

Reservoir safety. Keep safe. Keep out.

Educate your teenagers about the hazards of reservoir swimming

INSIDE THIS PACK

> **Facts and figures about reservoirs**

Test your knowledge on reservoirs

> **Isolation inspiration**

Find some fantastic suggestions for having fun at home during lockdown

About this resource

Stay alert, save lives

The world is a crazy and unpredictable place right now and the impact of Coronavirus is being felt by us all. It's a particular challenge for teenagers who are so used to socialising with their friends.

Every year when the warmer weather arrives, many people – particularly younger age groups – are tempted to head to our inland waters, lakes, quarries and reservoirs to meet up with friends and cool down with a swim. It's a dangerous trend which, as this pack will go on to show, can have tragic consequences.

Owning more than 180 reservoirs across the North West, we at United Utilities are always committed to raising awareness of this issue and to explaining why swimming in them is so dangerous.

This pack has been made for teenagers to work through to understand the real dangers of swimming in reservoirs, with tips for parents on how they can help their child complete the pack. Let's go!



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Parents, here's how to use this pack

The second section of this pack has been designed for you to print off and give to your child. It contains a series of engaging and interactive activities designed for teenagers to help them understand why swimming in reservoirs is so dangerous, and to help re-enforce crucial STAY SAFE messaging.

Before we get to that though, here is a full breakdown of what the pack contains and also some tips on ways you might like to get involved and help your child get as much as possible out of this resource.

Activity No.1 Facts and figures about reservoirs Find the answers!

Tip: You can help your child search for the answers online. Some good websites to look at are:

www.unitedutilities.com/about-us/recreation-sites/reservoir-safety

<https://www.rlss.org.uk/drowning-prevention-week>

The answers are included at the end of the pack – don't peek if you want to have a go at finding out the answers yourself first!

Activity No.2 Isolation inspiration Inspirational ideas for having fun but staying safe during this time

Tip: Why not also help your child develop their own isolation inspiration? Perhaps encourage them to create a calendar so they can plan which activities they will do on different days. This will give them some structure and will help them to achieve their goals, such as mastering cooking a new dish, learning to play a song on a musical instrument or beating their personal best in exercise.

Students – About this pack

This pack contains activities to help you understand how dangerous reservoirs can be, and hopefully to see that staying alert and supporting social distancing measures, really is the best way to keep us all safe this spring and summer.

That's it! We hope this is a useful resource for you but most importantly, that it is also an engaging way for your child/children to learn about this crucial subject in a sensitive but also creative way.

The full activity pack now follows...



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Activity No.1

Why is swimming in reservoirs dangerous?

Firstly, let's test your knowledge on reservoirs. Below are some statements and key facts about reservoirs, but there are gaps in the statement. Use the internet to try and fill out as many of the gaps as possible. Answers are at the end of this pack – no peeking until you have completed this.

United Utilities has _____ reservoirs across the North West, the biggest is Haweswater in the Lake District which holds 84,839,000 litres of water – that's the equivalent of _____ cups of tea.

The water in a reservoir never really gets above ____°C even on the hottest of days. Jumping into a reservoir can cause cold water shock which can kill even the fittest of people within ____ seconds.

Reservoirs contain machinery that can be _____ and _____.

The number of lifeguards on duty at reservoirs is _____.

Over ____ people drown in the UK and Ireland every year and many more suffer injuries, some life-changing, through non-fatal drowning experiences.

You are more likely to die from drowning than by being hit by a ____ or in a fire.

Activity No.2

Isolation inspiration

The spring/summer of 2020 is one that will never be forgotten. With normal life and routine out of the window due to schools being closed indefinitely, the days can seem long and the boredom can kick in. With that in mind, here are 10 ways to have fun but stay safe during this time.

Support activity:

How many of these activities are you going to challenge yourself to do? Create your very own isolation 'to do' list, you can use these ideas for inspiration or use your own.

1. Cook up a storm

Now is the perfect time to learn how to cook. Whether it's tea for the family or learning how to bake a cake, it's a vital skill that will benefit you in the future.



2. Become a vlog star

Spend this time by perfecting your vlogging skills. Some of the most famous vloggers started out from their bedrooms.



3. Play a game

Board games don't necessarily mean bored games. Dig out an old game, embrace your competitive side and play it with your family.



4. Play computer games

If you don't have any board games, then play a computer game. Some games allow you to play against your friends so it will help you keep in touch.



5. Virtual hang outs

Being in isolation doesn't mean your social life is over. There are so many apps out there that mean you can easily see and talk to your friends and family.



6. Learn how to code

Coding is a great technical talent to have and can give you the basic skills to build a successful career in the future. Learning to code will also boost your problem solving and logic skills.



7. Exercise

Keeping fit is good for both the body and the mind. Start your day by doing an online exercise video, it will boost your natural endorphins which will make you feel happy and positive.



8. Become green fingered

Helping out in the garden will not only make your parents' life easier, but it means you can combine exercise with getting fresh air.



9. Learn a language

Dreaming of your next holiday after lockdown? Watch some videos online and learn some key phrases to use during your trip.



10. Learn how to play an instrument

This is something lots of us say we want to do, but never actually get round to doing. So why not pick up an instrument and watch some tutorials online, then you can impress your friends with your skill when you next see them.



The knowledge

If you had a crack at the brain teaser in activity No.1, then here are the answers...



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United Utilities has **180** reservoirs across the North West, the biggest is Haweswater in the Lake District which holds 84,839,000 litres of water – that's the equivalent of **350 million** cups of tea.

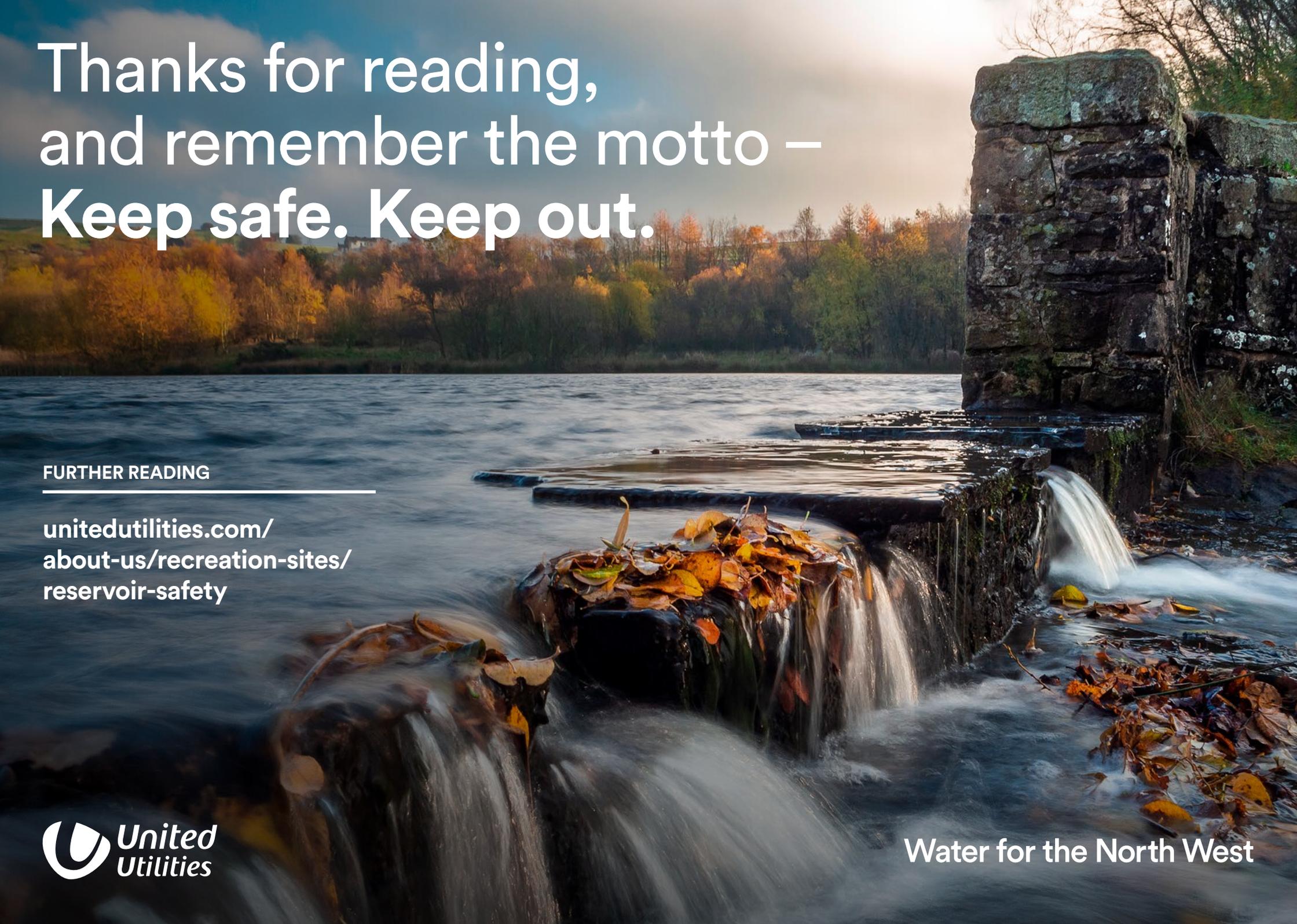
The water in a reservoir never really gets above **11°C** even on the hottest of days. Jumping into a reservoir can cause cold water shock which can kill even the fittest of people within **60** seconds.

Reservoirs contain machinery that can be **hidden** and **dangerous**.

The number of lifeguards on duty at reservoirs is **0** as swimming is strictly prohibited, meaning it could be too late by the time help arrives.

Over **700** people drown in the UK and Ireland every year and many more suffer injuries, some life-changing, through non-fatal drowning experiences.

You are more likely to die from drowning than by being hit by a **car** or in a fire.



Thanks for reading,
and remember the motto –
Keep safe. Keep out.

FURTHER READING

[unitedutilities.com/
about-us/recreation-sites/
reservoir-safety](https://unitedutilities.com/about-us/recreation-sites/reservoir-safety)



Water for the North West