



Life

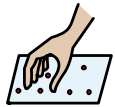
skills-



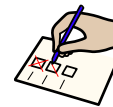
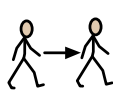
Water



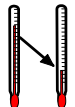
Safety



1



Choose one or more of the following activities to complete:



Cold



water



impact



investigation



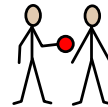
Feeling



brave?



Put



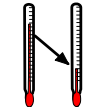
your



hand



in



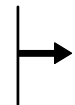
cold



water!



Stay away



from



the edge!



A spot

the



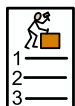
danger



picture



Safety



planning



Plan



the steps



you

are going to



take

to



stay



safe

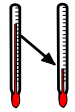


on

a



trip



Cold



water



impact



investigation

HOW MANY OF YOU HAVE JUMPED INTO COLD WATER?

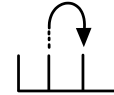
How does it make your body feel?

$$\begin{array}{r} 2 \\ +3 \\ \hline \rightarrow 5 \end{array}$$

Answers



on



next

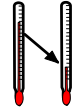


page

ACTIVITY: COLD WATER IMPACT



Lifeboats



Cold



water



impact



investigation



If you



jumped into



cold



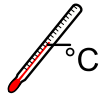
water



your:



Skin



temperature



drops



Your



heart rate



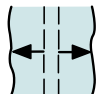
increases



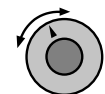
You



might



loose



control

of



your



breathing

+



and holding your breath



may

be



harder



Your



muscles



cool down

so it is



more



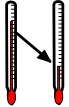



difficult

to












swim

















Cold water impact investigation













Why not write up your experiment using the cold water

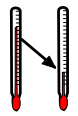
impact investigation sheet. Sarah-Grace would love to hear how

you got on! you can put your completed sheet onto Evidence



for Learning.



Cold



water



impact



investigation



Prepare

a



small



bowls

of



very



cold



water.



You



may



want to



use



iced



water

or



use



thermometers

to create



temperatures



similar

to



those

of average



sea

+



river

temperatures-



(about

12



12 degrees celcius.)



How long



do you



think



you can



keep



your



hand



in



the water



for?



Use



a



stop watch,



clock,

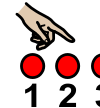


timer

or

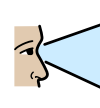


just

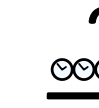


count

to



see



how long



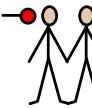
you



keep



their



their



hand



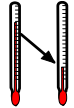



in










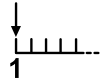


the water





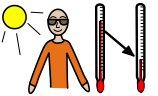





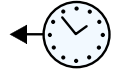


comfortably.














Cold water impact investigation






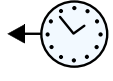










What did it feel like when your hand first entered the water?





Was the temperature as warm/cold as you had expected? As your hand was in the water

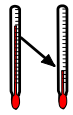
for longer what did you notice happening to your hand and arm? How do they think it

would feel if your whole body was in very cold water? How do they think this might

affect your swimming ability?



Cold



water



impact



investigation



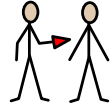
What

to

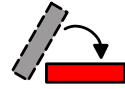


do

if



you



fall




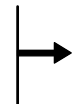
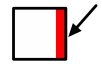
in




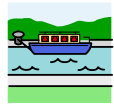




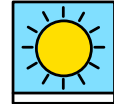
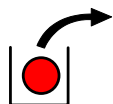

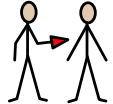
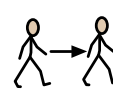
If you fall into cold water

FLOAT





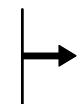
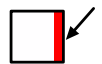
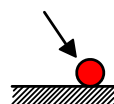




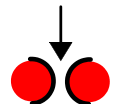
1. Fight your instinct to swim
2. Lean back in the water to keep your airway clear
3. Push your stomach up, stretching out your arms and legs
4. Gently move your hands and feet to help you float
5. Float until you feel calm
6. When you are calm raise your hand and shout for help or swim to safety if you can.

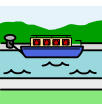



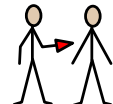
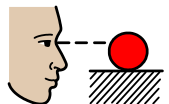

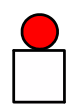
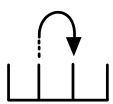

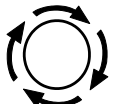
 Stay away from the edge!



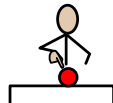
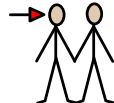

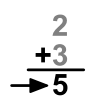
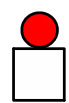

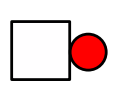

 Visiting canals and rivers can be a great day out provided you follow the

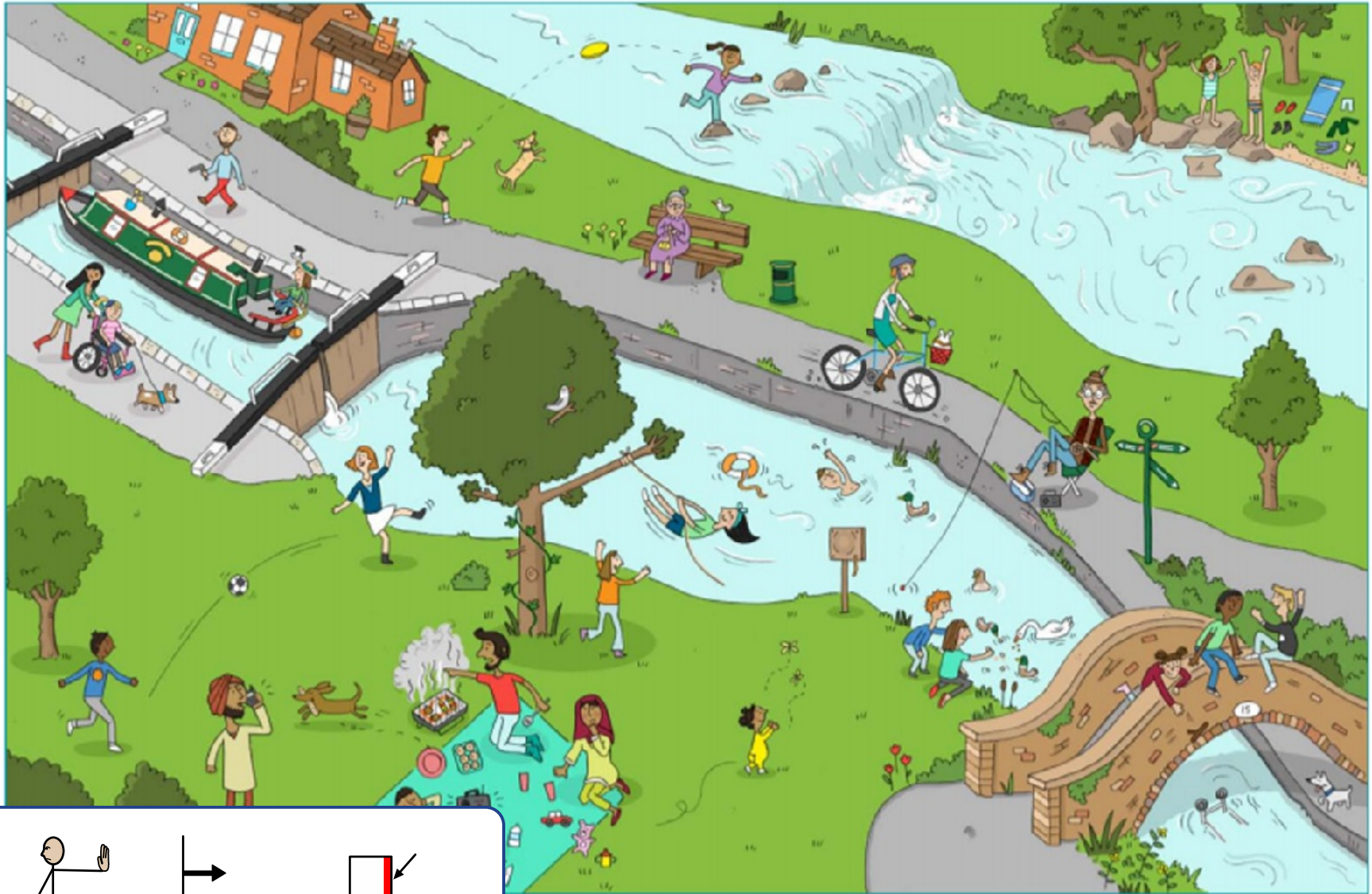
 SAFE message and stay away from the edge. There are some possible dangers found near


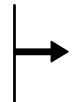













 canals and rivers - can you look at the picture on the next page, circle the

 hazards or jot down what they might be. Answers are on the page after the picture!



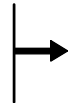
  

Stay away from the edge!

$$\begin{array}{r} 2 \\ +3 \\ \hline \rightarrow 5 \end{array}$$



Answers to potential hazards:



Stay away from the edge!



Child running off because the parents have become distracted.



Children playing too near the water's edge.



Child swimming in canal.



Children swinging from tree over the canal.



a



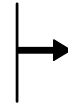
+



Child about to dive into a lock with strong currents and very deep water.

$$\begin{array}{r} 2 \\ +3 \\ \hline \rightarrow 5 \end{array}$$

Answers to potential hazards



Stay away from the edge!



A weir with fast running water.



Fisherman with long pole which can trip people up.



Objects in the water which may be sharp or trap your feet.

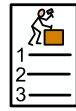


Cyclist very close to the edge

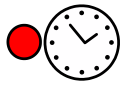


Children sitting on the edge of a bridge.

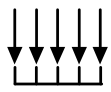




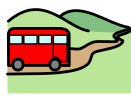
Safety planning



Before



every

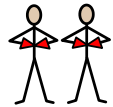


trip

or



visit



we



go



on

1

one



staff



member

like



Will,



Pete,



Pam

or



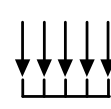
Sarah-Grace



will



think about

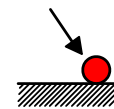


all

the



risks



there



could

be

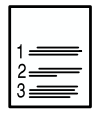
and

+



make

a



plan

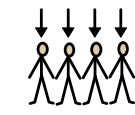
to



help



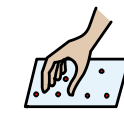
keep



everyone



safe.



Choose

1

one

of the

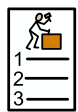
3

three

scenarios

+

and

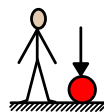


plan

?

how

to



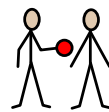
stay



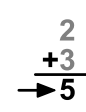
safe.



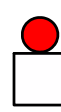
Record



your



answers



on

the



recording



sheet.



Safety planning

 Think about  time  of year  (do you  need  warm  clothes or  sun protection?), the

 activities  you  will  be participating in,  any  required  safety  equipment  and  any  other

 attendees or  young  siblings  you  need  to watch.  Think about  any  precautionary












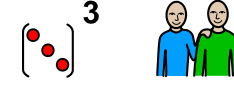
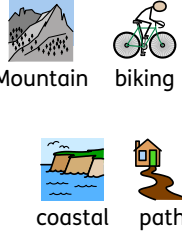
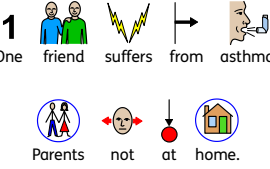
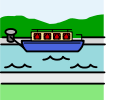

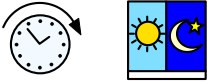

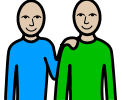
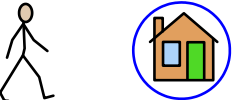
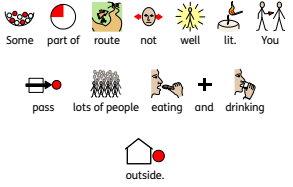






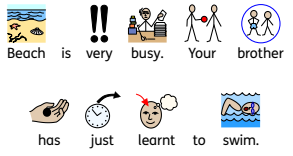
 actions  you  should  take  to help  ensure  their  safety  and  the  safety  of others.

3

The three scenarios



Safety planning

 Destination	 Month	 Time of Day	 Weather	 Who are your friends with?	 What are you doing?	 Other information
 Coast	 October	 Early morning	 Light rain and quite breezy	 Group of 3 friends	 Mountain biking the coastal path	 One friend suffers from asthma. Parents not at home.
 Canal	 July	 Late evening	 Warm	 A friend	 Walking home	 Some part of route not well lit. You pass lots of people eating and drinking outside.
 Beach	 August	 Late afternoon	 Warm but breezy	 Younger brother	 Rockpooling	 Beach is very busy. Your brother has just learnt to swim.



Safety

planning-



example



Trip



Possible



Hazards



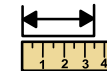
Equipment



and



safety



measures



Coast



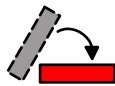
Asthma attack,



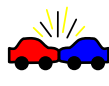
puncture,



cliff



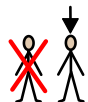
fall,



collision



with



another person

Ensure bike is in good working order. Make sure you wear a cycle helmet. Carry a

puncture repair kit in case you get a flat tyre. If you are asthmatic, take your asthma pump and

any other medication you might need. Ensure you inform a family member where you are going

and the route you are taking. Make sure you plan a safe route in advance and do not venture off

designated tracks or stray too close to the edge. Take a fully charged mobile phone and check

weather conditions before you leave.



Safety planning- example



Trip



Possible



Hazards



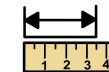
Equipment



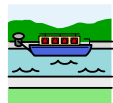
and



safety



measures



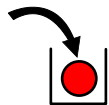
Canal



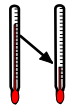
Unexpected



fall



into



cold



water



Trip



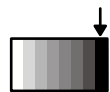
and



fall

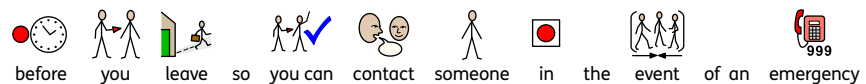
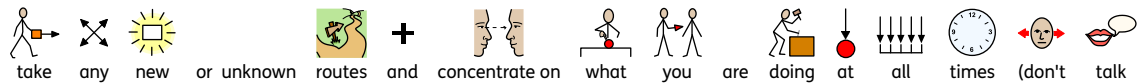




in







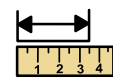

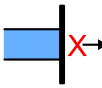










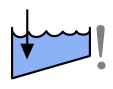


























































































the

dark














 Safety planning- example

 <p style="text-align: center;">Trip</p>	  <p style="text-align: center;">Possible Hazards</p>	    <p style="text-align: center;">Equipment and safety measures</p>
 <p style="text-align: center;">Beach</p>	<p style="text-align: center;">    Cut off by tide </p> <p style="text-align: center;">     Cut feet on rocks </p> <p style="text-align: center;">     Slip and fall into </p> <p style="text-align: center;">   deeper water </p>	<p style="text-align: center;">                     Ensure you check weather conditions and tide times before you leave. If you can't find the information </p> <p style="text-align: center;">            yourself then ask a lifeguard or someone with local knowledge before exploring. Always head to an </p> <p style="text-align: center;">          RNLI lifeguarded beach and never enter the water unless between the red and yellow flags. </p> <p style="text-align: center;">           As soon as you get to the beach, agree a meeting point with your brother in case you </p> <p style="text-align: center;">          become separated. If the beach runs a children's safety scheme, using wristbands or </p> <p style="text-align: center;">           tickets then take part. Visit the lifeguard hut on arrival and they will be able to tell </p> <p style="text-align: center;">       you if there is a scheme running on that beach. </p> <p style="text-align: center;">         As it's a sunny day, remember the 5 S's of sun safety... (see next page) </p>

   
Continued from last page

1    1. Put on sun lotion. **2**   2. Wear a Sun hat **3**   3. Wear Sunglasses **4**      4. Put on a tee shirt or UV suit and remember to keep




  **5**            
shoulders covered. 5. Shade - seek shade during the hottest time of the day, between 11am and 3pm. To avoid cutting your

           
feet on the rocks make sure you are both wearing aqua socks/water shoes. As your sibling is not an experienced swimmer,

    
make sure they are wearing a suitable buoyancy

          
aid. Tell a parent/guardian what time you will be home and where you will be rockpooling. Make

              
sure there is sufficient charge in your mobile phone so that you can alert the Coastguard if you

  
are in trouble