

# Water Safety - Secondary

## Learning objective

I'm learning to manage new water risks independently

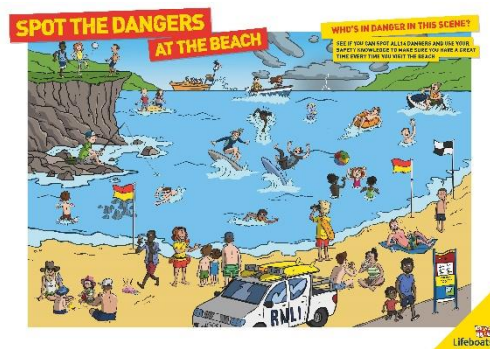
## Introduction

The RNLI is the charity that saves lives at sea. This summer there is a reduction in lifeguard patrols on our beaches. If you are going to the coast, try and find the nearest lifeguarded beach and always remember our four key messages.

### Stop and think - Learn to identify, assess and manage the dangers

#### Learning intentions

- I know that to minimise my chances of getting into danger in the water I need to identify and manage potential hazards
- I know how to identify hazardous situations in and around the water and avoid them by making sensible, informed decisions (use Spot the Dangers posters to supplement learning).



#### Key points

- The water is always moving – the tide comes in twice a day, don't get cut off by an incoming tide. There could be unseen underwater currents.
- The water is colder than you think – average UK water is about 14 degrees in summer. Swimming pools, for context, are around 28-30 degrees.
- The edge can be dangerous – waves can unexpectedly knock you off your feet if you are too close.
- There might be underwater dangers - Do you know how deep it is? Can you see the bottom? There may be rocks or hidden objects.
- Inflatables should not be used at the beach, they are easily blown out to sea.

#### **Q+A:**

**Q.** What potential hazards could be in the water?

**A.** Hidden objects, strong currents, water could be deeper than it seems.

**Stay together** - Learn to identify, assess and manage the dangers

**Learning intentions**

- I know I might be at increased risk near water without an adult present and with my peers.

**Key points**

- Stay close and keep an eye on your friends/family.
- Make sure someone knows where you are/where you're going. Make sure your phone is charged.
- Plan your activity – don't be caught out alone.
- Find a safe place to go – there are less lifeguarded beaches this summer.
- Make sure you are swimming within your capabilities. Don't go too far out.
- Be seen. Be safe.

**Q+A:**

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

**A.** You can keep an eye on your friends/family and they can keep an eye on you so they can get help in an emergency.



## Float - Know what to do in an Emergency

### Learning intentions

- If I fall into cold water, I know to float on my back until the effect of cold water has passed, then call for help or swim to safety if I'm able to do so
- I remember the FLOAT position

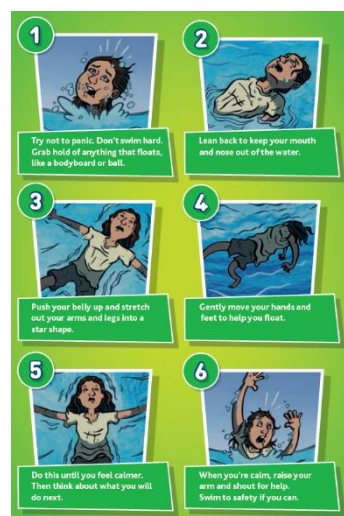
### Key points

- Cold water shock – your body will naturally increase your breathing rate, fight your instincts to swim, wait 90 seconds until this passes and your body adapts to the cold water.
- Keep hold of any equipment you have such as a bodyboard – this will help keep you afloat.
- Know the float position
  - 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.

### **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 999/112 - Know what to do in an Emergency

### Learning intentions

- I know what to do in the event of an emergency
- If someone else is in danger in the water I know to call 999/112 immediately and ask for the emergency services
- I know not to enter the water if someone is in trouble but to look for a flotation aid to support them and then wait for help to arrive

### Key points

- Once you've identified an emergency, call 999/112 and ask for the coastguard
- Never enter the water to try and save somebody – you are much more help by ringing the emergency services. Two people in the water is a lot worse than one.
- Once you've called for help, stay away from the edge – don't be tempted to enter the water after them.
- Look for anything around you that might help the person float – this could be a life ring or anything else that floats, such as a football.
- Keep watch until help arrives, keep reassuring the person in the water that help is on its way, encourage them to float on their back and control their breathing. Don't let the person in the water out of your sight so you can direct the emergency services straight to them.

### **Q+A:**

**Q.** What are the three things you could do to help whilst you wait for the emergency services?

**A.** Stay back from the edge & don't enter the water, look for something that floats and keep watch until help arrives.



## Summary

Remember our key safety messages:

- **Stop & Think**
  - What dangers can you see?
- **Stay Together**
  - Don't be caught out on your own
- **FLOAT**
  - If you fall in, stay calm and float to live
- **Call 999/112**
  - Tell the emergency services where you are and don't enter the water
  -

## Link to resources

<https://rnli.org/youth-education/education-resources/lower-secondary/challenge-passport>

## Feedback

If you found this resource useful or have any comments/queries, please contact us on [Education@RNLI.org.uk](mailto:Education@RNLI.org.uk)

**WATER IS UNPREDICTABLE!**

**4 THINGS YOU NEED TO KNOW:**

- STOP AND THINK** – what dangers can you see?
- Don't be caught out on your own – **STAY TOGETHER**
- If you fall in, stay calm and **FLOAT** to live
- Someone in trouble? **CALL 999 OR 112** and tell them that someone's in trouble in the water

**BE SAFE AND HAVE FUN**

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**Lifeboats**