



## CHOCOLATE MILK DIVING DEMONSTRATION

Think *first* before diving head first into the water. This demonstration will help your audience understand the risks of diving into unknown water and will get them thinking about the long term consequences of head and neck injury. Remember, feet first the first time.



### Supplies:

- A clear container, a fish bowl works well. The container will need to be large enough to fit a hand in it.
- Water
- Chocolate milk or chocolate syrup
- Miniature versions of items that you may find on the bottom of a lake or river – cars, rocks, logs, tires, furniture
- Paper towel
- Optional: door wedge – this may be used to represent a sand bar.

### Objective:

The purpose of this activity is to demonstrate the dangers of diving into unknown water. The water should be opaque enough to keep the objects hidden from your audience so that they are unaware of what lies below the surface. The demonstration should be tied to education about proper diving techniques and safe entry into the water, such as viewing DiveSmart / Sudden Impact.

### Directions:

- Before your demonstration fill your container with water and chocolate milk or water and chocolate syrup. This will give the water a murky or cloudy look. Ensure the water is opaque enough to hide or make less visible the objects you will put in.
- Put in any kind of item you think you might find on the bottom of a lake, river, or ocean. You may wish to use toy cars, furniture, rocks or anything you can think of. If appropriate, ask your audience what they might hit if they cannot see into the water. Explain that even if you can see the bottom, it might still not be deep enough.
- You may wish to use a door wedge as one of your hidden objects. This object represents a sand bar. The water maybe deep enough to dive on one side of a platform but not on the other. Explain that sand bars are always moving and that it is important to check the depth of water in areas that were once safe to dive into.
- You can have your audience take turns reaching into the container and pulling out objects.
- Ask your audience about proper entry into the water. Tell them to never dive into unknown waters and to remember “feet first the first time.” For more diving safety tips please see <http://thinkfirst.ca/safetyinfo.aspx>.
- Tie in the demonstration to the fragility of the skull and spinal cord. If appropriate, talk about the long term consequences of a brain or spinal cord injury.