Alo Tsika adeha ilimamo !

Halo ra yele

Let's go swimming in Mayotte !

ALLONS NAGER A MAYOTTE

Vamos a nadar !

Swimming in Mayotte ?

Claire : I learned in the hexagon.
Pablo : there is no municipal swimming pool.
Peter : I learned in college.
Arfata : My mother doesn't want to because of the sea monsters.
Samira : my dad learned in the river.
Fatima : The beaches are not yet supervised.

Before going to the beach...

Claire : I check the weather.

Pablo : I check the tides.

Peter : I choose a beach based on the water quality .

Arfata : I don't go into the water after a heavy rain.

Samira : I protect myself from the sun (clothing, glasses, cream, headgear...).

Fatima : plan my things for swimming (swimsuit, towel, water, snack...).

.

Low tide: lowest sea level.
High pool: highest sea level.

The higher the tidal coefficient, the stronger the tide.
The tides are influenced by the moon.
At very low tide, the corals are discovered and visible.

• **Évitez la baignade après la pluie :** les ruissellements liés aux fortes pluies peuvent provoquer une pollution des eaux de mer et entraîner un risque pour votre santé.

• **Attention au soleil :** buvez régulièrement de l'eau et protégez-vous du soleil (chapeau, tee-shirt, crème solaire).

To the beach.....

Claire : I respect the environment, I put my waste in a bag.

Pablo : I take a landmark on the beach to find out where my things are.

Peter : I tell an adult every time I go in the water.

Arfata : I don't overestimate my abilities.

Samira : I watch the current and the waves if it's not dangerous.

Fatima : I protect myself from the sun and hydrate myself regularly.

During the period of Ramadan, you must be particularly vigilant to the risks associated with dehydration and vagal discomfort.

What happens when the waste goes to the sea?

CONSEQUENCES DE LA POLLUTION D'ORIGINE HUMAINE

... and provide a garbage bag

NE VOUS ALLONGEZ PAS DIRECTEMENT SUR LE SABLE
• Utilisez une natte ou une serviette pour éviter d'éventuelles affections dermatologiques.
• Rincez-vous après la plage pour éviter les maladies de peau.

GARDEZ LA PLAGE PROPRE
• N'abandonnez pas vos déchets sur la plage, ils attirent les rats, chiens errants, défigurent la côte, peuvent être source de pollution et entraîner des risques pour votre santé.
• Fumeurs, ramassez vos mégots.
• Ne brûlez pas les déchets.
• Signalez la présence de produits dangereux ou de déchets à la municipalité.

In the lagoon ...

Claire : I don't touch what I don't know.

Pablo : I leave the marine animals alone.

Peter : I don't collect seashells or rocks.

Arfata : I do not touch the turtles.

Samira : I don't walk on corals.

Fatima : I turned around before I got tired.

In the water and on the beach there are living things that can be dangerous.

Corals have microscopic spines that inject more or less irritating venom (eg: fire coral).

Some fish may have fins that cut (eg: surgeonfish).

Stonefish and **sandfish** have needles filled with poison that they can pop out if stepped on. Their venom can cause heart attacks in some fragile people.

Some seashells (cones) have spines filled with venom.

On the beach, stinging caterpillars can fall from trees, and centipedes can sometimes venture onto the sand to look for food.
If you leave litter on the beaches, it promotes the proliferation of rats (carriers of leptospirosis and harmful to birds).
Marine animals have fragile skin.

We have on our hands a large quantity of microorganisms with which we live and which protect us (bacteria, non-pathogenic fungi). If we touch marine animals, we pass on these bacteria and fungi to them which can cause them skin diseases, lowering their general immunity.

Do not walk on algae to preserve turtle beds (using the channel in N'gouja for example).

To learn...

Claire : Make an appointment with a professional (lifeguard or association).

Pablo : Practice and follow the advice.

Peter : Take your time.

Arfata : Have fun.

Samira : Never be alone.

Fatima : Listen well at school.

It is important to learn to swim to avoid drowning. At the start, stay where you are. You can help yourself with armbands, a fries, a board or a life jacket.

You must never be alone.

Warning!!! Knowing how to swim is not enough to avoid the risk of drowning.

You need at least one adult to monitor with battery and network on his phone to call for help if necessary.

He can watch in the water or out of the water. He must not be on his phone or tablet, do not be absent (to prepare the "ovule" or go to the bathroom, for example).

Sécurité

• **Risque de noyade :** surveillez bien vos enfants lorsqu'ils jouent dans l'eau et ne surestimez pas vos capacités physiques.

Every summer, accidental drowning kills about 50 children under 13. One in two drownings is due to a lack of supervision.

For training...

Claire : I go under my boyfriend's legs.
Pablo: I do the starfish on my stomach.
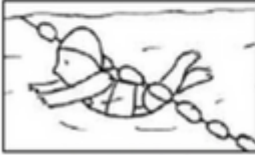**Peter:** I hit bottom with my hand.
Arfata: I swim underwater and go up to breathe without getting tired.
Samira: I swim a long distance without touching the bottom.
Fatima: I am resting on my back.

At the beach you can play lots of games: the game of fishing fish, water polo, playing grouper and shark, swimming relay race and many others.

To be several is flore funny...

S'équilibrer

| Je sais faire l'étoile ventrale | Je sais faire l'étoile dorsale |

Enchaîner des actions motrices

| Se déplacer avec une planche. | Se déplacer avec une frite. | Se déplacer sans matériel. |

S'immerger

| Passer sous la ligne d'eau | Mettre la tête sous l'eau | Ramasser des objets au fond. |

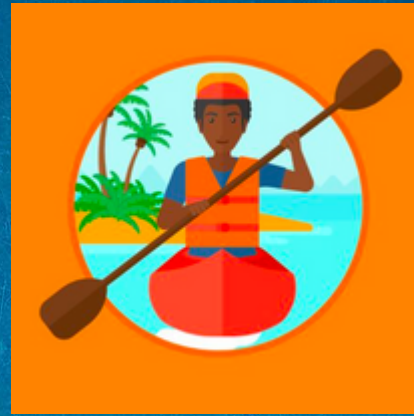**Now that I know how to swim I can do many activities.**

Claire: scuba diving.
Pablo: Outings in Mask and Snorkel Fins.
Peter: Stand-up paddleboarding.
Arfata: Canoeing.
Samira: Boat trips.
Fatima: catamaran.

Clear water doesn't mean it's clean.
It can be of poor quality because of pathogenic microorganisms (linked to feces, mudslides, waste of all kinds ...)
These microorganisms can be bacteria (salmonella, staphylococcus, escherichia coli ...), viruses (hepatitis A), parasites, fungi, worms ...
it is for this reason that waste should not be thrown into the sea.

IN THE EVENT OF DROWNING OR ACCIDENT

In the event of an accident, feeling unwell, drowning ... an adult must be alerted as soon as possible.
You can call any adult around you, families, friends, strangers, restaurateurs, sinners ...

One rule : do not hang up first.

The emergency numbers are :

SAMU	Police Secours	Pompiers	Urgence Sms	En mer
15	17	18	114	196
Urgence médicale	Signaler une infraction	Situation de péril ou accident	Accesible par fax ou SMS	Sauvetage en mer

When you call for help, you must :

1. **Introduce yourself** (name first name age).
2. **Give** the location of the accident (location of the beach, the village, etc...).
3. **The nature of the accident** (malaise, drowning, etc...).
4. **Describe** the injured person (age, condition, is he breathing, is he conscious? Or is he unconscious? Etc ...).

Useful links

ARS :

tps://www.mayotte.ars.sante.fr/controle-des-eaux-de-baignades-ou-se-baigner-en-2021-mayotte?fbclid=IwAR1s-6PHX5K4T7TTiUi-2pI2pMLxTcTpozo88ZAxwbGlf55BI-8MbXDUH5U

Tides : https://mareespeche.com/af/mayotte/zaudzi-ile-mayotte#_temperature_eau

Learn to swim and fight against drowning : https://sports.gouv.fr/preventiondesnoyades/

Swimming pool : *Piscine Koropa,* https://koropa.fr

At the beach : *Phil Ô Libre Entrainement,* https://philolibre-entrainement.com

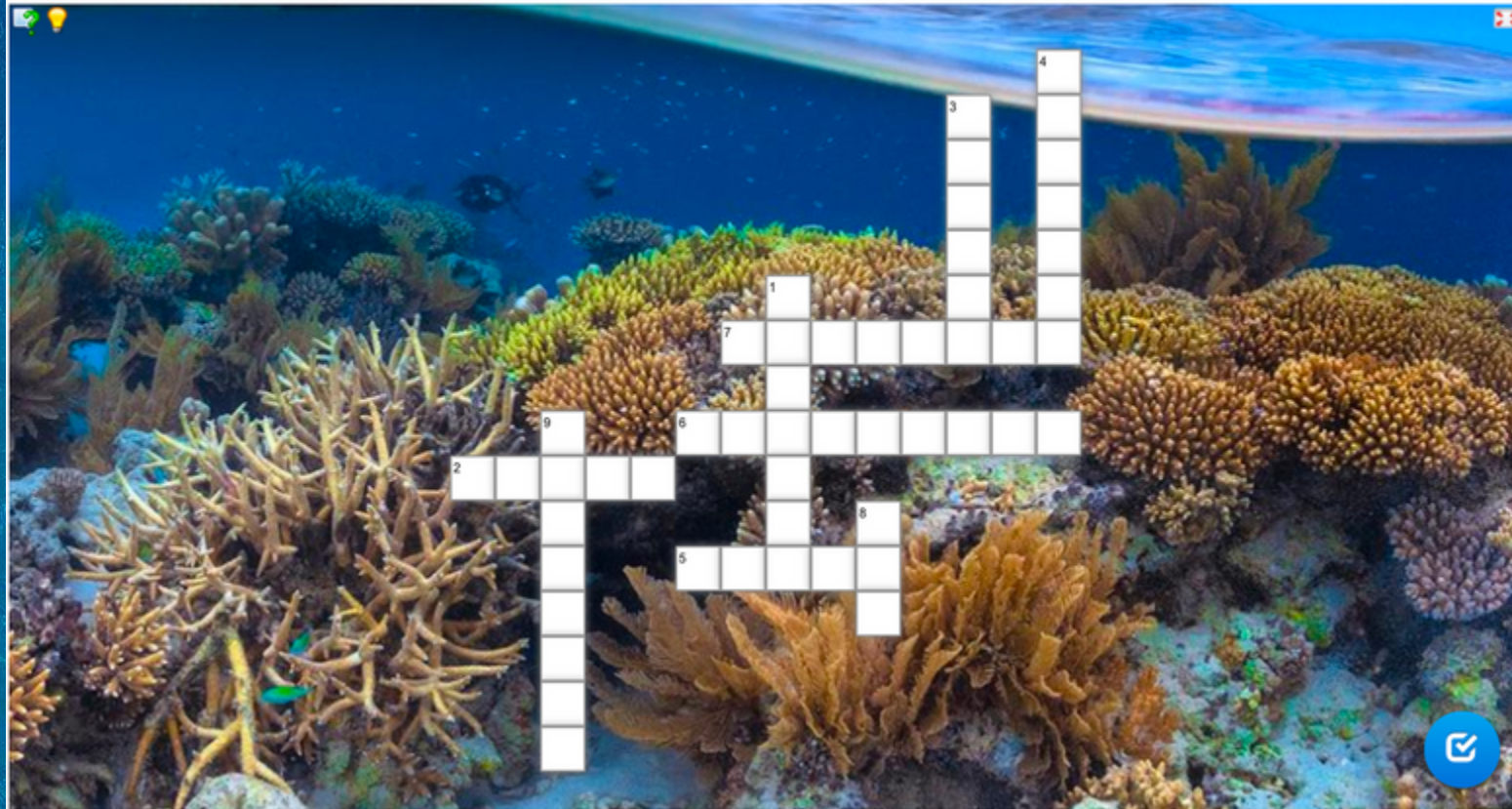**This work was carried out by :**

Stéphane Devin, MEEF 1, PES1
Lydie Arnoux, MEEF 1, PES1
Frédéric Dos Santos, MEEF 1, PES1
Sylvianne Assimina, MEEF 1, PES1
Siaka Ali, MEEF 1, PES1
Ahmed Mistoihidine, MEEF 1, PES1

Graphic designer : Lucie Mehut

With the help of :

Année 2020-2022

J'apprends à connaître le lagon

Do you want to solve this crossword on the lagoon in French? Connect with your computer by copying the following link into your browser or scan the QR code with your mobile phone.

Link: https://learningapps.org/18601579

Or by scanning the QR code on your mobile phone