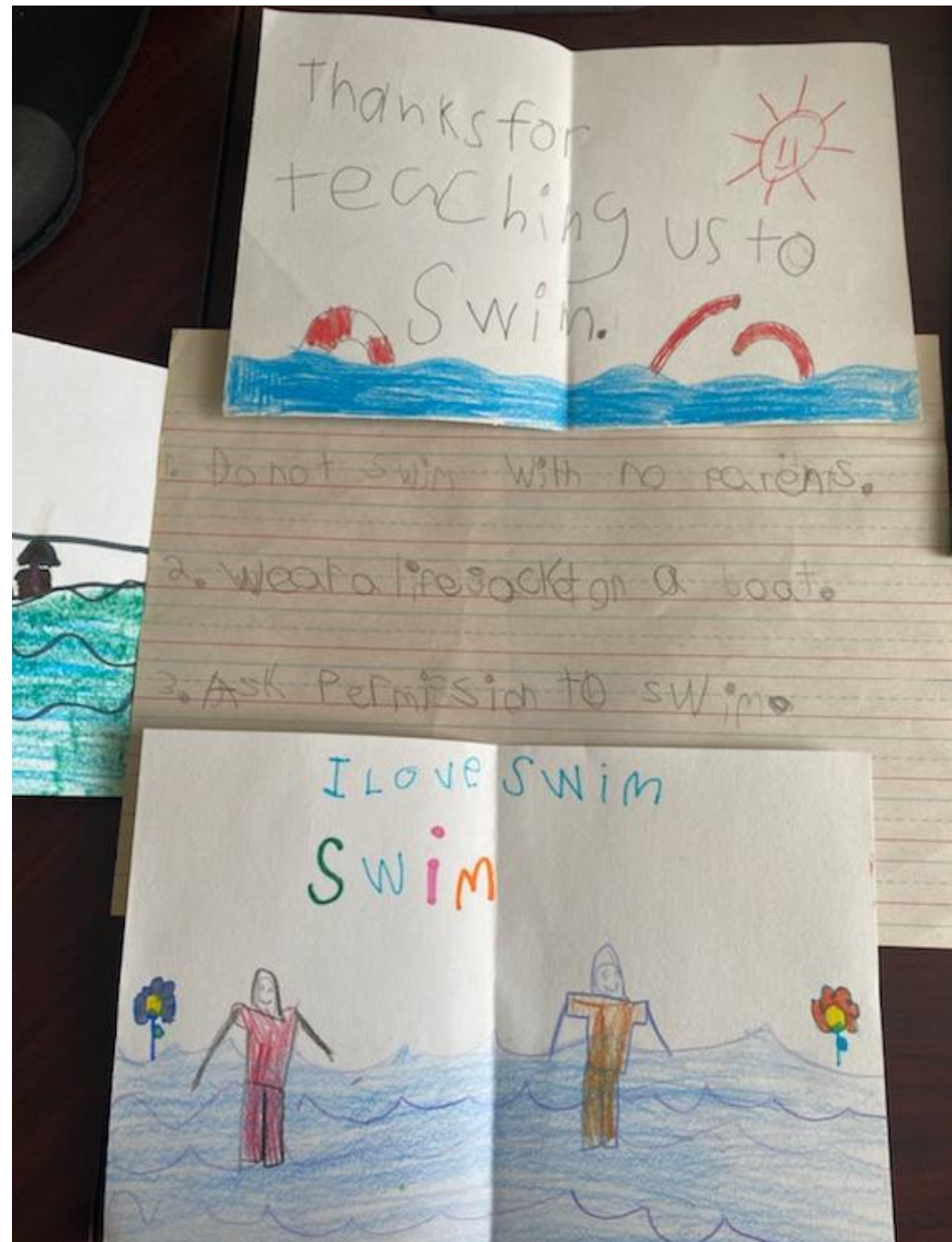




FRANK J. THORNTON YMCA AQUATIC CENTER & HENRICO COUNTY, VA







GREENLEIGH MOBILE HOME COMMUNITY & WOODMAN WEST APARTMENT COMPLEX



FORT GREGG-ADAMS & PETERSBURG YMCA



FORT GREGG-ADAMS SWIM LESSONS

Join us for FREE swim lessons for military families. We are part of a community based organization grant where we will waive the fee for your session of lessons as long as you participate wholly in all 8 sessions and agree to sign our liability waiver.

Register now as there are limited spots available.
Must be a DOD or Ft. Gregg-Adams Military or Family Member.

PARENT/CHILD

Dates: July 7-30 and August 4-27
Days: Mondays and Wednesdays
Times: 4-4:30 p.m.
Age: 6 months-3 years old

PRESCHOOL

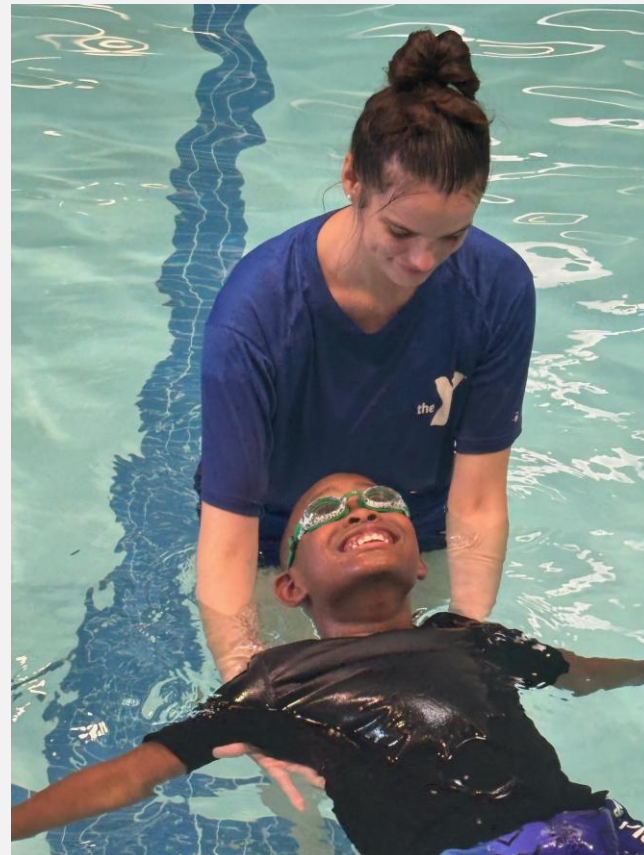
Dates: July 7-30 and August 4-27
Days: Mondays and Wednesdays
Times: 4:30-5 p.m.
Age: 3-5 years old

BEGINNER YOUTH

Dates: July 7-30 and August 4-27
Days: Mondays and Wednesdays
Times: 5-5:30 p.m.
Age: 6-12 years old

TEEN AND ADULTS

Dates: July 8-31 and August 2-23
Days: Tuesdays and Thursdays
Times: 7:30-8:15 p.m.
Age: 13 years old



MEET GERARDO

- Chester Family YMCA Impact Story



Kristina Andrews

Founder and Executive Director, Kourtney's Kause
Families United to Prevent Drowning



Kourtney Faith Andrews



11/6/2025



COMING TOGETHER FOR OPEN WATER SAFETY

In Loving Memory

Kourtney Faith
Andrews

October 30, 2013

July 15, 2017



Who We Are

- The collective voice of moms, dads, husbands, wives, sisters and brothers who are committed to preventing tragedies in the water
- Started in 2011 at an NDPA conference with just 5 families
- Currently, approx. 30 active members and foundations from all over the US
- Honor about 100 children who have lost their lives to drowning in our Not One More Books



What We Do



Each Family or Organization has a mission to end drownings and work in different prevention sectors to accomplish this goal

- **Swim & Self-Rescue Swim Lessons**
- **Scholarships for Lessons**
- **Water Safety Advocacy**
- **Legislature**
- **Life Jacket Loaner Stations**
- **Physical Pool Barriers**
- **CPR**
- **Awareness & Education**
- **Organ Donation**
- **Lifeguard Training/AED's**

Connection

- Families and organizations want to partner
- NWSAP State Strategies – Families involved
- Find us at the Water Safety Conference
- Local events (ie: NNO)
- Not One More Cards/Website



not
one
more.

Connect With Us!

<https://www.familiesunitedtopreventdrowning.org/contact>

Questions?