

OPEN WATER SAFETY

Key information and resources to share

Bolton

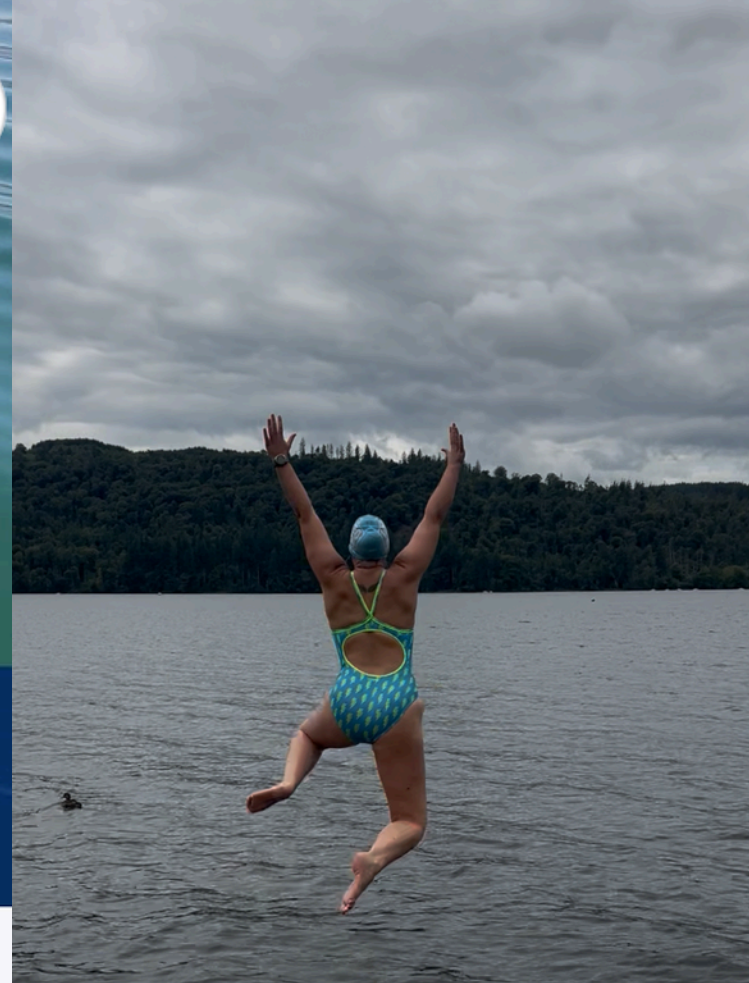
Together

Key Learning Outcomes

- Cold water shock
- Float to live
- What to do if someone is drowning
- Free Printable resources



The Guardian

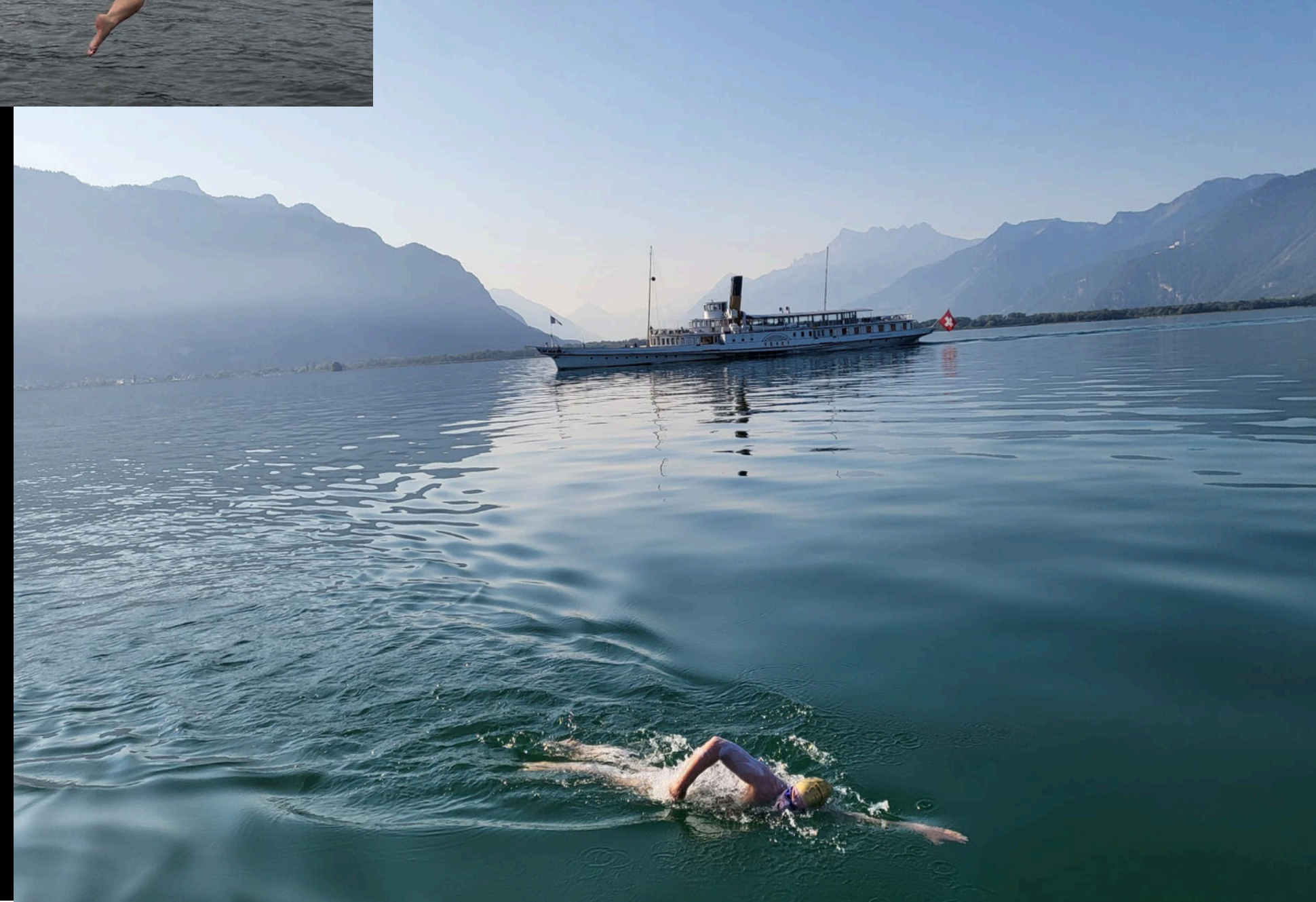


theguardian.com

British swimmer claims female record for fastest Lake Geneva crossing



13 lengths
77:39 hours minutes
136.5 miles
A NEW WORLD RECORD!
weswam
windermere



Cold Water Shock

FACT: Just because it's hot and sunny doesn't mean the water will be too. The heat of the sun cannot reach the depth of water outdoors, so it will be very cold underneath the water's surface. If you fall in to cold water, you may experience cold water shock. This

means you will:

- Find it hard to breathe
 - Gasp for air
 - Muscles may cramp
- Find it difficult to think
- Suffer heart pain (your heart works harder when you're cold) This is caused by the cold temperature which makes the heart work faster, due to the restricted blood flow



STA Printable booklet on Water Safety

Do you know what to do
if you're struggling
in the water?



FLOAT TO LIVE:

- **Tilt your head back with ears submerged**
- **Relax and try to control your breathing**
- **Use your hands to help you stay afloat**
- **It's OK if your legs sink, we all float differently**

**In a coastal emergency
call 999 or 112 for the coastguard**

Get more advice at [RNLI.org/keysafetytips](https://www.rnli.org/keysafetytips)

The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHI 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (T308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1JZ


#RESPECTTHEWATER

What to do if you see someone struggling in water

Never get in the water yourself and stay back from the edge

1. Ask if they need help (if they don't answer or say yes, call for help)
2. Find help from an adult or coastguard nearby if you are by the beach
3. Or call emergency services if no one is around (UK 999)
4. Find anything that can float (e.g. water bottle, paddle, football etc.) and throw or reach it to the casualty and from the water's edge. Keep your eyes on the swimmer until help arrives.



STA Printable booklet on Water Safety

Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.



Summer

WATER SAFETY

To enjoy the water safely and make the right call...



ENTER SLOWLY
AND CAREFULLY



STAY WITHIN
REACH



ALWAYS BE
SUPERVISED



RNLI Summer Safety Sharers

In an emergency...



CALL
999



IF YOU'RE IN
TROUBLE FLOAT AND
CALL FOR HELP

Local WaterSports

The Anderton Centre- £12 pay and play sessions- Range of watersports activities

Lifeguarded Open water swim spots

Sefton coastline- Formby and Ainsdale beaches are Lifeguarded 7 days a week 10am-6pm

Scotsmans Flash- Lifeguarded sessions (16+)

USwim @ Salford Docks- all ages (7 and under must be accompanied by an adult)

Delph WaterSports Centre (12+)

OpenSwimUK- Sale Water Park (12+)

Call to Action

We have a (hopefully) lovely summer ahead of us. Please share today's information with the families you support.

Use the free printouts- there's activities in them to make it fun
Speak to your young people about their plans, offer guidance and support.

Printable resources and useful Links



<https://rnli.org/youth-education/education-resources>



<https://www.sta.co.uk/the-water-safety-code-stay-safe-in-and-around-water/>

<https://andertoncentre.co.uk/general-bookings/pay-play/>