

# Splash Into Summer!

Summer is just around the corner. It is a time when many kids swim and play outdoors. Follow these simple steps to stay safe and have fun this summer.

## 1. Be Water-Wise

Pools, lakes, and oceans are great places to beat the summer heat. While you swim and play, make sure to follow water-safety rules.

### Quick Tips

- Always swim with a buddy, never alone.
- Be sure an adult is watching you while you swim.



photos.com

*Always swim with a buddy.*

## 2. Stay Sun-Safe

Being outside in warm, fresh air is fun during the summer. Although the sun feels nice, it can be harmful. Sun can burn your skin even in a short time.

### Quick Tips

- Always use **sunscreen**<sup>1</sup>. Remember to rub it in evenly.
- Wear a hat or sunglasses to protect your eyes.



photos.com

*Always wear a helmet when you ride.*

## 3. Act Wheel-Smart

In-line skating, biking, and riding a scooter are good ways to stay fit. It is important to follow road rules and be wheel-safe.

### Quick Tips

- Always wear a helmet when you ride and skate.

<sup>1</sup>**sunscreen:** a lotion applied to the skin to prevent sunburn

## Reading Passage

- Use wrist guards, knee pads, and elbow pads while in-line skating.

**Summer Safety Checklist**

- Drink plenty of water while playing outdoors.
- Play only in safe places, away from streets.
- Stay away from hot grills and open fires.
- Follow all playground rules.
- Use bug spray to prevent insect bites.

**Think About It!**

What are some other summer safety rules you follow?

## Question Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**“Splash Into Summer” Questions**

- \_\_\_\_\_ 1. The author wrote this passage
- to encourage swimming.
  - to inform the reader about how to stay safe during summer.
  - to convince the reader to buy his favorite brand of sunscreen.
  - to convince the reader not to ride a bicycle.
- \_\_\_\_\_ 2. You should swim with a buddy because
- it is more fun.
  - the buddy can make sure you are safe.
  - the buddy can get help, if help is needed.
  - all of the above.
- \_\_\_\_\_ 3. You should wear a helmet while
- riding a bike and swimming.
  - in-line skating and playing soccer.
  - in-line skating and riding a bike.
  - playing football and in-line skating.
- \_\_\_\_\_ 4. The author probably intended this article to be given to students
- at the end of the school year.
  - before winter holidays.
  - on the first day of school.
  - on their birthday.
- \_\_\_\_\_ 5. Why did the author put the Summer Safety Checklist in a box? Explain.

---

---

---