



## Lesson Guidance Notes

In partnership with



## Session 1 – Outdoor Water Safety

**Learning objective** Understand the basics of water safety, including the difference in swimming in outdoor water compared to an indoor pool, swimming in cold water, choosing a safe place to swim and the self-rescue positions to retain your body heat in cold water

**Activities** Activity Sheet 1 – Why wear a wetsuit in cold water?  
Activity Sheet 2 – The effects of cold water on your body

**What you'll need** Handout - How to put a wetsuit on

**Estimated duration** 30 – 45 minutes depending on the time you allow for activities

Slide	Notes	Pupil questions/prompts
Outdoor water safety	Swimming in an outdoor environment such as the sea and lakes can be an enjoyable and fun experience – but it's important to be safe.  A knowledge and understanding of the unforeseen and hidden hazards can increase this enjoyment whilst staying safe.	<b>Where can you swim outdoors?</b> Sea, river or lake.



What are the differences in swimming indoors compared to swimming outdoors	Most pupils will be familiar with the indoor environment of a swimming pool and understand the safety required due to their school or private swimming lessons.	<p><b>Getting in and out</b> Getting in and out of open water is more difficult – steps at the side of the pool make entry and exits very easy</p> <p><b>What will they wear</b> You will need to prepare differently to be in outdoor water, especially if it is cold</p> <p><b>Change in conditions</b> A pool environment tends to be very consistent, whereas the conditions of outdoor water can quickly change dependent on the weather</p>
The differences	Run through the difference of each environment.	Refer to list on PowerPoint slide
Water safety tips	The conditions while swimming outdoors change constantly. Take the following steps to ensure you have the safest possible day.	
Preparing to swim in cold water	<p>One of the key points to emphasise is the preparation required to swim in cold water to ensure you retain your body heat.</p> <p><b>Handout 1 – print and circulate.</b></p>	<p><b>Why is it more difficult to swim, breath and stay alert in cold water?</b> Because your body temperature drops – loss of heat causes loss of energy</p> <p><b>What do you think you should wear to keep warm?</b> Wet suit and a hat</p> <p><b>Why would you wear a wetsuit and a hat?</b> To help keep you warm</p>
Benefits of wearing a wetsuit and swim hat	Run through the key benefits of wearing a wetsuit and hat.	<p><b>Who know how to put a wetsuit on?</b> Reference hand out on how to put on a wetsuit.</p>



Activity	<p><b>Activity sheet 1 – print and circulate.</b></p> <p>Answers can be found in the Activity Answers</p>	<p>Encourage pupils to complete in groups or pairs.</p> <p>Leave the words on the screen to help pupils with the task.</p> <p>Option to run through the answers and discuss after the activity or at the end of the session.</p>
What happens if you're not prepared to swim in cold water?	<p>It's important to know what to do in the unfortunate situation where you accidentally fall into cold water.</p>	<p><b>Where could you fall into cold water?</b> Stepping across stepping stones, walking the dog, slippery rocks, bridge, boat, kayak, river bank, footpath along the water's edge</p>
Effects of cold water	<p>The first natural reaction when falling into cold water is to gasp.</p> <p>Gasp reaction – a sharp intake of breath making you breathe rapidly and possibly intake water through the mouth</p> <p>Slow deep breaths – it's important not to panic and gain control of your breathing.</p> <p>There are two positions which you should adopt if falling into cold water to retain body heat.</p> <ul style="list-style-type: none"> <li>• If in a group – Huddle</li> <li>• If on your own – HELP (The Heat Escape Lessening Position)</li> </ul>	<p>Encourage pupils to go through the actions of what they might do if they were to unexpectedly fall into cold water.</p> <p><b>What would be your first reaction if you fell into cold water?</b> Stay calm and keep the mouth clear of swallowing water.</p> <p><b>How can you keep warm?</b> The HELP or Huddle position</p>
HELP position	<p><b>Play video</b></p>	<p>Encourage pupils to act out the HELP position.</p>
Huddle position	<p><b>Play video</b></p>	<p>Encourage pupils to act out the Huddle position.</p>





<p>Activity</p>	<p><b>Activity sheet 2 – print and circulate.</b></p> <p>Answers can be found on the Answer Sheet</p>	<p>Encourage pupils to complete in groups or pairs.</p> <p>Leave the words on the screen to help pupils with the task.</p> <p>Fill in the missing words to complete the paragraph about the affects of cold water on your body</p>
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## Session 2 – Water Safety Flags and Signs

**Learning objective** Recognise the water safety signs and flags, and what to do if you or you see someone in trouble

**Activities** Activity sheet 3 – Design a sign (circle)  
Activity sheet 4 – Design a sign (triangle)  
Activity sheet 5 – Match the signs and descriptions

**What you'll need** Colouring pencils and pens  
Handout – Safety signs at the beach

**Estimated duration** 30 – 45 minutes depending on the time you allow for activities

Slide	Notes	Pupil questions/prompts
A safe place to swim	Refer back to some of the differences in swimming indoors compared to swimming outdoors.  It's important to highlight that the signs and flags may be different at a lake or reservoir compared to the beach.	<b>How do you know when it's safe to swim? What might you see?</b> Signs and flags
The safety flags at the beach: Red and yellow	Sign for a safe place to swim, body board and use inflatables on the beach. You will often see a lifeguard positioned between the red and yellow flags	<b>Who has seen this flag before? What do you think this flag means?</b>
The safety flags at the beach: Red	Sign for danger and means do not swim. Never go in the water when the red flag is flying under any circumstances. Possible reasons may be fog, large waves or pollution.	<b>Who has seen this flag before? What do you think this flag means?</b>



<p>The safety flags at the beach: Black / white</p>	<p>To mark the area for surf craft including surf boards. Kayaks, canoes and other craft without engines. Never swim or body board in this area.</p>	<p><b>Who has seen this flag before? What do you think this flag means?</b></p>
<p>The safety flags at the beach: Orange windsocks</p>	<p>Indicates offshore winds blowing out to sea or strong wind conditions – never use an inflatable when the orange windsock is flying</p>	<p><b>Who has seen this flag before? What do you think this flag means?</b></p>
<p>The safety signs at the beach</p>	<p>There are three types of signs:</p> <ul style="list-style-type: none"> <li>• Red round sign with a line through – means prohibited</li> <li>• Red triangular sign – means hazard or danger</li> <li>• Blue sign with white writing – mandatory action</li> </ul>	<p><b>What do you think these signs mean?</b></p> <p><b>Give an example of what you might see in a round sign.</b> No swimming, no fishing, no diving</p> <p><b>Give an example of what you might see in a triangular sign.</b> Deep water, strong currents, strong winds, shallow water</p> <p><b>Give an example of what you might see in a blue sign.</b> Life jackets must be worn</p>
<p>Activity</p>	<p><b>Activity sheet 3 and 4 – print and circulate.</b></p>	<p>Alternate the activity sheets amongst the class to get a range of round and triangular designs.</p> <p>Option to run through the answers and discuss after the activity or at the end of the session.</p>
<p>The safety signs at the beach</p>	<p><b>Activity sheet 5 – print and circulate.</b></p> <p>Answers can be found in the Activity Answers</p>	<p>Encourage pupils to complete in groups or pairs.</p> <p>Leave the signs slide on the screen for those who need a little help or print the Safety signs hand out and distribute amongst the groups.</p> <p>Option to run through the answers and discuss after the activity or at the end of the session.</p>





<p>Who might you see at the beach or lake?</p>	<p>In addition to the signs, lifeguards and lake wardens patrol the coast / water to ensure swimmers are safe.</p> <p>Lifeguards will wear a red and yellow uniform, and sometimes black wetsuits with Lifeguard clearly marked on the back</p>	<p><b>What is the job of a lifeguard or lake warden?</b>          Help you stay safe by seeing the dangers, preventing accidents before they happen and responding instantly.</p> <p><b>Where can you usually find a lifeguard?</b>          At the beach lifeguard unit – a white hut with an RNLI flag.</p> <p>Patrolling the shoreline between the red and yellow flags.</p> <p>On larger beaches they may be in a white truck with RNLI on the side</p> <p><b>Where can you usually find a lake warden?</b>          Patrolling the side of the lake or at a rescue service station at the side of a lake.</p>
<p>Attracting the attention of a lifeguard or lake warden when you need help</p>	<p>Refer back to the HELP and Huddle positions to keep warm whilst waiting to be rescued.</p>	<p>Encourage pupils to shout “help” and wave their arms in the air to practice attracting the attention of a lifeguard or lake warden</p>
<p>How to help others</p>	<p>The fundamental message is to ensure pupils understand they should not enter the water to save another person or animal.</p>	<p><b>So we know what to do to help ourselves, what do you think you should do to help someone else?</b>          If someone is in trouble in the water, call 999 or 112 – at the seaside, ask for the Coastguard</p> <p><b>Why shouldn't you enter the water to save another person or animal?</b>          You could also end up getting into danger</p>







## Session 3 – Plan a trip to the coast or lake

**Learning objective** Understand how to effectively prepare for a visit to the coast, choosing a safe location as well as the basics of entering the water safely

**Activities** Activity sheet 6 – design a water safety t-shirt  
Activity sheet 7 – write a check list to help you plan a swimming trip to the beach or lake

**What you'll need** Colouring pencils and pens

**Estimated duration** 30 – 45 minutes depending on the time you allow for activities

Slide	Notes	Pupil questions/prompts
The 4 key swim safe messages	Always swim in safe place Always swim with an adult If you fall in, float, breathe, relax If someone else is in trouble call 999/112	<b>How can we spot the dangers?</b> <ul style="list-style-type: none"><li>• Is the water flat and calm?</li><li>• Is there a safe entry and exit to the water?</li><li>• What is the weather forecast – could the conditions change?</li><li>• Is there any sea life or hidden obstacles?</li></ul> <b>What advice will be available or visible?</b> <ul style="list-style-type: none"><li>• Refer back to the signs and flags.</li><li>• Is the beach supervised by a lifeguard or lake warden?</li></ul>



<p>The 4 key swim safe messages</p> <p>(continued)</p>		<p><b>Friend or Family member.</b> It's more fun swimming with your friends or family, but it's also important that you never swim alone and ensure you are always supervised.</p> <p>Agree a plan to meet just in case you get lost – somewhere visible like the lifeguard hut.</p> <p><b>What should you do in an emergency? Refer back to section two:</b> If you are in danger:</p> <ul style="list-style-type: none"> <li>• Signal for help</li> <li>• Use the survival stroke to swim to safety</li> <li>• Adopt the huddle or HELP position to keep warm</li> </ul> <p><b>If others are in danger:</b></p> <ul style="list-style-type: none"> <li>• Call 112 and ask for the coastguard, or</li> <li>• Call 999 and ask for the coastguard</li> </ul>
<p>Have an adult close by</p>	<p>Run through the key points highlighting the importance of being supervised in the water.</p>	<p>It's more fun swimming with your friends or family, so make sure you never swim alone.</p> <p>Agree a plan to meet just in case you get lost – somewhere visible like the lifeguard hut.</p>
<p>Activity</p>	<p><b>Activity sheet 6 – print and circulate one copy per pupil.</b></p>	<p>Design a water safety t-shirt</p>



<p>Before you set off, what do you need to know</p>	<p>Before setting off to the beach or lake, there are a few essential safety points to check.</p> <p>You can find your nearest lifeguarded beach using a handy tool on the RNLI website – you can check your nearest lifeguarded beach and add this into the slide.</p> <p><a href="http://rnli.org/find-my-nearest/lifeguarded-beaches">rnli.org/find-my-nearest/lifeguarded-beaches</a></p>	<p><b>Where is our nearest lifeguarded beach?</b></p> <p>Link to RNLI website – point out the lifeguard season dates, patrol times, weather forecast and impact on the tides</p>
<p>Before you set off, what do you need to pack?</p>	<p>You will need to pack a few additional items when swimming in the sea or lake compared to swimming in an indoor pool.</p>	<p><b>What’s in your swimming bag?</b></p> <p>Encourage children to think about what they pack when they usually go swimming.</p> <p><b>What else will you need to pack to go to the lake or beach?</b></p> <p>Encourage pupils to think about the additional items they will need to pack to go to the beach or lake which they wouldn’t take to the pool.</p> <p><b>Why do you need a brightly coloured swim hat or t-shirt?</b></p> <p>So you can be seen when in water.</p>
<p>Activity</p>	<p><b>Activity sheet 7 – print and circulate.</b></p>	<p>Encourage pupils to complete in groups or pairs.</p> <p>Write a checklist to help you plan a swimming visit to the beach or lake – thinking about what you need to know and what you need to pack.</p>



<p>How to get into the water safely</p>	<p>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.</p> <p>Wade in gently allowing your body to adjust to the water.</p> <p>Wading also helps you search the floor for any hidden obstructions and feel for any sudden changes in depth.</p>	
<p>Wading Entry</p>	<p>Play the video to demonstrate entry</p>	<ol style="list-style-type: none"> <li>1. Always check the floor and under the water for submerged objects</li> <li>2. Slide your feet carefully along the floor</li> <li>3. Turn your back to any waves</li> <li>4. Keep your feet on the floor as waves pass – do not jump</li> </ol>
<p>End of session quiz and activities</p>	<p>Once you have completed the three sessions, pupils can take part in the quiz, word play game or word search.</p> <p><b>Activity sheet 8, 9 and 10</b></p> <p>Answers can be found in the Activity Answers</p>	<p>This can be delivered as a class room exercise, or split the class into smaller groups and rotate the activities around.</p>

