



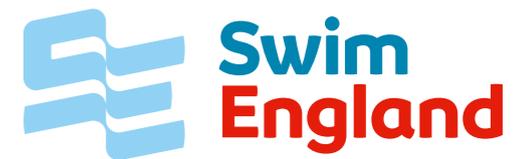
SWIM
SAFE®



In partnership with

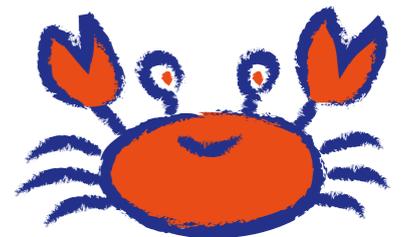


Supporting Partner





Outdoor Water Safety





What are the differences?

What are the differences in swimming indoors compared to swimming outdoors?



The differences

Indoor pool

- Usually warm (typically 27-33°C)
- Clear water
- You can see the bottom of the pool and any obstacles
- Water is usually calm and still
- Not affected by weather
- Often lifeguard supervising
- Ladders to climb in and out

Sea, lakes & rivers

- It can be cold (average of 15°C in the summer, but can be as low as 8°C)
- Not always clear due to sand or mud at the bottom
- Unable to see the bottom and can sometimes be very deep
- Affected by the weather - wind, rain, thunder, lightening and fog
- Tides, waves, rip currents
- There's not always a lifeguard
- No clear exit- slippery banks and steep sides
- Sea life





Water safety tips

- Always look for warning and guidance signs
- Check the tidal activity when at the coast
- Take guidance from the lifeguards about the safest areas to enter the water, indicated by the red and yellow flags
- Make sure you can always touch the bottom
- Always swim parallel with the shore, not away from it
- Get out of the water as soon as you start to feel cold





Preparing to swim in cold water

Swimming outdoors in cold water makes it more difficult to swim, breathe and stay alert



Benefits of wearing a wet suit and swim hat

- It keeps you warm
- A wet suit will not keep you dry but will stop body heat escaping
- A wet suit is made from a material called neoprene which is made up of lots of thin layers
- Thin layers trap the air keeping you warmer
- Average temperature of the sea or lake in Britain is 15°C
- Your average body temperature is 37°C
- The colder the water, the faster your body heat escapes
- Causes loss of heat and energy



Fill in the missing words to complete the paragraph about why to wear a wet suit and swim hat in cold water

faster

escaping

37°C

one thick layer warm

thin layers

skin-tight garment

15°C

neoprene

energy

buoyancy

15-20°C

head

dry

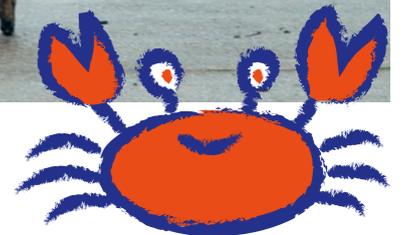
insulate

warm





What happens if you're not prepared to swim in cold water?



Effects of cold water

- Gasp reaction
- Your heart rate will be very fast
- Gain control of your breathing by taking slow deep breaths
- Its important to keep warm and retain your body heat.



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HELP





Huddle



Fill in the missing words to complete the paragraph about the affects of cold water on your body

swim

very fast

difficult

heat

rapidly

panic

legs

toes

swallow

Escape

“gasp reaction”

arms

mouth

breathing

fingers

huddle



The water safety flags and signs



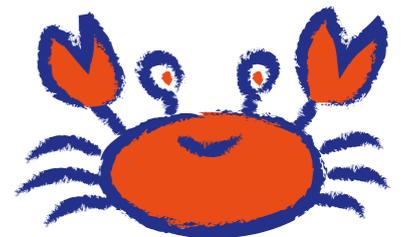


A safe place to swim

- On a lifeguarded beach
- Look for signs that say safe to swim
- Be aware of tides and currents, winds and water depth
- Be aware of hazards such as rocks hidden underwater
- Be sure you can see how and where to get out

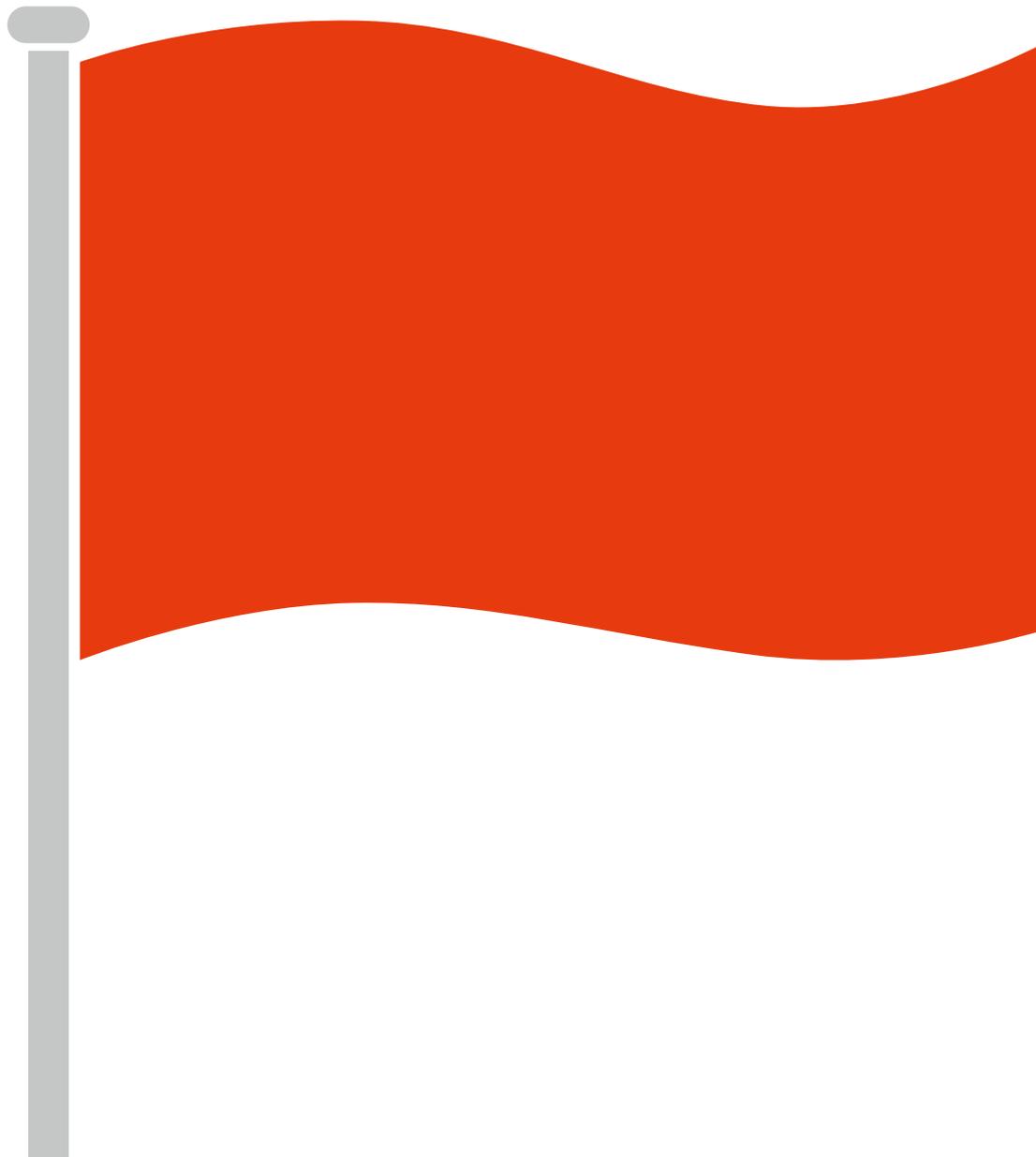


The safety flags at the beach: Red and Yellow

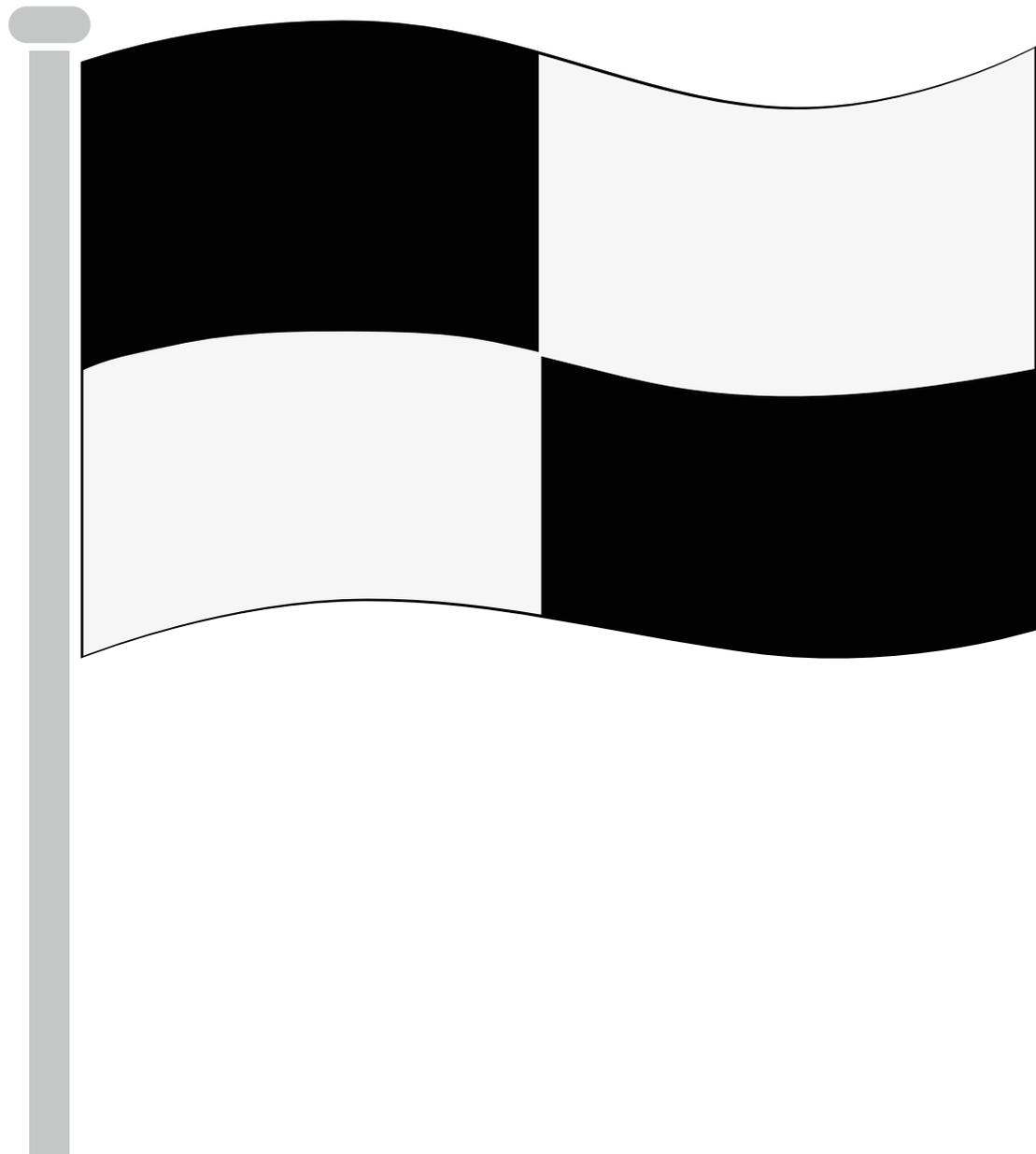




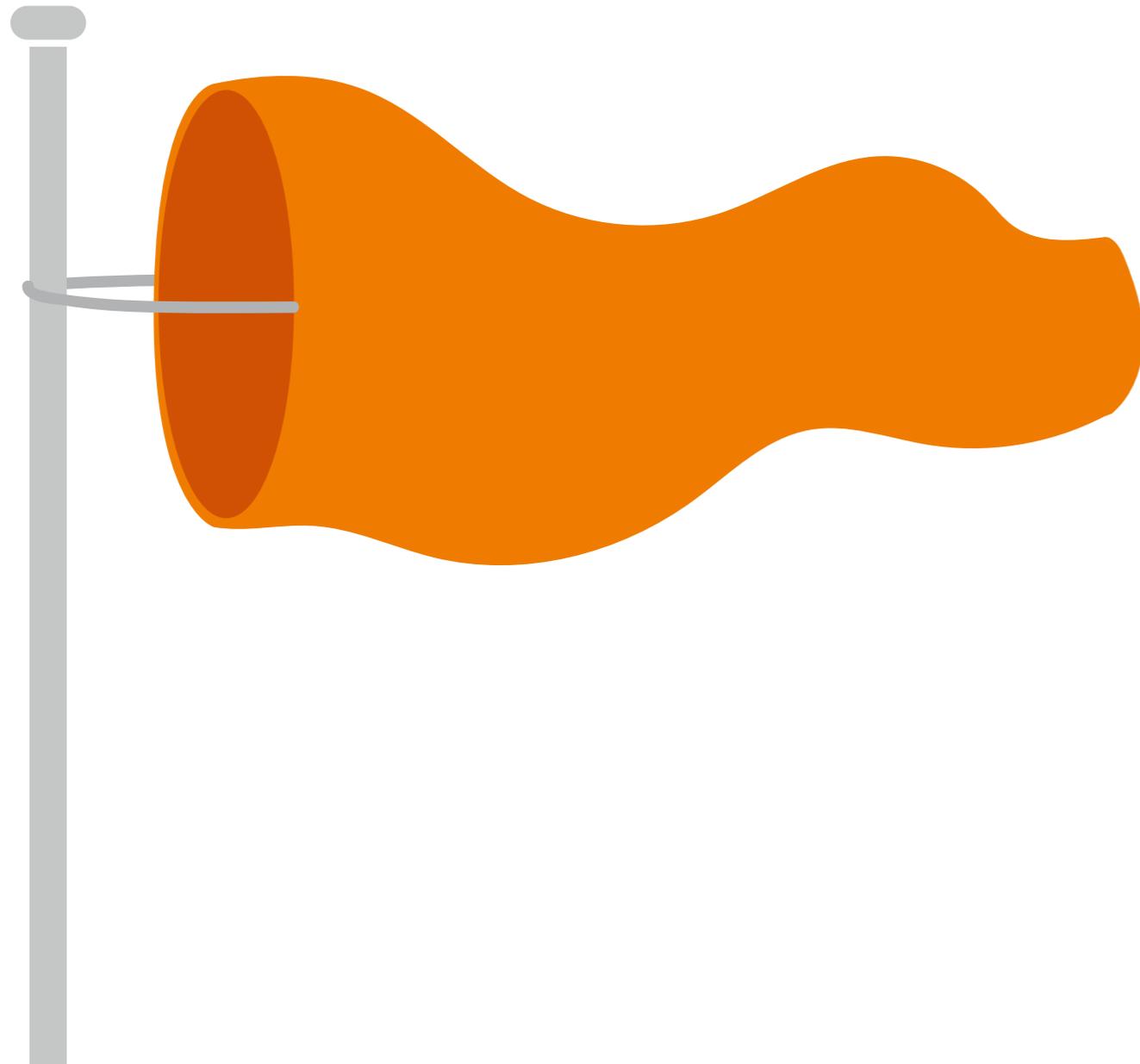
The safety flags at the beach: Red



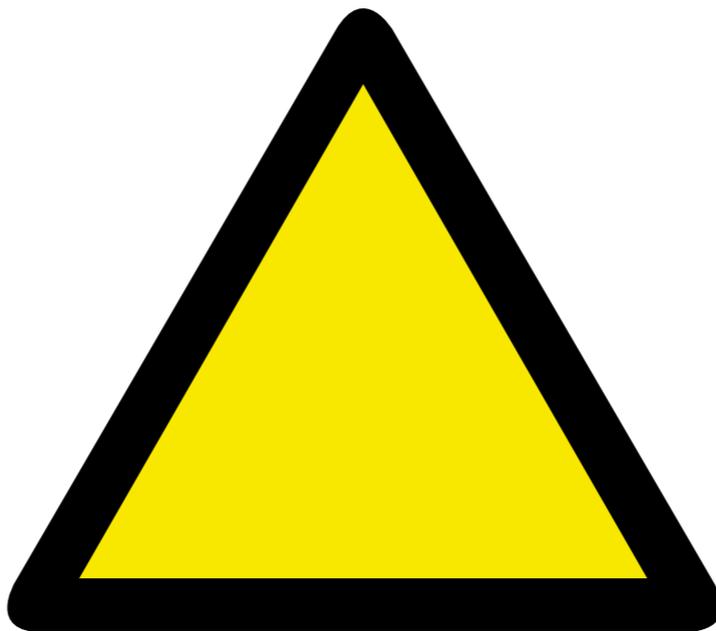
The safety flags at the beach: Black and White



The safety flags at the beach: Orange Windsock



The safety signs at the beach



Design a sign



The safety signs at the beach



DO NOT SWIM



DO NOT DIVE



DO NOT JUMP



DO NOT SURF



DO NOT USE
INFLATABLES



DO NOT USE
MOTORISED CRAFT



STRONG WINDS



SUBMERGED
OBJECTS



SUDDEN DROP



SURFING



DEEP WATER



STRONG
UNDERCURRENTS



DEEP SHELIVING
BEACH



LARGE SURF OR HIGH
BREAKING WAVES



SHALLOW WATER



TIDES



WATER CRAFT
ZONE



SWIM BETWEEN
THE FLAGS





ACTIVITY

Match the flags and signs up to their description





Who might you see at the beach or lake?

Lifeguards and lake wardens





Attracting the attention of a lifeguard or lake warden when you need help

- Put your hand straight into the air to signal for help
- Tread water and keep head clear of the water
- Keep hold of anything that floats
- Keep calm
- Remember the **HELP** and **Huddle** positions to retain your body heat and be seen

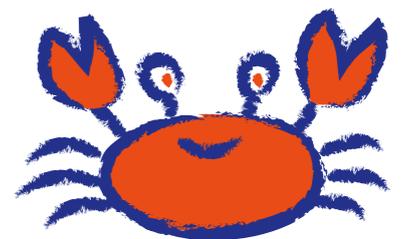


How to help others

- Do not enter the water to save another person or animal
- Alert a lifeguard, lake warden or other lifesavers on shore
- Call 112 and ask for the coastguard, or
- 999 and ask for coastguard



Planning a trip to the coast or lake





Choosing a SAFE location

- **Spot** the dangers
- Take **advice**
- Go with a **friend or family** member
- Learn what to do in an **Emergency**





Have an adult close by

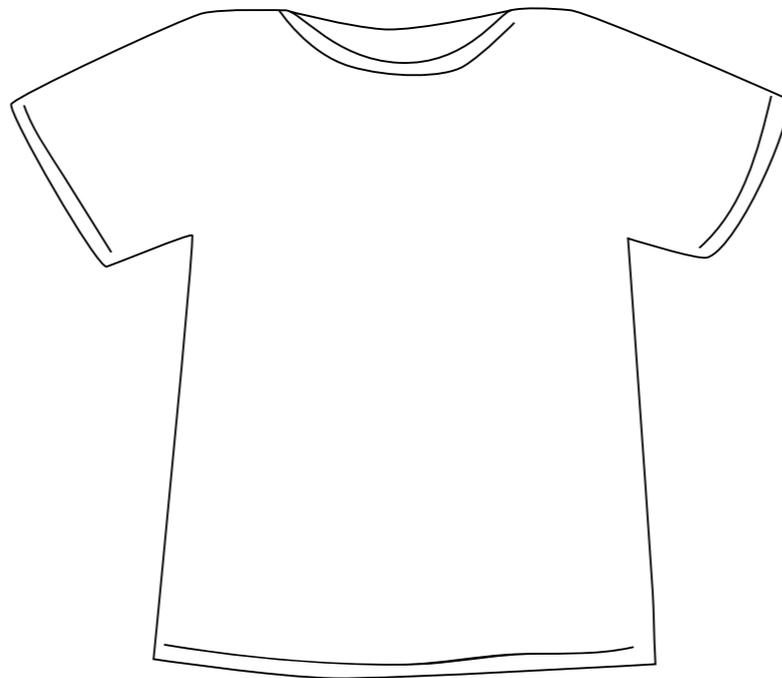
- Never swim alone
- Always swim where there are parents and / or other adults closely watching
- Choose a safe place to swim where you are supervised or where there are lifeguards / lake wardens
- Let an adult know you are going swimming
- Ask them to come into the water and join in the fun
- Make yourself bright and easy to see - wear a bright hat or top





ACTIVITY

Design a t-shirt that explains what SAFE means



Before you set off, what do you need to know?

- What time is high tide or low tide - will this effect when and where you can swim?
- Is the area suitable to swim - what are the flags and signs telling you?
- Weather forecast



Before you set off, what do you need to pack?

- Swimming costume and a towel
- A wet suit if the water is cold
- A brightly coloured t-shirt or rash vest
- A brightly coloured swim hat
- Something that floats and you can attach to yourself
- Food and drink - swimming is thirsty work





ACTIVITY

Write a checklist to help you plan a visit to the beach or lake - think about what you need to know about the area and what you need to pack



How to get into the water safely

Once you have checked the location and you have packed everything you need, it's time to enter the water. Running into the sea or diving straight in is **NOT** the safest way of entering the water.

- Wade in gently allowing your body to adjust to the water.
- Wading also helps you search the floor for any hidden obstructions and feel for any sudden changes in depth.



Wading Entry

- Always check the bottom and under the water for submerged objects
- Slide your feet carefully along the floor
- Turn your back to any waves
- Keep your feet on the floor as waves pass - do not jump

[Click here for a video demonstration](#)





ACTIVITY

Well Done! Take on the
end of session quiz and
word play game

