

2022

# WELCOME TO EDUCATION SWIMMING

# OUR TEAM

MS WRAIGHT

MRS BAXTER

MS PORTER

MRS LEACH

MR CARTER

MS QUILDAN

MRS HUTCHINS

MR WALLER

MS GRAHAM

MS LAW

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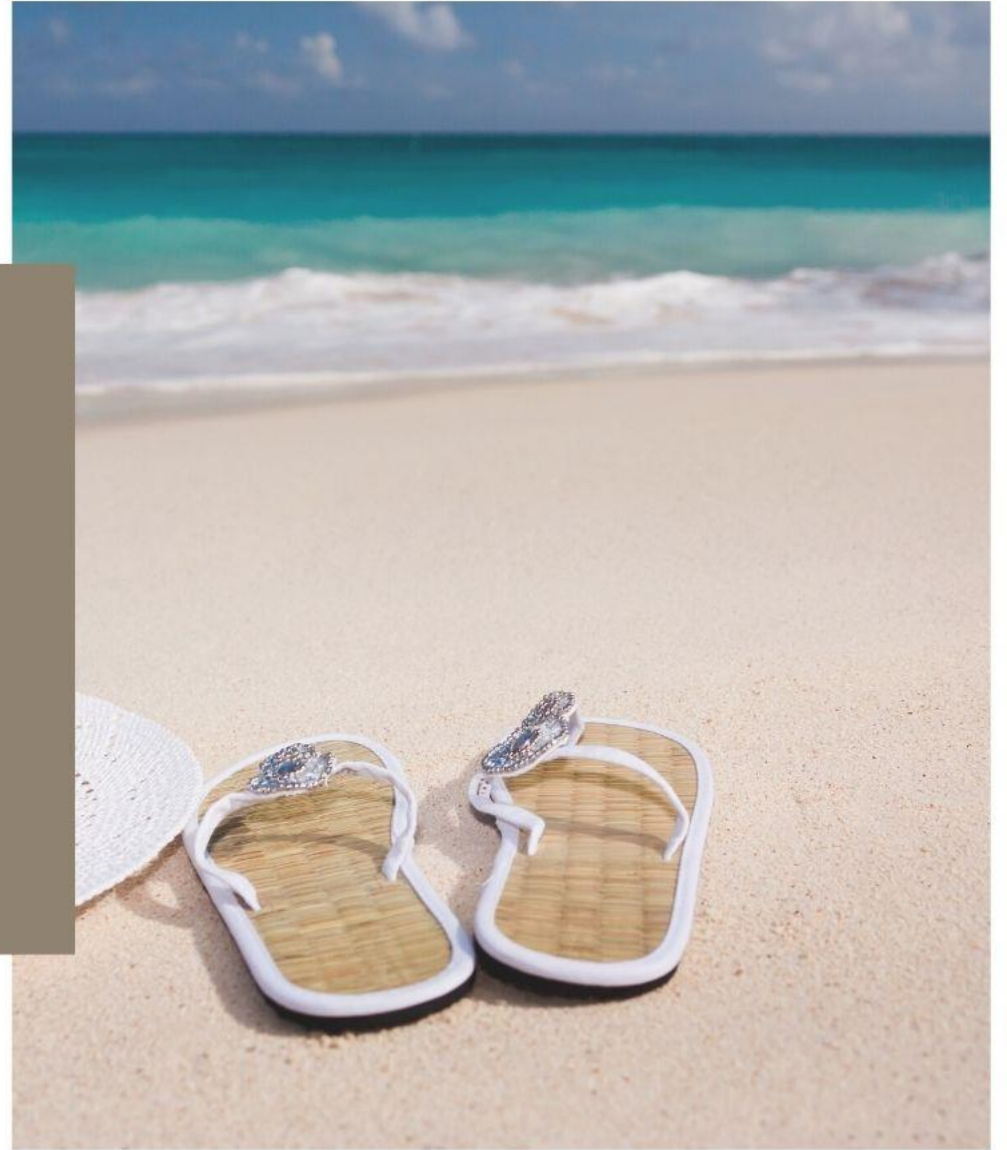
# Swimwear

The appropriate swimwear



# What not to wear

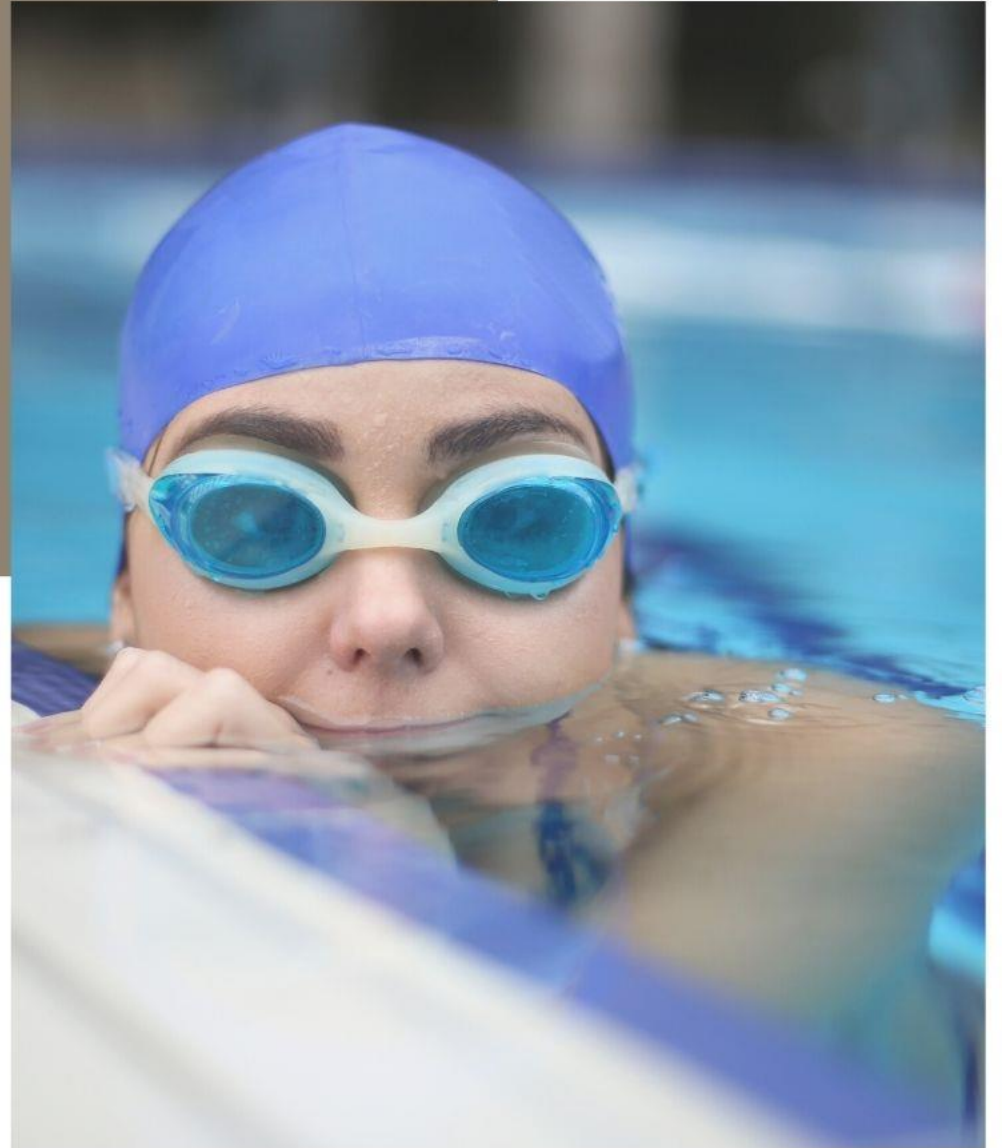
Bikini style swimwear, any footwear and jewellery are not suitable to wear to swimming lessons



# Goggles

If used incorrectly goggles can cause harm.

You can only wear goggles during your lessons with written permission from your parent or carer.



# Poolside Communication

*Lifeguards & Swimming Teachers will use whistles to get your attention.*

1 short whistle = STOP, LOOK & LISTEN.

1 long whistle = END OF LESSON.

3 whistles = **EMERGENCY!**



# Why is water dangerous?

We need air to breathe.  
We can't breathe under water.  
Drowning occurs from lack of air.

This is why it is important to learn how to swim  
so we can prevent ourselves from drowning.

Most drownings happen in rivers, lakes, ponds  
and reservoirs.



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# How to stay safe?

Stay back from the waters edge.  
Rocks can be slippery.  
Waves can be very strong, they can pull you in.

# Why is water dangerous?

Water can be really deep or too shallow to swim in.

Never dive in to shallow water, always look for the signs that show how deep the water is or ask a lifeguard!

# Why is water dangerous?

It is much harder to swim in cold water.  
Never WALK or SKATE on icy lakes & ponds.


Does anyone know what hypothermia is?

**Where the temperature of your body gets  
dangerously low.**

# Why is water dangerous?

How cold water can impact our bodies.

**UPPER  
PRIMARY**  
AGE: 7-11




Skin temperature drops

Heart rate increases

Lose control of your breathing and ability to hold your breath

Muscles cool down, affecting movement and swimming ability

**ACTIVITY: COLD WATER IMPACT**



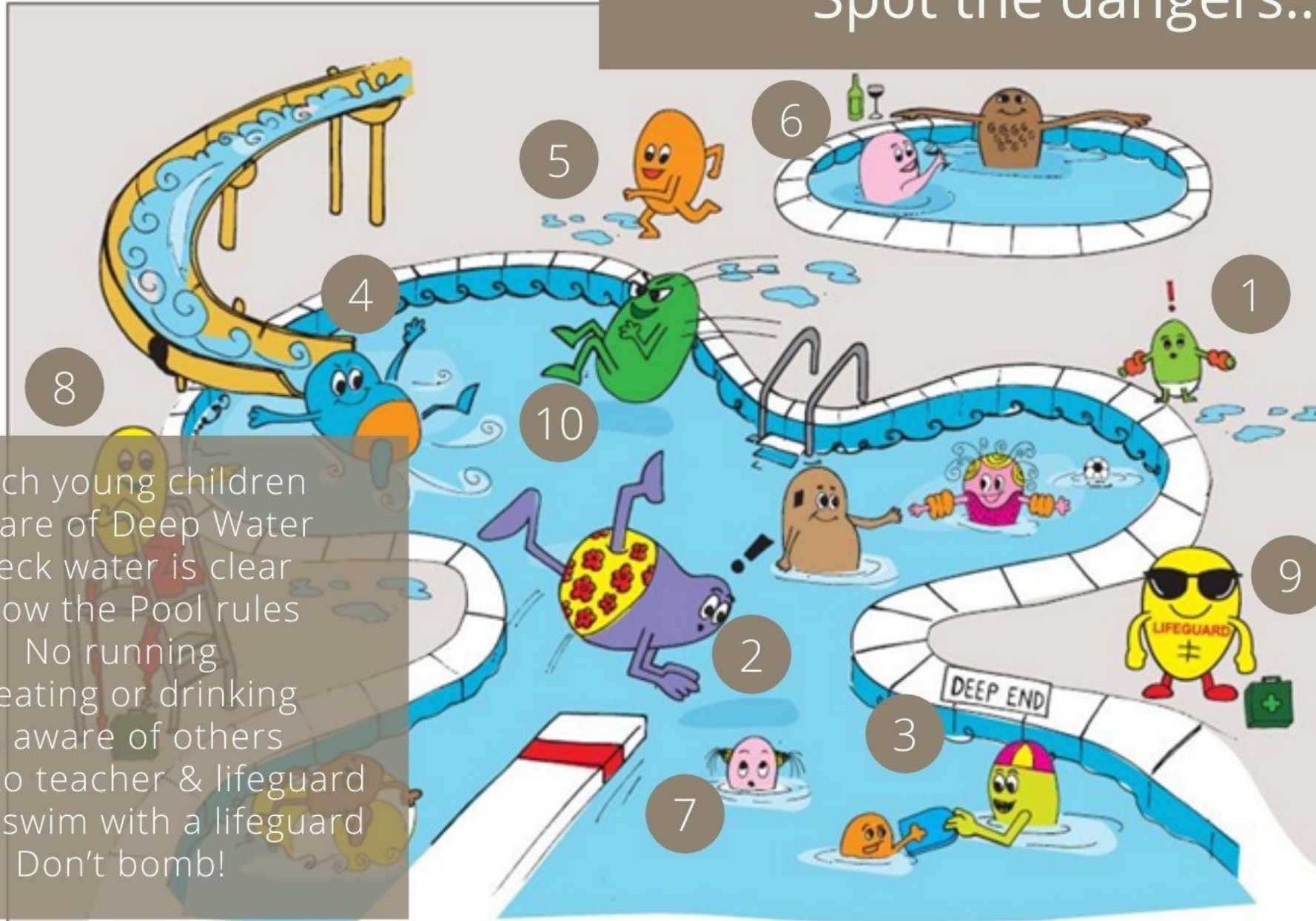
Lifeboats

# Swimming Pool Signs





# Spot the dangers...



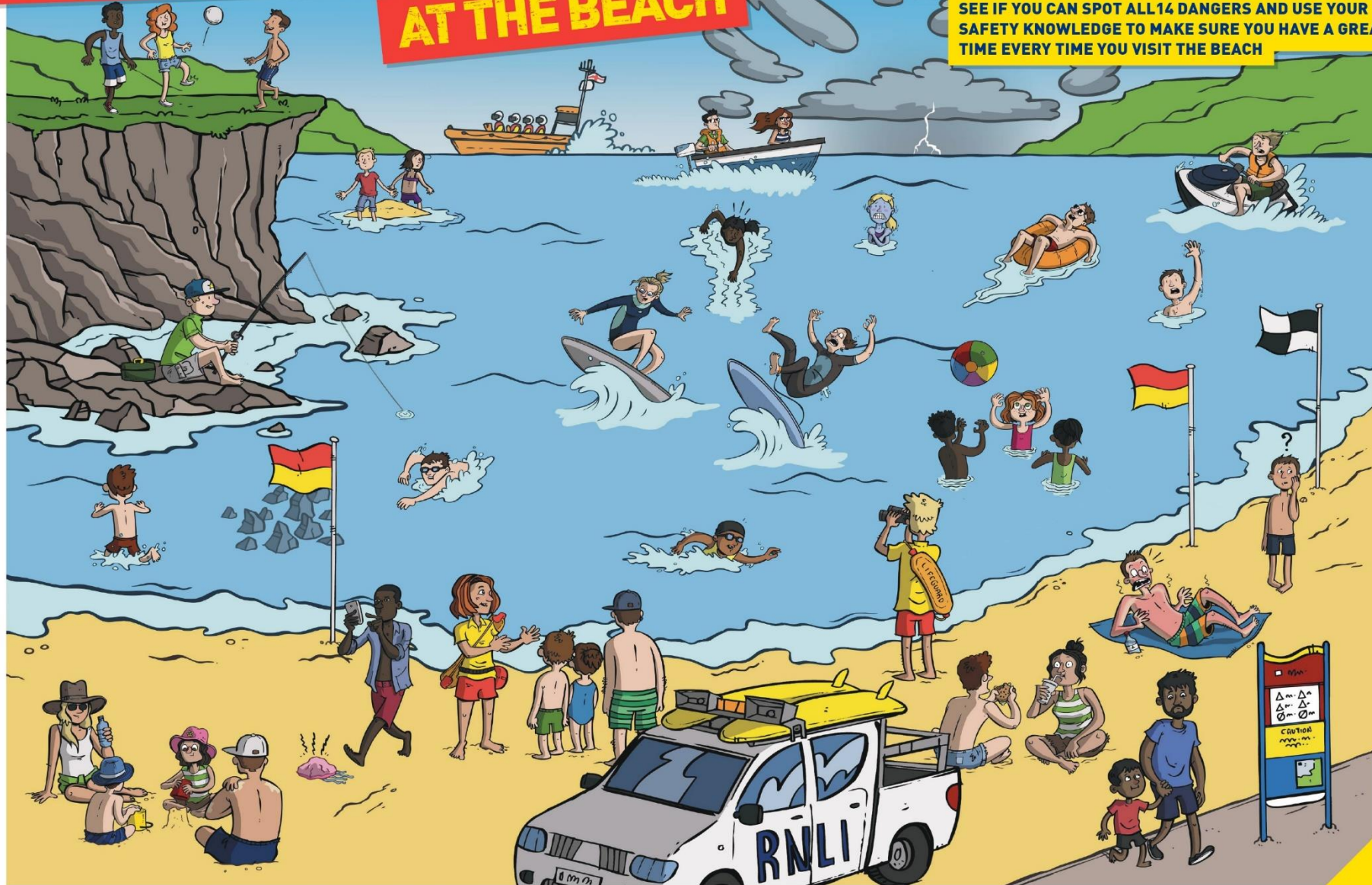
1. Watch young children
2. Beware of Deep Water
3. Check water is clear
4. Follow the Pool rules
5. No running
6. No eating or drinking
7. Be aware of others
8. Listen to teacher & lifeguard
9. Always swim with a lifeguard
10. Don't bomb!

# SPOT THE DANGERS

## AT THE BEACH

WHO'S IN DANGER IN THIS SCENE?

SEE IF YOU CAN SPOT ALL 14 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU VISIT THE BEACH

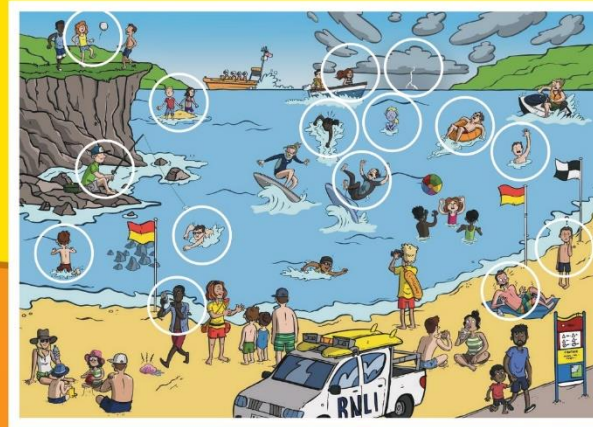


Lifeboats

# ANSWERS

- 1 People near cliff edge playing football
- 2 Man fishing without lifejacket
- 3 Boy in the water in a non-lifeguarded area
- 4 Man looking at phone, about to step on jellyfish
- 5 Swimmer heading for rocks
- 6 People stranded on sandbank
- 7 Surfers in swim area – man also falling off
- 8 Storm approaching
- 9 Person looking very cold
- 10 Girl being pulled away in a rip current

- 11 Man with sunburn
- 12 Lost child
- 13 Man asleep on inflatable being pulled out on tide – about to be hit by watercraft
- 14 Boy with hand in air – in trouble in watercraft area











# Always follow outdoor safety advise



## **Lifeguarded Area**

Safest area to swim, bodyboard and use inflatables.



## **Surfing Area**

Never swim or bodyboard here.



## **Danger**

Never go in the water when the red flag is flying.



## **Strong wind**

Never use inflatables when the windsock is flying.

# LEARN TO FLOAT

If you get in trouble in the water, don't panic – follow these steps:

1



Keep calm. Don't swim hard. Hold onto anything that floats.

2



Lean back to keep your mouth and nose out of the water.

3



Push your belly up and stretch out your arms and legs into a star shape.

4



Gently move your hands and feet to help you float.

5



Do this until you feel more relaxed.

6



When you're calm, raise your arm and shout for help. Swim to safety if you can.

# 5 Steps To Float

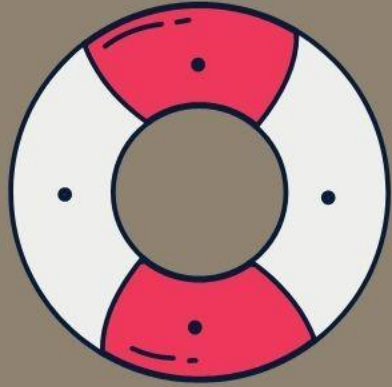
Step 1: Stay calm.

Step 2: Lean back, stretch out your arms and legs.

Step 3: If you need to, move your arms and legs to gently float.

Step 4: Float until you can control your breathing.

Step 5: Only then, call for help or swim to safety.



Find a lifeguard



NEVER JUMP IN!

**HELP!!**

Shout for help!

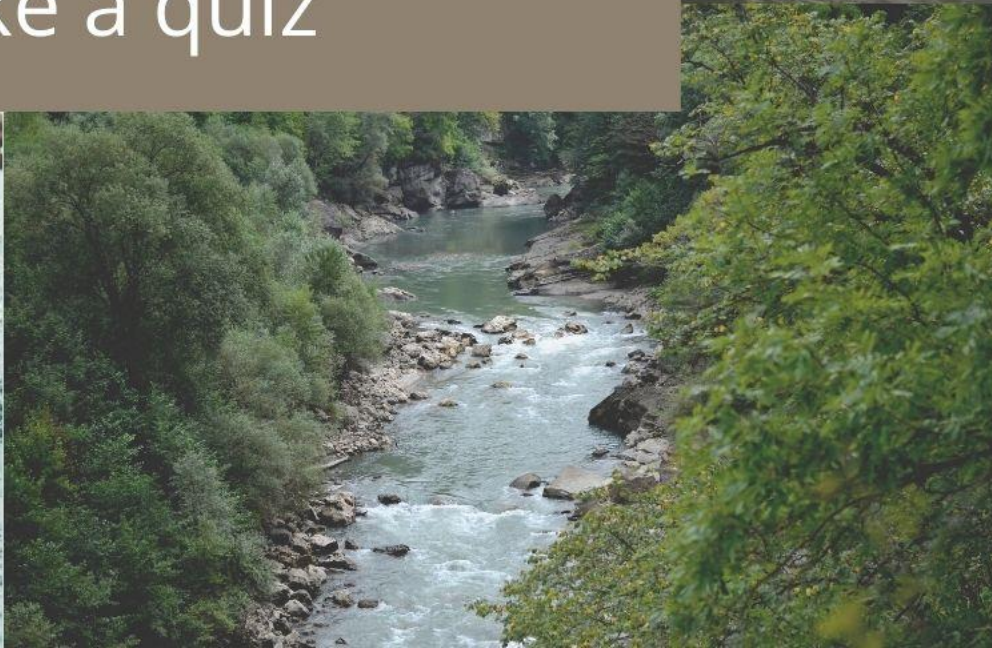


Call 999.

**LEARN  
HOW TO  
HELP**



Let's take a quiz

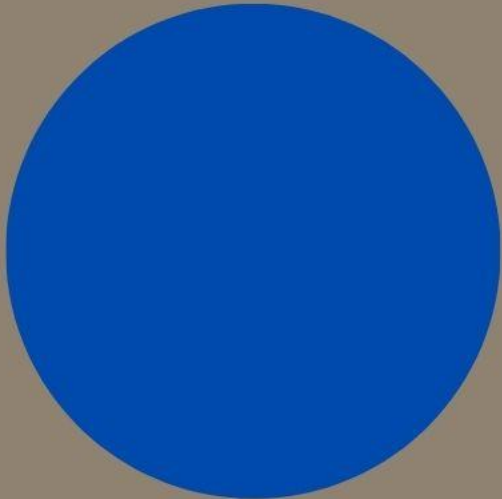


# Quiz

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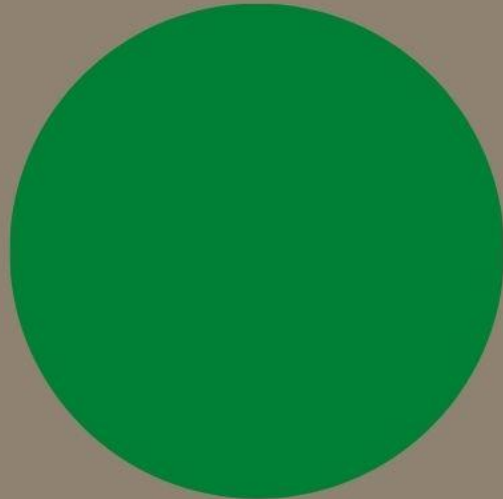
What colour flag means no swimming?

A



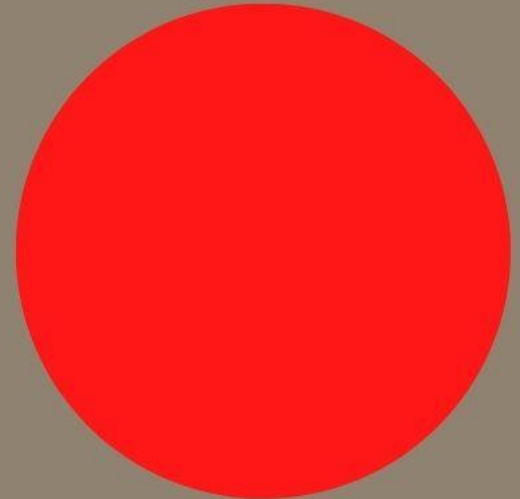
Blue

B



Green

C

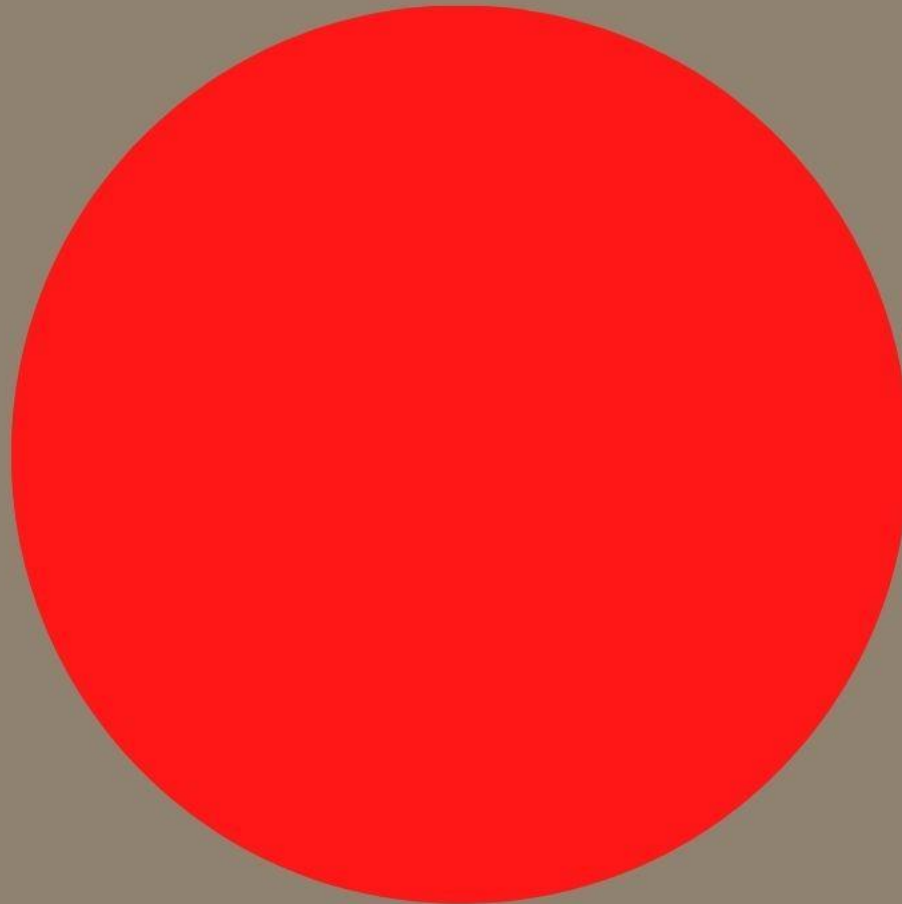


Red

# Quiz

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Answer: C



Red

# Quiz

---

Where is the safest place to swim?

A



Bath

B



Swimming Pool

C



River

# Quiz

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Answer: B



Swimming Pool

# Quiz

---

Hypothermia is when the body gets:

A



Too cold

B



Too hot

C



Too Small

# Quiz

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Answer: A



Cold

# Quiz

---

How can you help someone drowning?

A



Jump in

B



Use a stick to reach out

C



Throw leaves

# Quiz

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Answer: B



Use a stick to reach out

# Quiz

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You can tell the depth of the water by:

A



Read the signs or ask a lifeguard

B



By the colour

C



By jumping in

# Quiz

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Answer: A



Read the signs or ask a lifeguard

# Quiz

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Lifejackets keep you safe when you are:

A



Flying

B



Climbing

C



Boating

# Quiz

---

Answer: C



Boating

# Quiz

---

Lifejackets keep you safe in:

A



Fire

B



Water

C



Air

# Quiz

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Answer: B



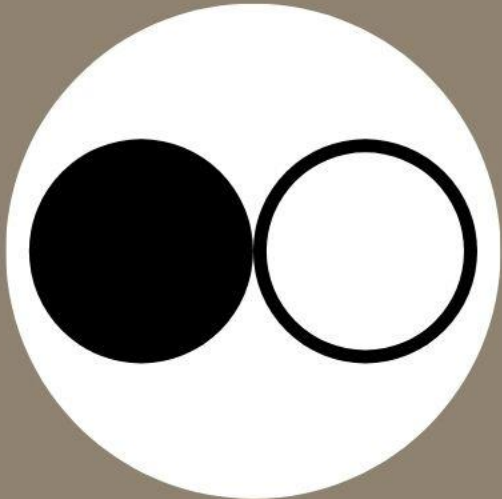
Water

# Quiz

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The flag for safe to swim is:

A



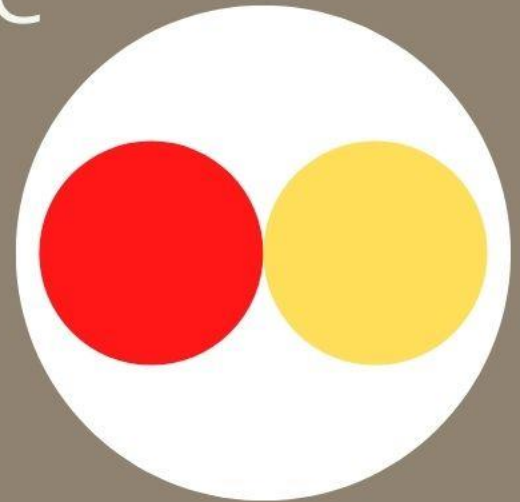
Black and white

B



Blue and yellow

C

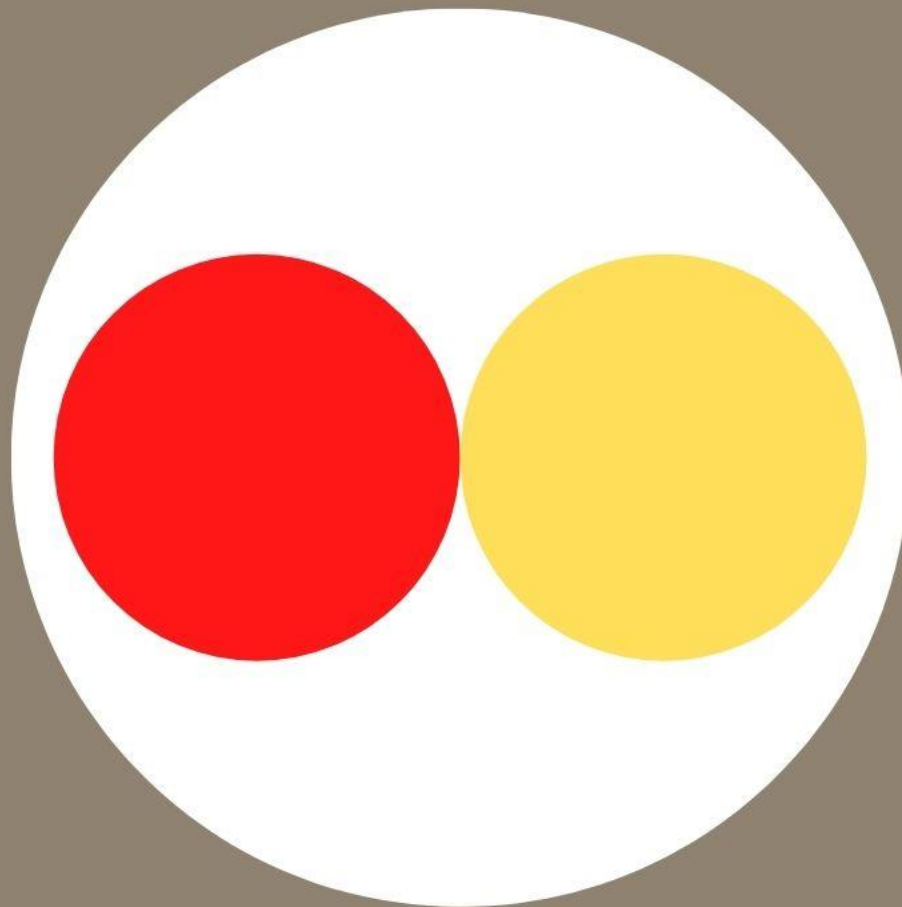


Red and Yellow

# Quiz

---

Answer: C



Red and Yellow

# Quiz

---

Running on poolside is:

A



Always allowed

B



Never allowed

C



Only if you're running late

# Quiz

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Answer: B



Never allowed

# Quiz

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Swimming hats should be worn for:

A



Hygiene and safety

B



Fashion

C

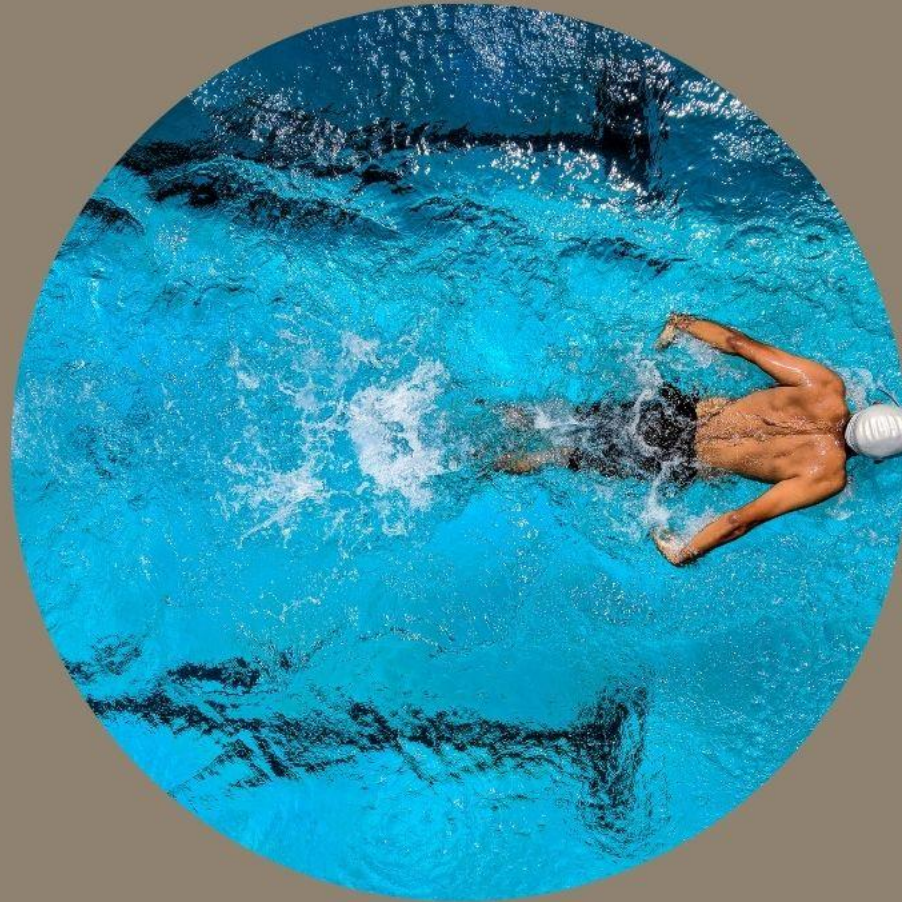


Keep your hair dry

# Quiz

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Answer: A



Hygiene and safety

# Quiz

---

Why do rivers move fast?

A



Fast fish

B



Strong currents

C



Cold water

# Quiz

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Answer: B



Strong currents

# Quiz

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It is not safe to play on ice because:

A



You can fall through it

B



Could ruin my trainers

C



Could get too cold

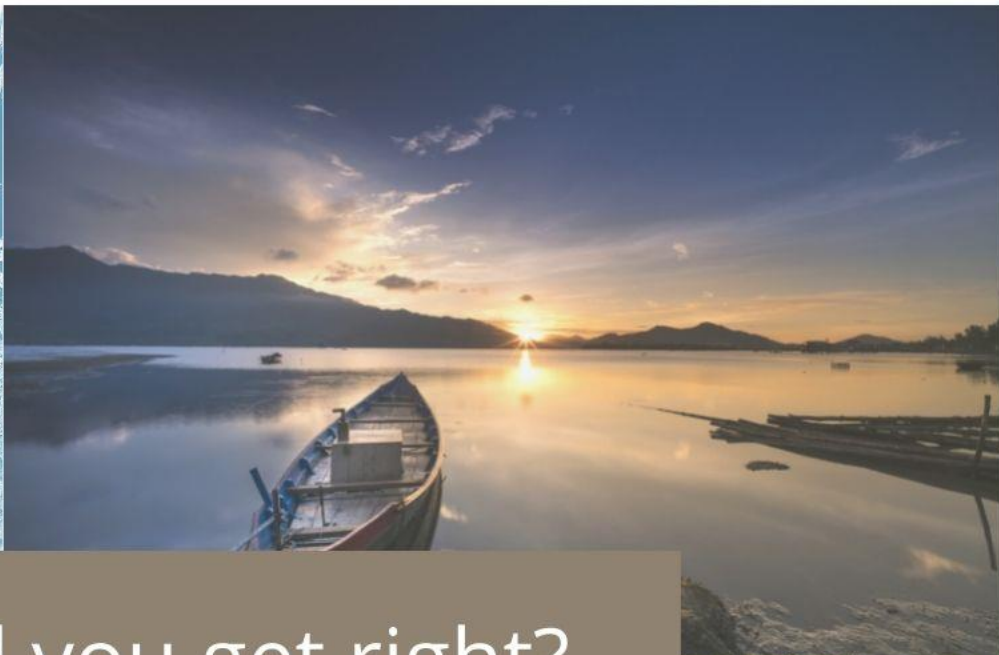
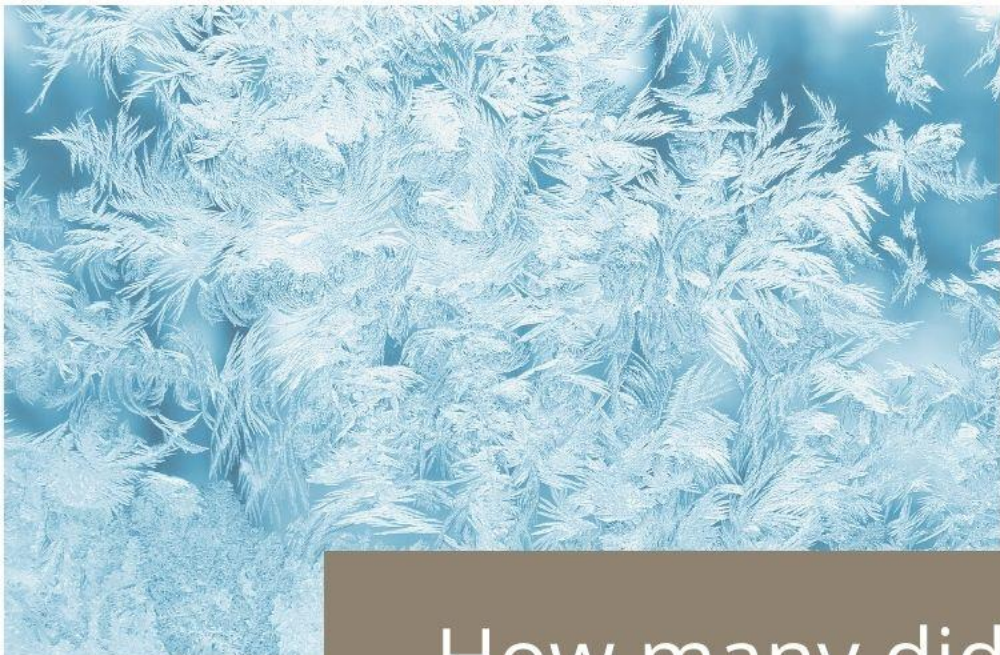
# Quiz

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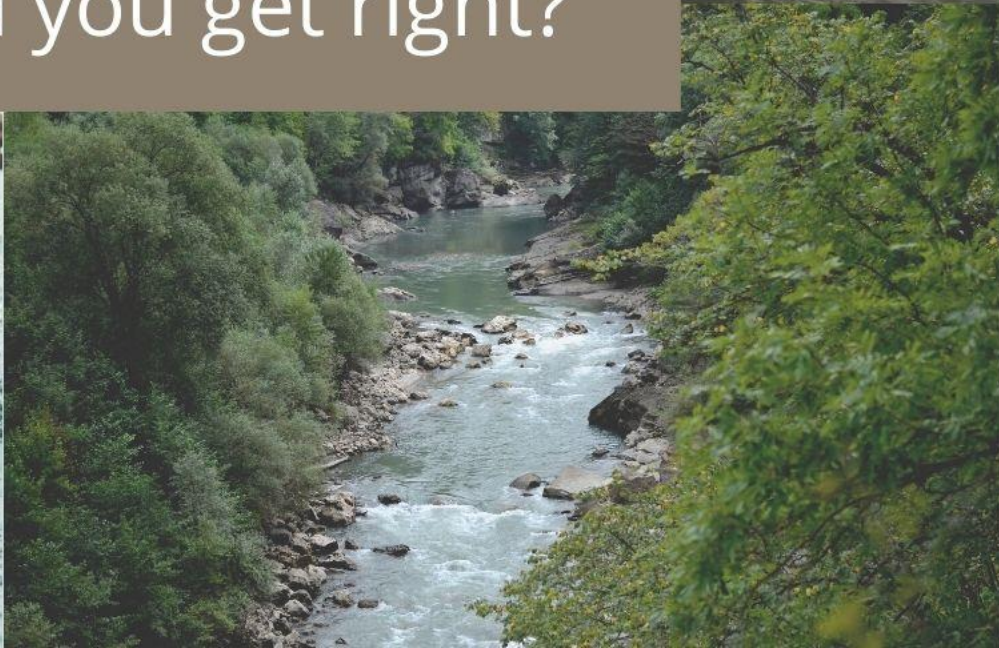
Answer: A



You can fall through it



How many did you get right?



Thanks for  
listening,  
we're  
looking  
forward to  
seeing you  
at the pool!

Useful link: <https://rnli.org/youth-education/education-resources/upper-primary>

