

Stay Together

Learning Intentions

- I know it is important to stay within arm's reach of adults when playing near water
- I know that it is safer to enter the water when I am with someone else

Key points

- Stay close to a family member or friend at all times. Be seen. Be safe.
- Plan your activity – there are less lifeguarded beaches this summer.
- Agree a meeting place on arrival in case you get separated.
- Wear the right clothing.

Q+A:

Q. Why is it important to go with someone else to the beach and always stay together?

A. So they can look out for you and you can look out for them. Family & Friends can help in an emergency.



FLOAT

Learning Intentions

- I know I should always stay within arm's reach of an adult to avoid falling in to water
- If you're in trouble in the water, float until you feel calm.

Key points

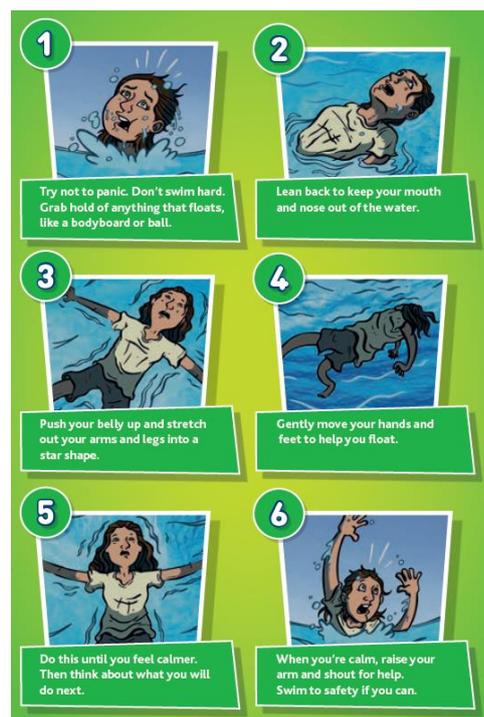
- If you fall into water, remember the float position and try not to panic
- Hold onto anything that floats, like a bodyboard or ball
- If you don't have anything that floats, then float on your back:
 - Face above the water.
 - Lie on your back and lean your head back.
 - Stretch out your arms and legs.
 - Take control of your breathing.
 - When you're calm, raise your arm and shout for help.
 - Swim to safety if you can.

(Practice the above points if space/ability allow)

Q+A:

Q. Why is it important to learn how to float?

A. Learning how to float can save your life. Being able to float on your back allows you to stay calm and wait to be rescued/swim to safety.



Call 999 or 112

Learning Intentions

- I know to tell an adult in an emergency and (if able) call 999/112
- I know how to respond if I see someone in danger in the water – either use my mobile phone or ask an adult to call 999/112 immediately and ask for the relevant emergency service.

Key points

- In an emergency, call 999/112.
- Once you've called for help, stay away from the water's edge.
- Look for anything that you can find that might help the person float
- Keep watch until help arrives and keep talking to the person in the water

Q+A:

Q: What could you use to help a person float if they are in the water?

A: Life ring, bodyboard, football, beach ball



Summary

Remember our key safety messages:

- **Stop & Think**
 - You've learnt to spot the dangers in all types of water
- **Stay Together**
 - Being prepared to go near, on or in the water
- **FLOAT**
 - You've learnt what to do if **you** are in trouble in the water
- **Call 999/112**
 - You've learnt what to do if you see someone else in trouble in the water

Link to resources

<https://rnli.org/youth-education/education-resources/lower-primary/water-safety-passport-1>

<https://rnli.org/youth-education/education-resources/upper-primary/rnli-water-safety-passport-2>

Feedback

If you found this resource useful or have any comments/queries, please contact us on Education@RNLI.org.uk

