# Get Fred to the side

OGDEN OTTERS | ANSWER SHEET

**Write 1 to 6 in the boxes to put them in order.**

Name: _____



| | |
|---|---|
| 6 | Lifesaving kick to the nearest poolside. |
| 3 | Put your hands underneath Fred's arms, one on each side, where the armpits are. |
| 4 | Kick your legs hard and lift Fred up to the surface. |
| 2 | Surface dive down to Fred. |
| 1 | Shout for help. |
| 5 | Turn Fred round so his face is out of the water. |

**Then say the whole thing out loud, in order, to a grown-up.**

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## How we teach it

If Fred is at the bottom of the pool, the safest way we have to teach the children to rescue Fred is that they have to do a surface dive down to Fred. They have to swim to Fred and place their arms and hands underneath either side, where the armpits are. They then have to bring Fred up to the top and turn Fred so that Fred is face out of the water. It involves them kicking their legs quite rigorously so that they can pick up and lift Fred to the surface. They then will do a lifesaving kick to the nearest poolside.