

# EDUCATIONAL PROGRAM SAFE WATER SPORTS





SAFE  
**WATER**  
SPORTS

SAFETY AT SEA  
AND SPORTS

[www.safewatersports.gr](http://www.safewatersports.gr)



# 1 SCENARIO LESSON

The content of the educational program varies with the age of the students, both in terms of the rules that are presented and the style of presentation. Taking into consideration the children's age groups for the design of the educational content, three group categories have been formed:

- 1st, 2nd and 3rd class of Primary School students ("Group of 6-, 7-, 8-year-old students")
- 4th, 5th and 6th class of Primary School students ("Group of 9-, 10-, 11-year-old students")
- Junior High School students ("Group of 12-, 13-, 14-year-old students")

The subject of education for the students who fall into the category of the "Group of 6-, 7-, 8-year-old students" is mainly swimming, the stay on the beach the environmental care. The educational content for the "Group of 9-, 10-, 11-year-old students" is swimming, water sports, and the environmental care and finally the "Group of 12-, 13-, 14-year-old students" focuses mainly on water sports and less on swimming and the environmental care. All the presentation material has been estimated to last one class hour.

## «Group of 6-, 7-, 8-year-old students»

1. Greeting and Screening of the 1st video - Octopus Safe
2. Screening of the audiovisual fairy-tale & Discussion about the experiences of the students
3. Screening of illustrated rules for safety at sea
4. Find the errors regarding safety at sea (quiz)
5. Singing
6. Inspirational video screening (choice 1 of 5)
7. Distribution of souvenirs and informational brochure

## «Group of 9-, 10-, 11-year-old students»

1. Greeting & Screening of the 1st video - Octopus Safe
2. Screening of illustrated rules for safety at sea
3. Find the errors regarding safety at sea (quiz)
4. Inspirational video screening (option 1 windsurfing)
5. Screening of illustrated rules about water sports safety
6. Find the errors regarding water sports safety (quiz)
7. Inspirational video screening (option 5 water ski)
8. Video about the Safe Water Sports app
9. Distribution of souvenirs and informational brochure

## «Group of 12-, 13-, 14-year-old students»

1. Greeting & Screening of the 1st video - Octopus Safe
2. Inspirational video screening (option 1 windsurfing)
3. Screening of illustrated rules for safety at sea and water sports
4. Find the errors regarding water sports safety (quiz)
5. Inspirational video screening (option 5 water ski)
6. Real story (during rules' presentation)
7. Video about the app
8. Distribution of souvenirs and information brochure

# 2

## FORMULATION OF THE RULES

Safe Water Sports has formed a scientific team for the design and processing of the educational material that will be presented at schools. The team consists of:  
Loukas Zahos (teacher),  
Faye Kafetzopoulou (teacher),  
Penelope Boznou (teacher),  
Chrysostomos Lefteratos (teacher),  
Despina Sougioul (musician),  
Magia Alivizatou (psychologist),  
Khara Marantidou (visual artist, architect and designer)

This specific team developed all the safety rules at sea and water sports combining the Port Authority's knowledge with pedagogic principles.

# 3

## SAFETY RULES FOR THE SEA AND THE BEACH



I go in the water only 2 or 3 hours after the last meal.



↑ On the beach I am protecting myself from the sun using sun glasses sunscreen and hat.



I am going in the water only if I feel well. If I am shivering or feeling dizzy I am not going in the water.



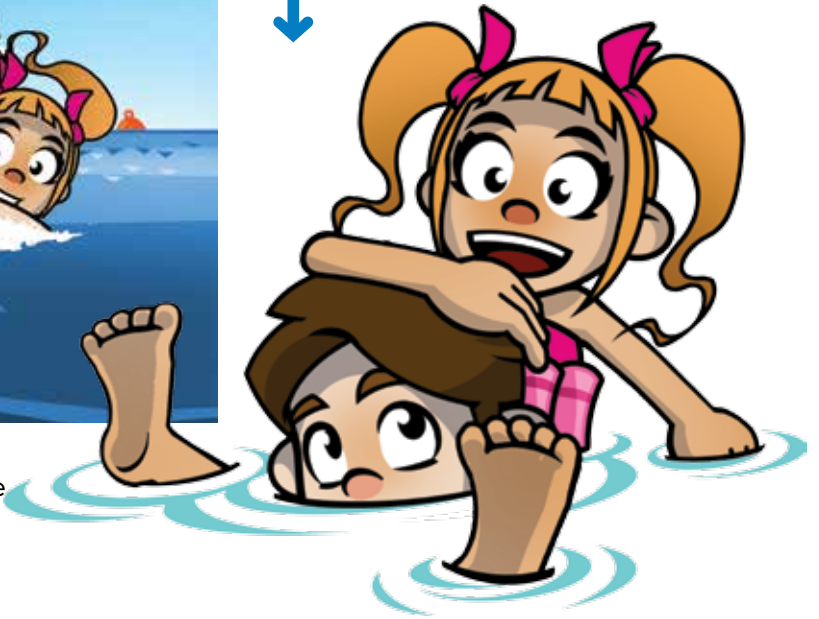
On the beach I respect the environment and I do not litter.



When swimming and if I don't know how to swim well, I wear the adequate life vest.



When swimming, I do not push or plunge others in the sea.



I don't swim alone and far from the shore. Really, have you ever thought that getting back to the shore is more tiring?



When swimming I stay within the space delimited by the sea buoys, otherwise I may be hit by boats and speeders, if I am unnoticed.



I don't swim either when the weather conditions are bad or when there are big waves and strong currents.



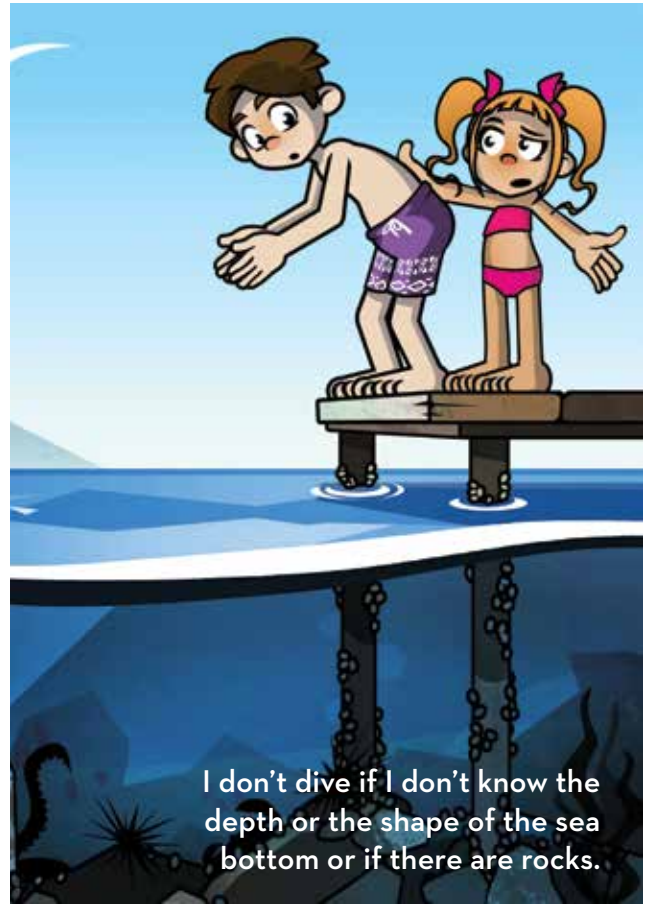
I don't swim alone at night.



↑ I don't go deep in the water, trying to run after toys (ball, sea mattress etc.) that are drifting away.



You feel you are in danger?  
Call for help!



I don't dive if I don't know the depth or the shape of the sea bottom or if there are rocks.

← I learn to wear my life vest when doing any kind of sea activities.

You feel you are in danger?  
Don't panic!



Do you feel you are in danger?  
Try to stay afloat and get out of the water. If you get a cramp, relax the part of your body that is cramping and swim slowly to shore.



Do you feel you are in danger?  
In some beaches there is a lifeguard who is in the beach to protect us from danger.

Are other people in danger?  
Inform the lifeguard, if available, as soon as possible about anything that can put in danger the lives of other people.

If there is no lifeguard on the beach, ask your family for help.

### Lifeguards' duties

- ▶ They monitor the activities of swimmers from their towers in order to detect hazardous conditions.
- ▶ They wear the appropriate uniform.
- ▶ They can patrol the sea area in their rescue boat.
- ▶ They are always alert and ready to assist people in danger.



# 4

## SAFETY RULES FOR WATER SPORTS



I am doing water sports only if:

- I am of the appropriate age, as provided by the law.
- I know how to swim well
- I am feeling well.
- at least 2 or 3 hours after my last meal.



When I address a rental agency in order to do water sports I have in mind that an attendant should be on board, in all water sports involving a speed boat (water ski, tubes, etc.).



When I address a rental agency in order to do water sports I have to be sure that it is licensed.

For my safety, when doing water sports I do not exhibit my abilities or do dangerous stunts to impress my friends, I am careful and I don't overestimate my abilities.



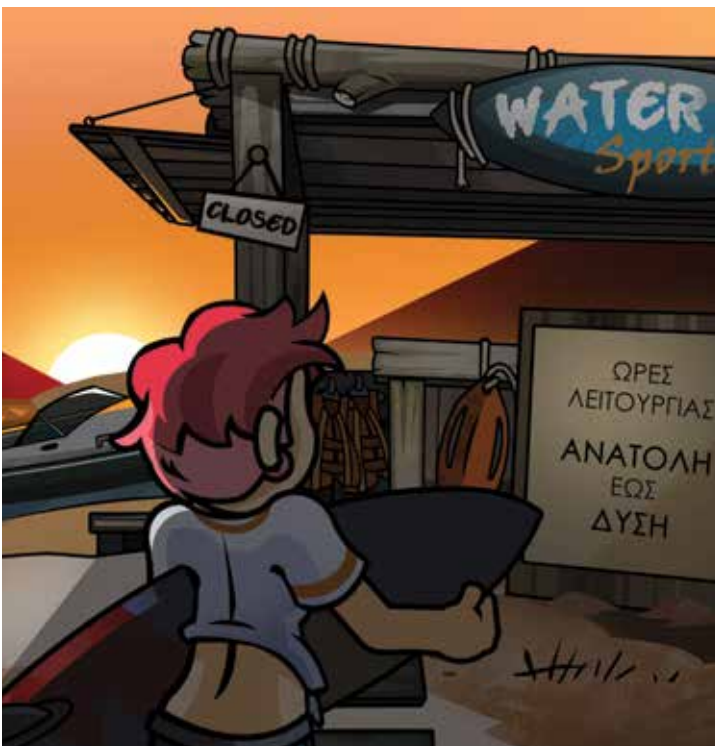
When I address a rental agency in order to do water sports I ask for information and I comply with the instructions of the trainer or the person in charge.



For my safety, when doing water sports, I get back to the shore when the weather conditions get worse.



When I address a rental agency in order to do water sports I keep in mind that all recreational rent a boat services are forbidden before sunset and after sunrise.



In order not to cause an accident when doing water sports, I always use the corridor with floating buoys to enter and exit the beach.

For safety reasons, when doing water sports I keep eye contact with the rental agency site or the shore, so as to be able to detect any signaling to me or to be visible, in case I need help.



When doing water sports I take all safety measures (life vest, helmet etc.) and I ensure that if my equipment is in a good condition.



In order not to cause any injuries to the rest of the bathers, when doing water sports, I comply with the safety distance from the bathers.



I can only drive a jet ski with a speed boat license issued by the Port Authorities.



# 5

## SAFETY RULES FOR THE SWIMMING POOL



Before entering the swimming pool I remember that I should go to the bathroom first.



Before entering the swimming pool I remember that I should always take a shower. When you enter the pool without having had a shower first, substances from your body or face, like sweat for example, will end up in the water.



I enter the swimming pool when at least 2-3 hours have passed since my last meal.



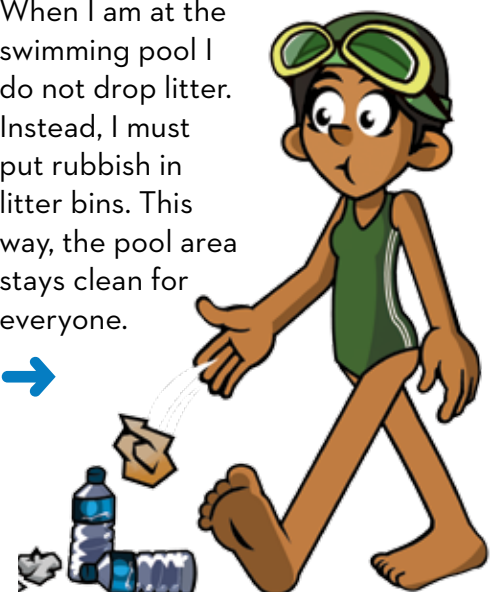
When swimming in the pool I listen carefully to the instructions given by the lifeguard and I follow all safety rules. The instructions provided by the lifeguard help you stay safe and not to put either yourself or other swimmers at risk.



When I am at the swimming pool I don't push other people for fun.



When I am at the swimming pool I do not drop litter. Instead, I must put rubbish in litter bins. This way, the pool area stays clean for everyone.





When I am at the swimming pool I don't run around the pool because I may slip and fall. There is usually plenty of water on the deck around the pool, therefore it is very easy for anyone to slip and fall. Also, if you run while there is water around the deck of the swimming pool, you may accidentally push other swimmers and cause serious injuries.



Before diving into the pool I always check if there is another swimmer beneath the surface of the water.

When swimming in the pool I avoid playing dangerous games in the water in order for all the swimmers to stay safe.



Before diving into the pool...I check the depth of the water to make sure it is deep enough for diving.

When I am at the swimming pool I wrap up in warm clothes on cold days.



When swimming in the pool I avoid doing underwater breathing exercises without the presence of an instructor or coach.



When swimming in the swimming pool I always wear swimming goggles and a swimming cap. ↓



I come out of the swimming pool immediately when I hear the pool alarm. ↓



When swimming in the swimming pool I don't chew a gum, I don't eat or drink. ↓

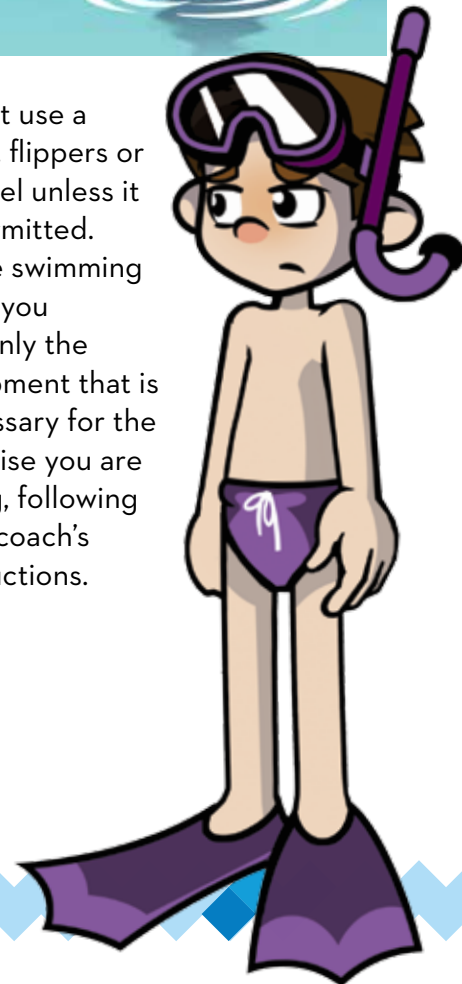


I come out of the swimming pool immediately when I start shivering, feeling cold or any other unpleasant emotion. →



I don't use a mask, flippers or snorkel unless it is permitted. In the swimming pool, you use only the equipment that is necessary for the exercise you are doing, following your coach's instructions. →

↑ I always stay on the right side of the lane, so that you do not collide with / crash into other swimmers.



# 6

## INSPIRATIONAL VIDEOS

A series of educational inspirational videos in which top Greek Olympic Winners and athletes of water sports present their vision regarding safety at sea and water sports.

**Nikos Kaklamanakis** describes the story of the preparation he undergoes, the level of determination he shows in every single step he takes, in order to be safe in the water, and the endless inspiration he draws from the colors of blue and white of the Aegean sea and from our country, Greece.

**Christos Afroudakis** recounts the loneliness he feels when he exercises in the water and explains that the only rule he follows is the rule of the absolute readiness.

**Aggeliki Karapataki**, analyses the power she draws

### **“BECOME ONE WITH THE WATER”**

*“If you are afraid of the sea, it drives you away, if you respect it, it embraces you. Listen, adapt, prepare”*

**Nikos Kaklamanakis**  
Gold Olympic Winner



adrenaline and how this only combines with safe sports.

**Sofia Papadopoulou** emphasizes on the importance of inner preparation and the compliance with the safety rules, so as to be safe when exercising in the water.

**Nikolas Plytas** explains how the right preparation may lead to flawless practice of sports as well as why safety has become his main priority.

The National Synchronized swimming Team including **S. Malkogeorgou, E. Papazoglou, A. Tsola and E. Platanioti**, believes that “water is life itself, it is freedom. Every freedom comes with a framework that begins with respect and responsibility.”

**Georgios Panagiotakis** emphasizes that “there is no free diving without rules since there is no freedom without rules.”



### **“OPEN YOUR EYES”**

*“To dive in unknown waters is like driving with your eyes shut.”*

**Spyros Gianniotis**  
Bronze Olympic Winner  
10 km open sea swimming



## “DON'T UNDERESTIMATE THE DANGERS”

*“Nothing comes without any risks and all the more in the water.*

*Yet, following the safety rules you can make it, just like me.”*

**Sofia Papadopoulou**  
**Bronze Olympic Winner Sailing**



## “DON'T NEGLECT THE SAFETY RULES”

*“I'm neither invincible nor invulnerable. I'm a grain of sand in the endless universe. And so are you.”*

**Aggeliki Karapataki**  
**Silver Olympic Winner Water-polo**



## “ THERE IS NO FREEDOM WITHOUT RULES”

*I never dive alone; I always have a “diving” partner with me. You can not free dive without training. Not even for a few meters”.*

**Georgios Panagiotakis**  
**Greek world champion of free diving**

## “DON'T EXHAUST YOURSELF”

*“Water-polo gives you power, makes you invincible, yet even me, I am small compared to the powerful water.”*

**Christos Afroudakis**  
**Silver Olympic Winner -  
National Water-polo Team**





## **“WATER IS FREEDOM”**

*“But every freedom stems from respect and responsibility”*

**S. Malkogeorgou, Ef. Papazoglou, Ath. Tsola, Ef. Platanioti**  
**National synchronized swimming team**

## **“DON'T OVERESTIMATE YOUR POWERS”**

*“In a world full of DON'Ts,  
I don't think what I  
shouldn't do, while  
preparing I only think what  
I should do.”*

**Nikolas Plytas**  
**Water-ski Champion**



# **7**

## **A REAL STORY**

A short documentary based on the true story of a child who narrates his own experience in windsurfing. During his presentation, he explains the importance of following the safety rules when doing water sports based on his own experiences.

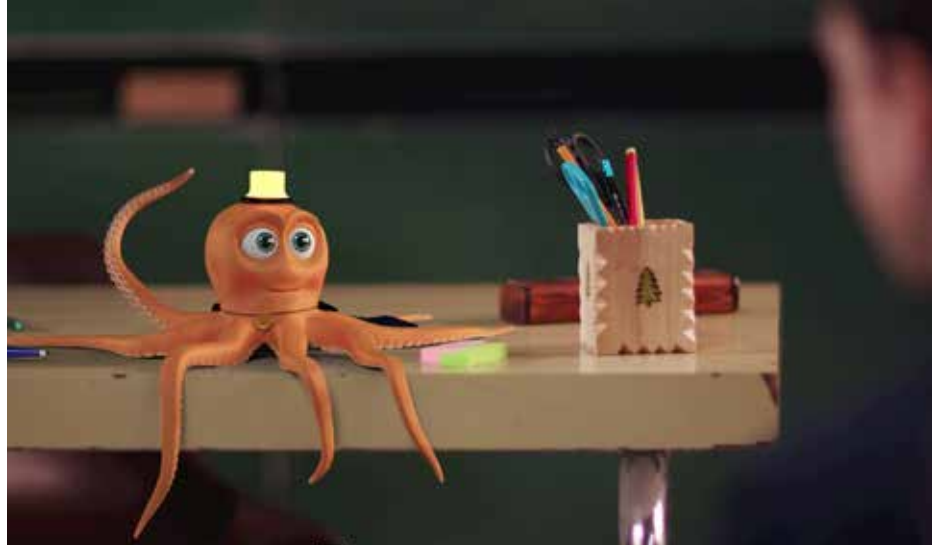




# 8

## CHILDREN'S FAIRY TALE

This is a short illustrated story written by Vaggelis Iliopoulos and narrated by children, in which the character, Octopus Safe, presents himself and one of his adventures in correlation with people's safety at sea and water sports.



# 9

## INTRODUCTION VIDEO

The educational program is introduced through a video that presents the fairy-tale character "Octopus Safe", who will accompany the students during the presentation. The video which lasts almost 2.5, constitutes a combination of an actual film inside a classroom and the placement of a 3D animation character (Octopus Safe).



# 10

## VIDEO RECORDING

The famous actor Konstantinos Markoulakis, voices the fairy-tale character (Octopus Safe). For the needs of the video, the recording was made in a studio, while at the same time the expressions of the actor were recorded by using special equipment, in order for them to be depicted on the 3D animation character's face.



# 12

## MUSIC CD "DIVE INTO BLUE"

Famous artists such as H. Paparizou, Tamta, P. Mouzourakis, P. Baltatzi, N. Kontogeorgi, T. Marantinis and A. Babali joined their forces in order to support the creation of the first music CD that is released by Safe Water Sports named "dive into blue", with the support and coordination made by MINOS EMI. It is about a journey inspired by the music that is composed by Despina Sougioula, the Greek lyrics are written by Vagelis Iliopoulos, the English lyrics are written by Faye Kafetzopoulou and the orchestration is conducted by Lefteris Xanthis. Through this music journey, we can all contribute to make Greek seas as the safest seas in the world because "water signifies joy" and "we should love the sea".



# 11

## BROCHURE

The information provided to children is accompanied with a specially designed brochure that includes all the main issues related to children's safety on the beach, at the sea and water sports. The brochures are addressed to the parents as well, as these include useful information for them, too.





**13 EDUCATIONAL BACKPACK**  
An interactive game, especially for young ages is considered to be the most efficient way to learn. For this reason the Organization created an “educational backpack” that includes Playmobil games (a visual representation of beach and sea activities), activity cards, color books, story cubes (cubes with images stimulating children’s imagination), bingo, memory game, unscramble the rules game and many others forms of games, in order to inform - educate children while they are playing and having fun. The educational backpack is suitable for schools, kids summer camps, hotels, swimming pools etc.

# 14

## SAFE WATER SPORTS ACADEMY (E-LEARNING)

Safe Water Sports created an online distance learning platform named “Safe Water Sports Academy” which addresses children and teenagers aged between 6 and 16 years old. The educational material that is offered through the Safe Water Sports Academy is also used by the Port Authorities of the Ministry of Maritime Affairs to teach public school’s students throughout the country, within the framework of a certified educational program entitled “CHECK - LEARN - CARE” by the Ministry of Education. In order to access this educational material through Safe Water Sports Academy you only need a computer with Internet access. The system is structured in that way so as to provide the appropriate educational material depending on the age group of the participants. At the same time, the program gives the opportunity to trainers to change the structure of the educational scenario and create a new one, adapted to their particular needs. For the very young ages, the main character of the program is both the fairy-tale character “Octopus Safe” and young children who convey the knowledge of safety rules to their classmates, through their own stories and experiences. The educational material is available in two languages (Greek - English) and consists of: A 3D animation character video featuring the fairytale character “Octopus Safe”, a Video - fairy tale with animation graphics, safety rules illustrated by cartoon heroes and a recorded narration, Quiz with illustrated questions (find the error), the children’s song called “Water is Joy” in a video format, inspirational videos



featuring the ambassadors of Safe Water Sports (Olympic Winners and Water Sport Champions) who present their own message regarding safety in the water, Real Stories video-, Short in length Documentaries, in which children share their own adventures in the water, pointing out their mistakes and failings that put them in danger, always in a happy-end conclusion. <http://e-learning.safewatersports.gr/el/normal/academy>





# 15

## CODE OF CONDUCT AT SEA

The Organization, in cooperation with AKTO students, created the “Code of Conduct at Sea”, similar to the well-known Highway Code (for highway circulation) with the aim to illustrate the main safety rules at sea and for sea activities, in order for them to be easily recognizable. The “Code of Conduct at Sea” is included in the Safe Water Sports app as well as in the educational program that the Organization performs in conjunction with the Ministry of Education and the Port Authorities at schools throughout the country and in many other applications too. Based on this activity, the Organization intends to create a series of pictograms that present the main safety rules regarding swimming, the stay on the beach and water sports.

Therefore, through this code, the Organization pursues to shape a new culture for both children and adults.

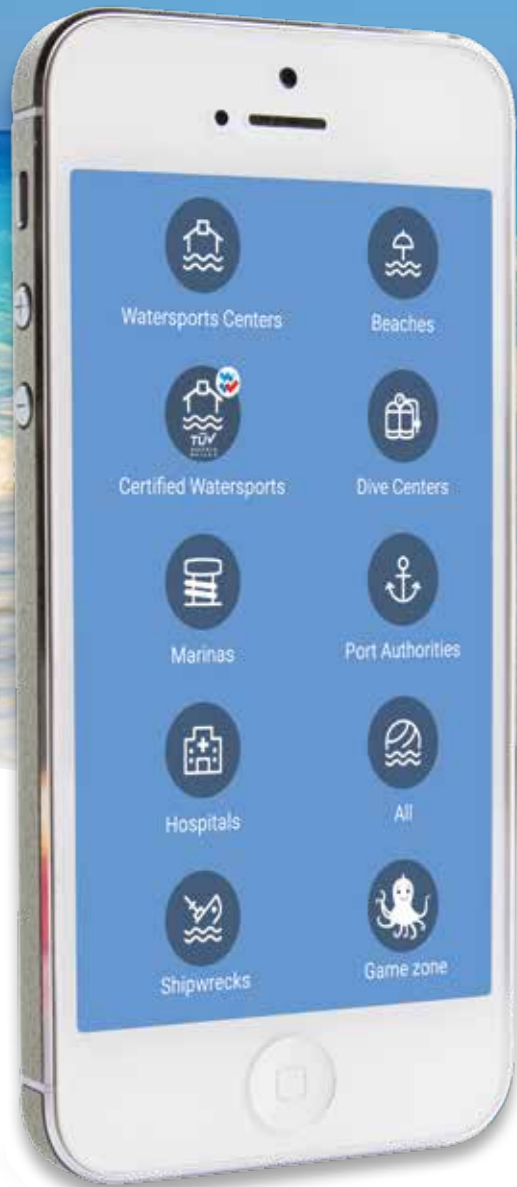




## 16 INFORMATION & RECREATIONAL CENTER ON THE BEACHES

The model-type information and recreational center has set as its main goal the education of children of all ages, regarding all issues concerning safety on the beach, at sea, water sports and sea activities through playing and recreational activities. The recreational program was designed by the Safe Water Sports volunteer teachers and psychologists and includes activities such as: the use of the Safe Water Sports app in tablets so that children can learn the safety rules while they are playing, the painting with the fairy-tale hero “Octopus Safe”, the creation of bracelets and other handicraft bearing the Organization’s logo, darts, balance games, speed games, board games, memory cards, storycubes, Playmobil, “music pillows” game and many other forms of activities. The center is staffed with volunteer teachers and water sports athletes. In 2017, the first center operated on the beach Kalo Livadi on the island of Mykonos. This action is supported by the Stavros Niarchos Foundation donation

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- ▶ Water sports
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