



# Bishop Rawstorne Church of England Academy



20<sup>th</sup> May 2020

Dear Parents/Guardians,

Please see message below from Lancashire Fire & Rescue.

## **Dying for a dip**

Attached is the presentation which obviously was put together for Lancashire Fire & Rescue to present, in the current times this is not possible, so we are sending it out for you to share with your children.

This is a link to the video they were going to play, it's on YouTube, if you google: real life stories, the dangers of swimming in reservoirs. Or here is the link

<https://www.youtube.com/watch?v=zeIzT5TsQgg>

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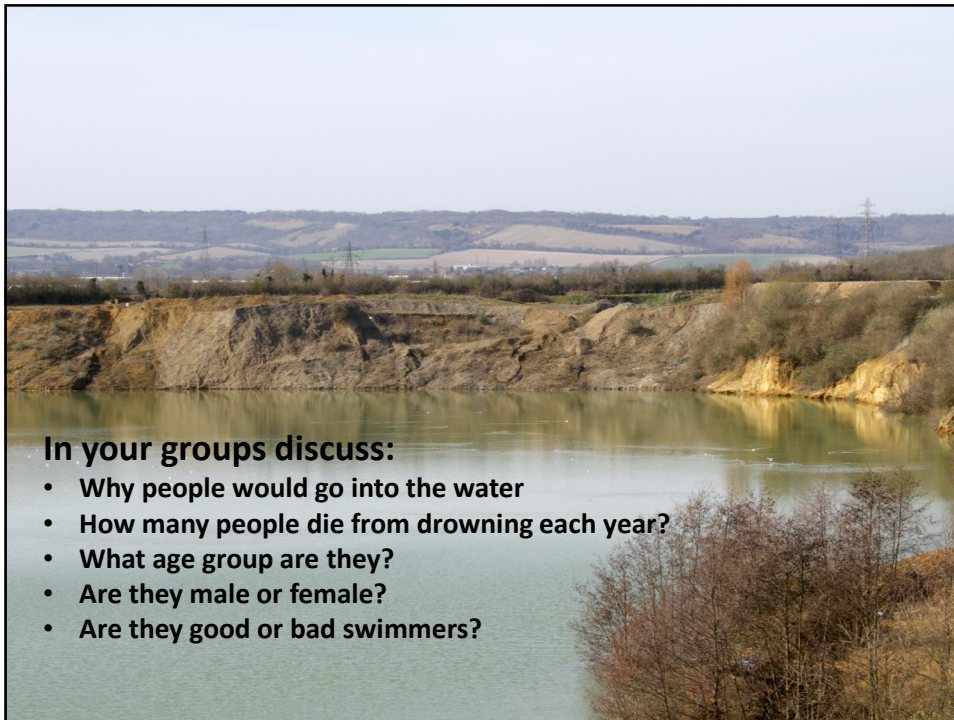
**Headteacher:** Mr P Cowley



## What we'll talk about

- Water Facts and Figures
- Dangers
- Signage
- Consequences
- What to do if you need help






## The Facts & Figures

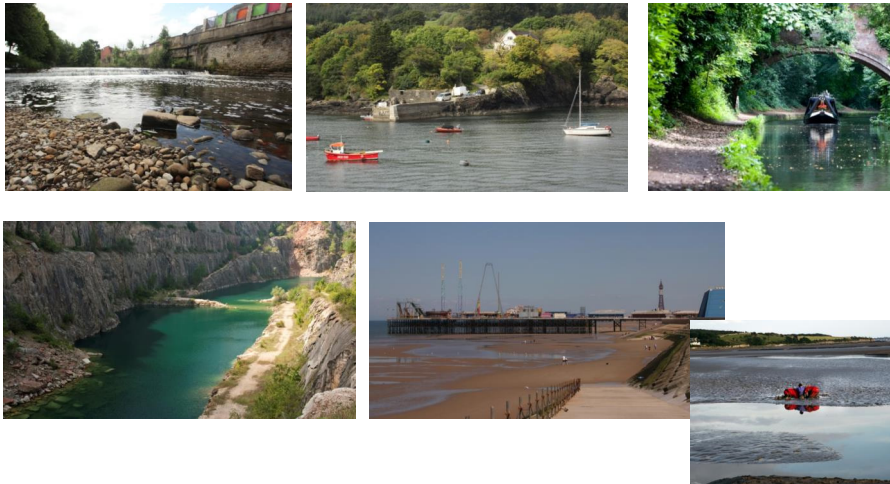
400 people die from drowning in the UK every year.

It is the third most common cause of death in under 16 year olds.

 The majority of these deaths are males aged between 10 and 18 and are entirely preventable.

Open water sites are often untreated and so you could pick up some nasty illnesses if you swim in them.

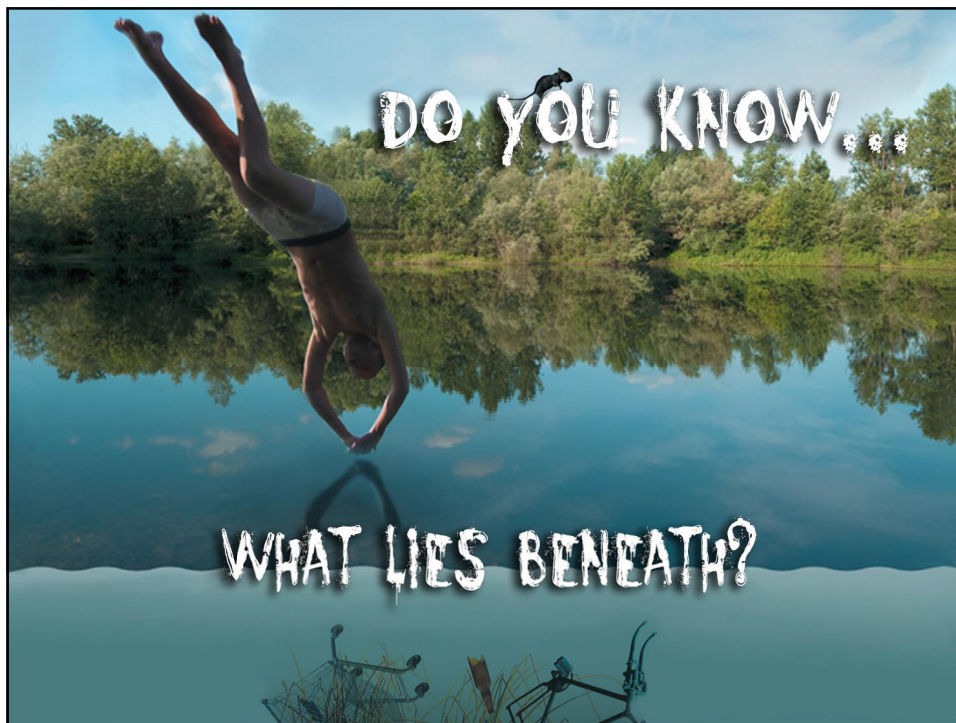
## Open water - what is it?



## Open Water Dangers

- Water temperature
- Hidden currents
- Difficulty getting out
- Depth of the water
- Polluted water
- Risk of entanglement in plants and reeds
- Rubbish under the waterline
- No Lifeguards





## Water Signage



## Effects of cold water

Cold water carries heat away from the body 25 times faster than air of the same temperature.

Jumping into cold water causes immediate physiological responses, the first of which is a "gasp" reflex.

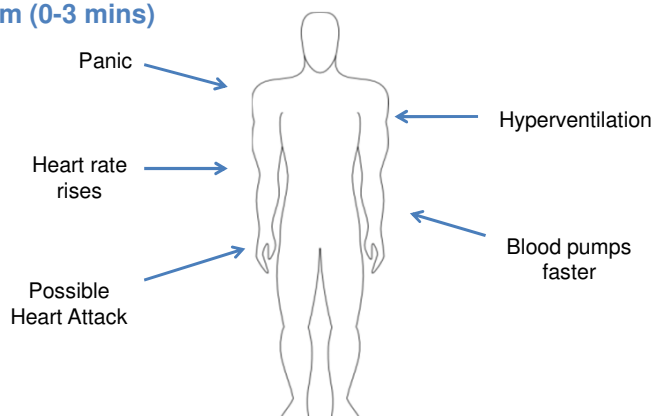
Any water with a temperature less than 15°C will trigger this REFLEX reaction.

Reservoir temperatures rarely get above 12°C!



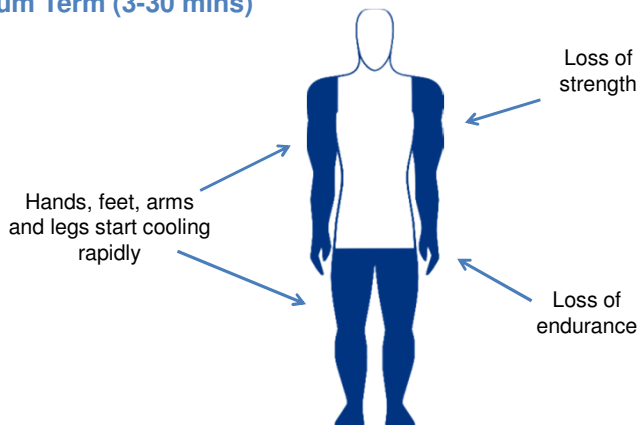
## Effects of cold water

### Short Term (0-3 mins)



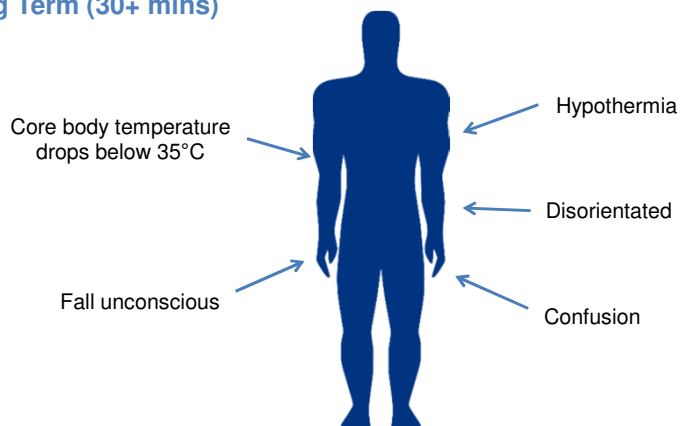
## Effects of cold water

### Medium Term (3-30 mins)



## Effects of cold water

### Long Term (30+ mins)



## What should you do?

**Never enter the water to rescue a drowning person**



- **SHOUT** – make contact with the person and encourage them towards you.
- **REACH** – Use a branch, pole or anything at hand if it is safe
- **THROW** – Use anything available to either pull them to the side or that they can use as a float.

## Quiz

1. Name 3 reasons why open water is so dangerous to swim in.
2. How can cold water affect your swimming ability?
3. Why is diving into shallow water dangerous?
4. Name 3 things you could throw to someone in the water to help them float.
5. Why is it a bad idea to go into the water to rescue someone who is struggling?
6. How could you summon help in an emergency?
7. What do these two signs mean?





## Summary

- The body loses heat 25 times faster in water than at the same air temperature.
- Any water lower than 15°C will cause your body to go into shock.
- Never enter the water to rescue a drowning person.
- Only swim in designated areas and make sure you're not alone.
- Keep your mobile phones charged so you can call for help.

**You are more likely to drown in open water if you are a strong swimmer because you are more likely to take risks and go into the water.**



**Extra slides which you may want to use if they are more appropriate for the issues you face within your area.**

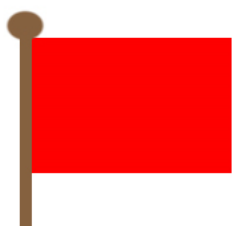
## At the beach

The seaside isn't an environment that everyone is used to or experienced with, so it's easy to miss hazards.

- High and low tides
- Sharp objects litter hidden in the sand
- Slippery rocks
- Rip currents
- Powerboats/surfers
- Offshore winds
- Manmade structures
- Inflatables



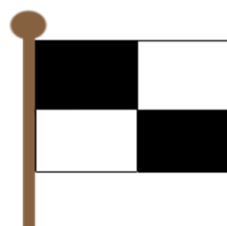
## Water Signage



No swimming



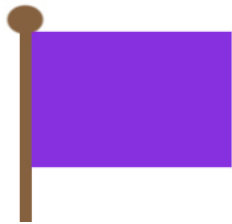
Safe to swim within flagged areas.



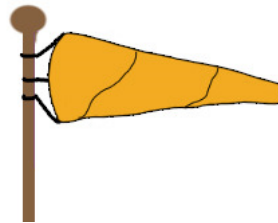
No swimming – area used by surfers and windsurfers



## Water Signage



Marine pest present  
e.g. jellyfish



Indicates off shore winds and  
invisible currents.

**Do not use inflatables.**



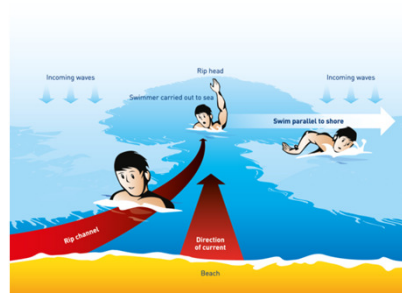
## At the beach

## What should you do?

Always check to see if there are any lifeguards or warning flags on the beach before going in to the water and don't go on your own.

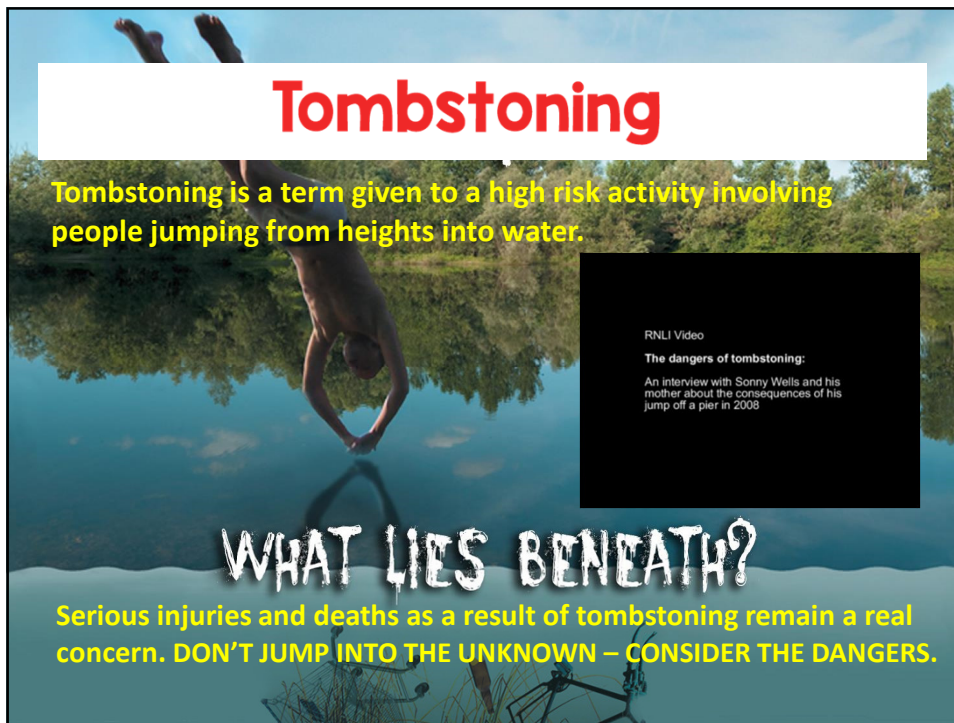
### Rip currents

- Wade, don't swim
- Raise the alarm
- Swim parallel to the beach



If you see someone else in trouble, alert others nearby and either call or ask someone else to call 999 and ask for the coastguard.





# Tombstoning

Tombstoning is a term given to a high risk activity involving people jumping from heights into water.

RNLI Video  
**The dangers of tombstoning:**  
An interview with Sonny Wells and his mother about the consequences of his jump off a pier in 2008

## WHAT LIES BENEATH?

Serious injuries and deaths as a result of tombstoning remain a real concern. **DON'T JUMP INTO THE UNKNOWN – CONSIDER THE DANGERS.**



# Water and Us



# Firefighters Equipment



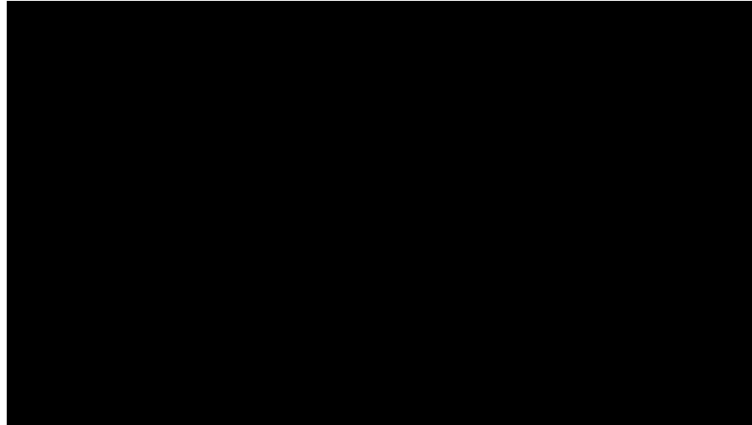
- Helmet
- Whistle
- PFD with integral quick release chest harness
- Throwbag on quick release belt.
- Gloves
- Drysuit with integral socks
- Appropriate footwear (not integral boots)



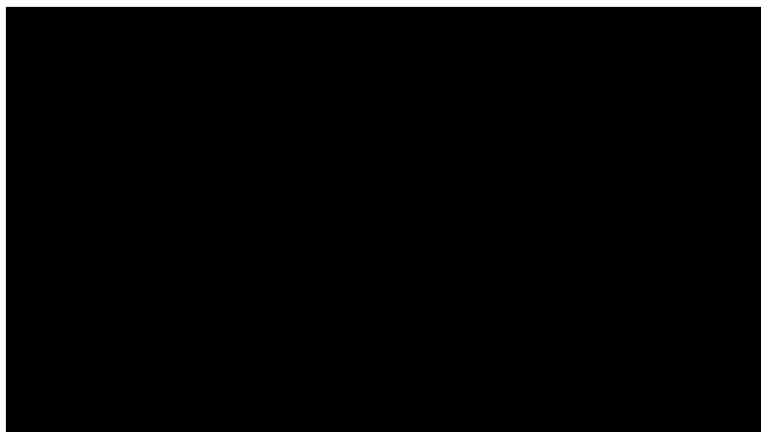
# Firefighters Equipment



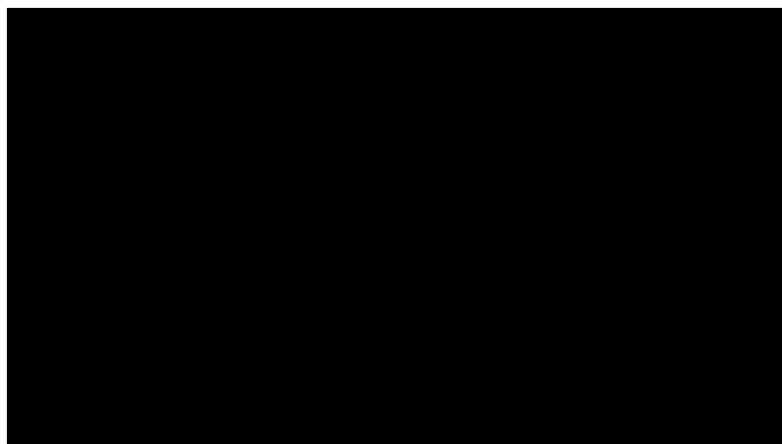
# James Goodship



# James drowned. It could have been me



# Dylan Ramsay



# It's not a game

