STA Water Safety Advice Booklet

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Health Leisure Life









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Introduction for Adults

Water safety is crucial in preventing drowning which is why the Swimming Teachers' Association (STA) and the Royal National Lifeboat Intuition (RNLI) have worked together to create this water safety booklet. It aims to provide advice on how to stay safe in and around water both in the UK and overseas.

The STA is an international award-winning charity working towards the objective of preserving human life by the teaching of swimming, lifesaving and survival techniques.

The RNLI charity saves lives at sea. Its volunteers provide a 24-hour search and rescue service around the United Kingdom and Republic of Ireland coasts. The RNLI operates 238 lifeboat stations in the UK and Ireland and more than 240 lifeguard units on beaches around the UK and Channel Islands.

The World Health Organization (WHO) report that there are around 300,000 annual drowning deaths worldwide. Children and young people are most at risk from drowning.

Learn more about how to stay safe and have fun with your family around water.





Introduction

STAnley Says...

Welcome to STA's Water Safety Advice booklet, it's great to have you here!

Are you ready to learn about water safety?

This booklet is jam packed with fun activities to help you learn about how to stay safe in and around water including at home, at the swimming pool, on days out and on holiday.

Tell an adult about what you've learnt along the way and ask them any questions if you need help.

Stay water safe!

STAnley





The Water Safety Code

1. Stop and Think

Water may look safe, but it can be dangerous; learn to spot and keep away from dangers. Look out for flags and notices that may warn you of the dangers.

2. Stay Together

Never swim or be around water alone – always stay with a friend or family member.

3. Float

If you're in trouble in the water, float on your back until you feel calm and shout for help.

4. Call 999 or 112

In an emergency, if you spot someone in trouble, call 999 or 112. Never enter the water to attempt a rescue; instead find something that floats and throw it to the person.



ADULT NOTE:
Supporting resources can be found from the Royal National Lifeboat Institution (RNLI) at www.rnli.org/education.

Where Water Safety Applies

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Where Water Safety Applies

Water safety is important anywhere there is water. Some water is deep, some is shallow, but all water can be dangerous if we are not careful.

Knowing how to stay safe around water helps us have fun, look after ourselves, and keep others safe too. Types of water to be aware of include:



















Water Safety at Home

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Water Safety at Home



FACT: People can drown in just 2cm of water

Make sure anything containing water in your home is emptied after it's used and make sure an adult is always with you when around water at home.

Can you find all the words?

P	O	O	L	A	G	B	U	C	K	E	T	S	S	E
T	N	S	D	K	O	N	B	C	N	M	V	M	U	F
P	O	U	N	I	I	A	I	I	C	P	X	U	P	B
X	L	I	S	T	T	I	H	L	S	T	V	F	E	G
T	S	Q	L	H	Z	C	L	K	D	Y	M	N	R	N
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H	L	L	S	M	T	R	E	V	O	C	A	J	I	H
W	U	E	L	G	I	P	S	D	N	R	X	P	S	S
G	V	A	H	Y	B	S	T	Q	M	G	V	Q	I	A
F	B	R	N	I	J	X	P	H	S	W	P	S	O	W
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U	F	J	G	P	R	N	N	X	S	A	P	D	Y	S
Q	B	F	X	D	P	V	P	T	A	D	O	Q	F	G



ADULT
BATH
BATHPLUG
BUCKETS
COVER
EMPTY
FISHPOND
HELP
POOL
PADDLING
PLUG
SUPERVISION
SINK
WASHING

Can you spot the h

Circle the dangers when you spot them!



Colour me in

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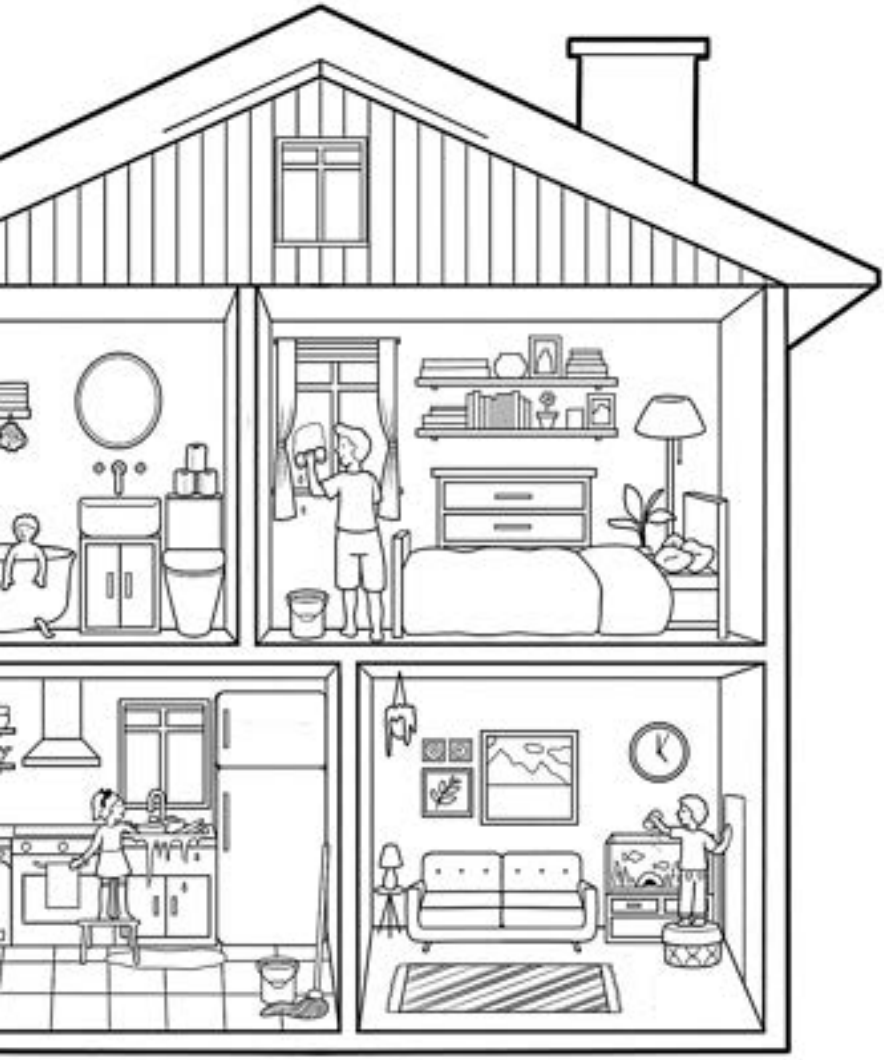
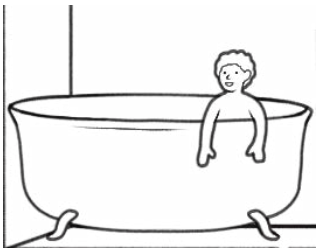


Water Safety at Home

Did you spot all the dangers?

Baths and sinks



Empty and remove the plug after use.

Fishtank



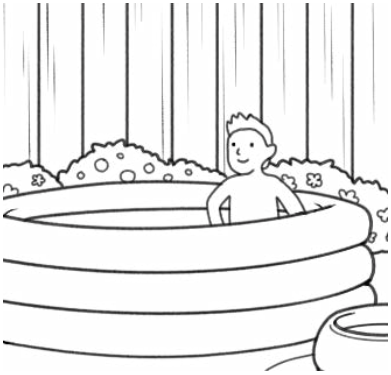
Ensure there is a cover and children cannot reach to climb inside.

Washing machines



Keep the door shut at all times.

Paddling pool



Empty and put away after use.

ADULT NOTE:
Children should be supervised at all times around water.

Water Safety at Home

Ponds



Fence these off and cover with mesh.

Buckets



Empty and put away after use.

Water butts



Cover with a secure lid.

Sinks



Empty after use and remove the plug.

Water Safety at the Swimming Pool

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Water Safety at the Swimming Pool

Lifeguarded swimming pools are a great place to go to enjoy water safely.

A lifeguard's job is to help keep everyone in the pool safe. They:

- Observe the pool and those who are swimming
- Supervise activities taking place in the pool
- Educate swimmers on how to stay safe at the pool
- Prevent accidents
- Provide emergency help if needed.



Look for the friendly lifeguards when you next go to the swimming pool!

Only swim when lifeguards are on duty.

Pool rules are there to keep everyone safe. Always follow the rules at the swimming pool and listen to the lifeguards.





Can you spot the dange

Circle the dangers when you spot them!



rs in a swimming pool?





Water Safety at the Swimming Pool

Did you spot all the dangers?

Eating and drinking



Don't eat and drink in or around the pool as this can be dangerous.

Steps / ladders / handrails



Take care when using / near these, do not play on them.

Wet floor / person running on poolside



Poolside can become wet, always walk carefully to avoid slipping.

Signage



Look for signs around the pool to know where the shallow end and deep end is, what the rules are and safe activity guidance.

Water Safety at the Swimming Pool

Slide



Listen to the lifeguards and follow their instructions.

Unsupervised child



Supervise children at all times.

Throwing a ball



Playing games in the water can be fun but make sure they don't become boisterous! Some pools may not allow balls and toys; follow the rules and listen to the lifeguards.

Boisterous activities









These are unsafe behaviours and should not take place in a swimming pool. Ensure pool rules are followed.

Open Water Safety

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Open Water Safety

Environments where cold water might be present:

Match the pictures to the correct environment

1. Lakes / Lochs
2. Canals
3. Beach / The Sea
4. Rivers
5. Reservoirs
6. Quarries
7. Ponds
8. Estuaries
9. Harbours



















DID YOU KNOW:

These environments are known as locations with 'open water.'

Answers: 1 = A, 2 = C, 3 = D, 4 = B, 5 = E, 6 = F, 7 = H, 8 = I, 9 = G

Open Water Safety

There are different hazards within every open water environment, but some general guidance includes:

- Never go alone
- Always make sure an adult is there
- Pay attention to warning signs
- Know where safety equipment is located
- Stay away from slippery and unstable edges
- Do not play on ice
- Look for dangers, for example, currents, fast flowing water, deep water, drop-offs, rocks, tree branches, rubbish, rusty metals
- Know how to call for help.



Cold Water Shock

FACT: Just because it's hot and sunny doesn't mean the water will be too.

Cold water shock is the body's natural response to being in cold water (below 15°C).

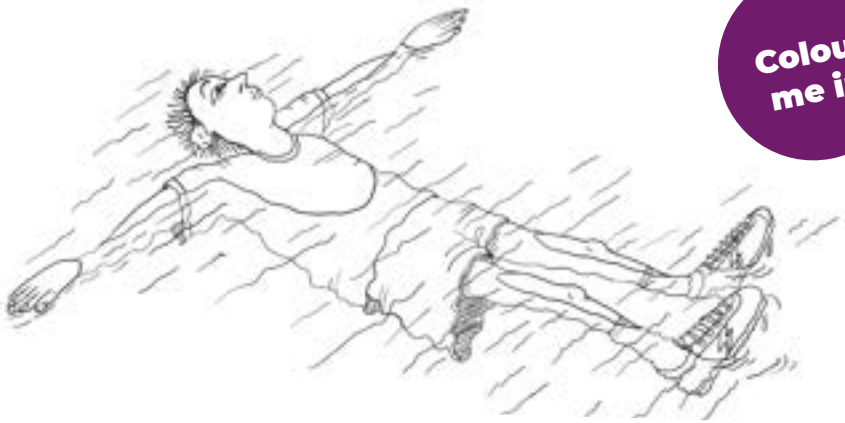
If you fall into cold water, you may experience cold water shock. This means you will:

- 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).

What to do if you end up in cold water:

- Take a minute – the initial effects of cold water shock pass in less than a minute so don't try to swim straight away
- Relax
- Float to live
- Keep calm and call for help or swim to safety if able.

Colour me in



Open Water Safety

SPOT THE DANGERS AT THE RIVER



Open Water Safety

WHO IS SAFE IN THIS SCENE AND WHO ISN'T?

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



Open Water Safety

ANS

1. Kids jumping off bridge
2. Child sitting on edge of bridge might fall
3. Woman in boat doesn't have lifejacket
4. Boy in trouble with hands in air
5. Boy kicking football in river
6. Kids jumping off raised bank
7. Dangerous rubbish in water
8. Public rescue equipment scattered
9. Person in water looking very cold



WERS

10. Someone caught in strong current
11. Boy slipping near edge
12. Dog, not in trouble yet but owner mustn't go in to rescue it
13. Safety sign says no swimming or diving!
14. Bike rider near edge



Water Safety at the Beach

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Water Safety at the Beach





What to look for to stay safe at the beach:

Think about:

- Is there a lifeguard?
- What is the number for the local emergency services?
- Are warning signs in English?
- Are there beach flags and what do they mean?
- Are your adults close by?



Water Safety at the Beach

Waves



Unexpected waves can quickly sweep you off your feet, even on a calm day. Always be careful as waves can drag you out to sea in a matter of seconds.

What do strong waves look like?

- Strong waves are caused by strong winds and can be noticed by their height.

Tides



Tides occur when the water level changes throughout the day. You will notice that the water creeps up the sand further during the day and a few hours later, the water level will go down again. These movements are a regular cycle and are known as tides.

To avoid getting dragged into the water by a tide:

- Make sure it's safe by checking the 'tide tables' (these can be found in the tourist centre or the weather news – the hotel might even be able to help)
- Look out for any beach flags and warning signs.

Water Safety at the Beach

RIP Currents

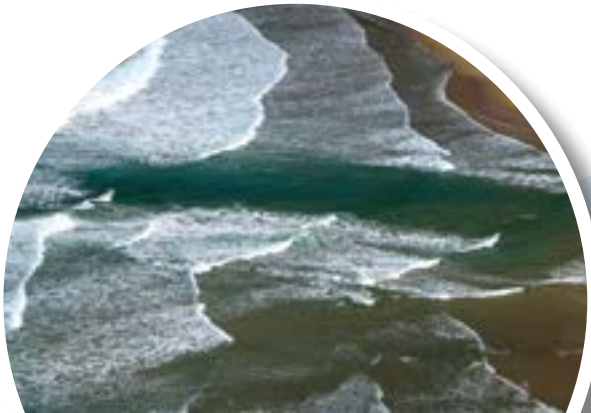
Rip currents are strong currents running out to sea and they can be difficult to spot. They can quickly pull swimmers away from shore and into deep water.

How to identify a rip current:

A channel of flat, darker water surrounded by choppy, churning water.

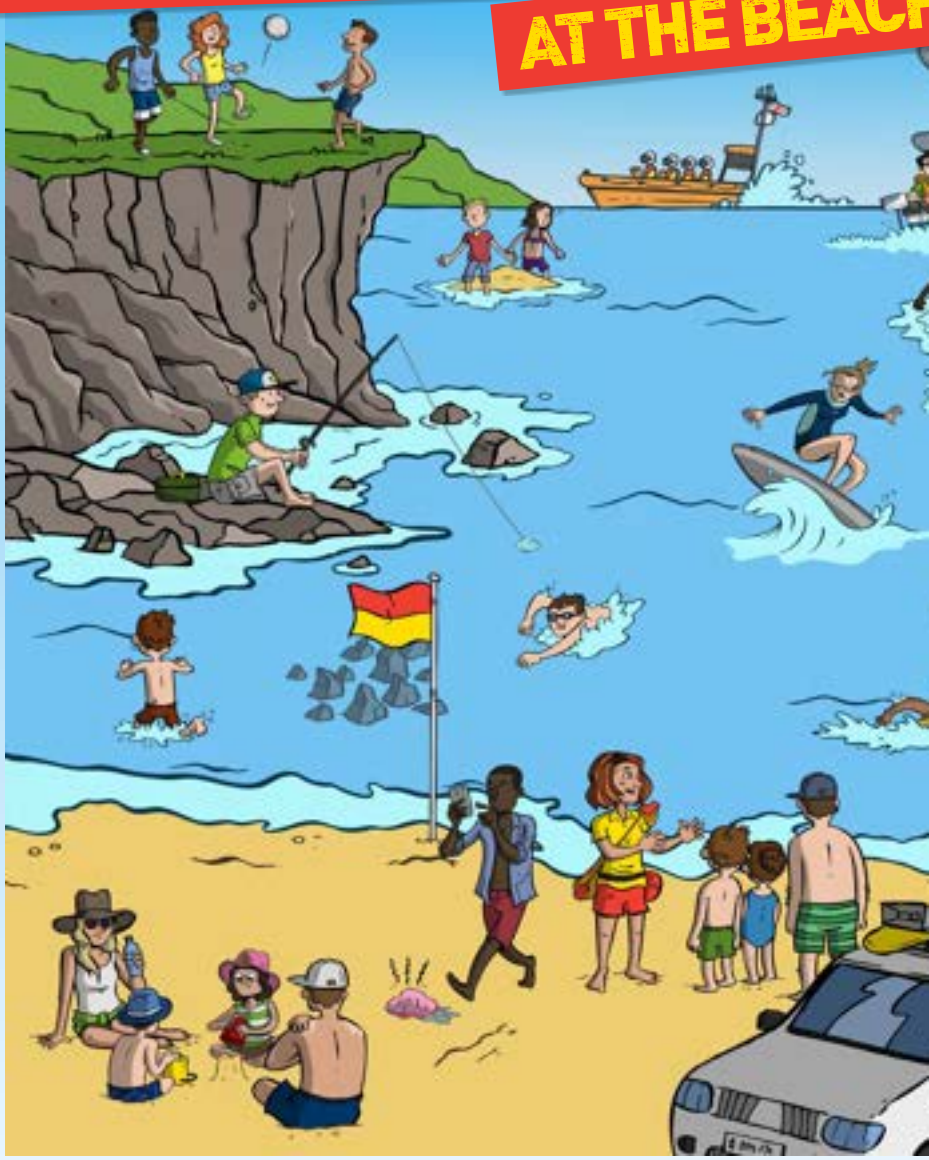
If you enter a rip current, what do you need to do?

1. Stay calm
2. Call for help, raising your hand
3. If you can stand, wade don't swim
4. If you can't stand, swim parallel to the shore, don't try to swim against it
5. When free of the rip current, swim to shore.



Water Safety at the Beach

SPOT THE DANGERS AT THE BEACH



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 (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

Water Safety at the Beach

WHO IS SAFE IN THIS SCENE AND WHO ISN'T?

SEE IF YOU CAN SPOT ALL 15 DANGERS AND USE YOUR SAFETY KNOWLEDGE TO MAKE SURE YOU HAVE A GREAT TIME EVERY TIME YOU'RE AT THE BEACH



RNLI Lifeboats

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Water Safety at the Beach

ANSW

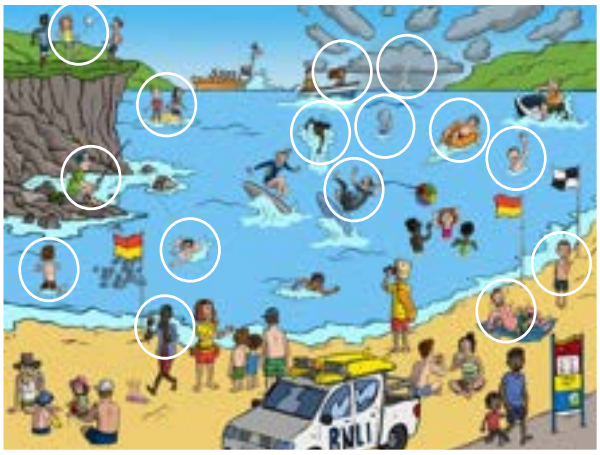
1. People near cliff edge playing football
2. Man fishing without lifejacket
3. Boy in the water in a non-lifeguarded area
4. Man looking at phone, about to step on jellyfish
5. Swimmer heading for rocks
6. People stranded on sandbank
7. Surfers in swim area – man also falling off
8. Storm approaching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

Water Safety at the Beach

VERS

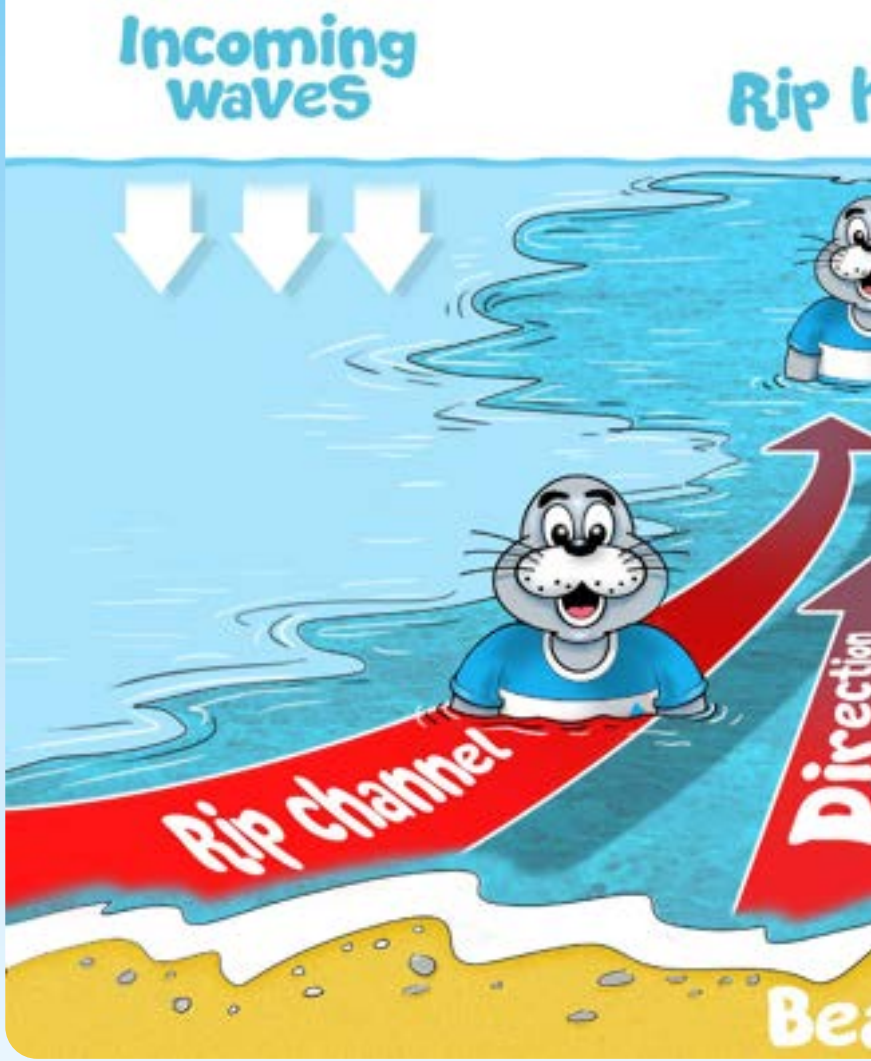
11. Man with sunburn
12. Lost child
13. Man asleep on inflatable being pulled out on tide – about to be hit by watercraft
14. Boy with hand in air – in trouble in watercraft area
15. Woman in boat doesn't have lifejacket





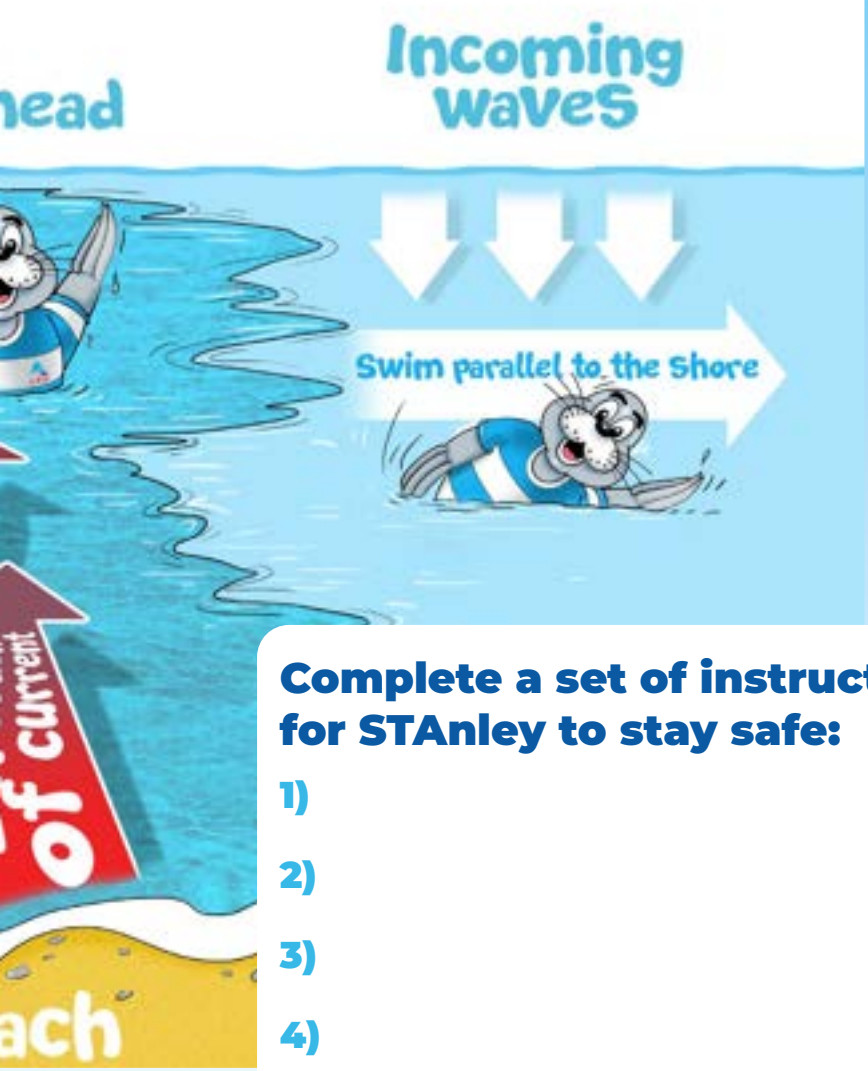
STAnley Has Been Caug

He's raised his arm to get the lifeguard



ght Up in a Rip Current

ds attention. What should he do now?



Complete a set of instructions for STAnley to stay safe:

1)

2)

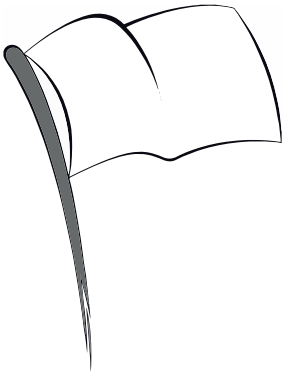
3)

4)

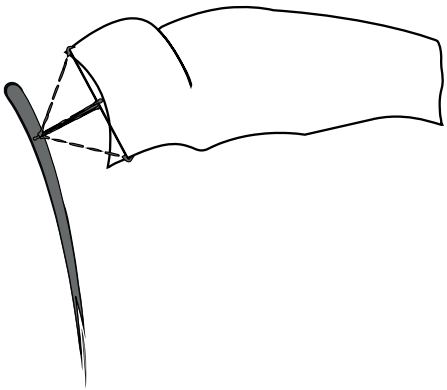
5)

Water Safety at the Beach

Beach Flags

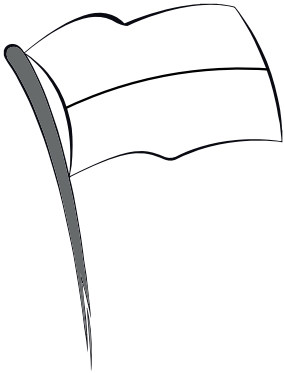


Red flag: Danger, no swimming.

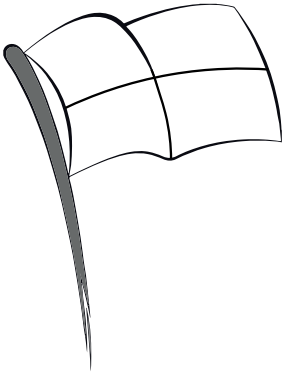


Orange windsock: Wind is very strong, don't take inflatables into the sea.

Colour me in

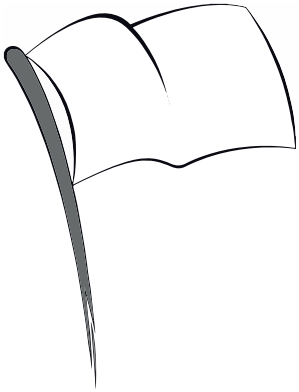


Red and yellow flag: Lifeguard on duty, showing the area safest to swim.



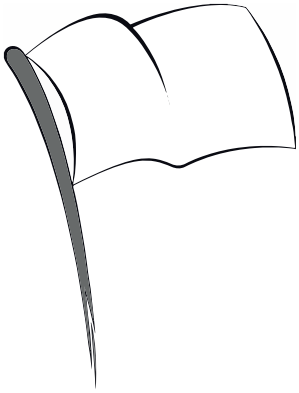
Black and white: Area is for surfers and watercrafts, no swimming.

Overseas Beach Flags



Green flag:
Water is calm. This doesn't mean the water is safe, you must still be careful.

NOTE:
If you go on holiday abroad, you may find these flags!



Purple flag: Dangerous marine life has been spotted e.g. sharks, jellyfish etc.

Colour me in



STAnley's Tips to Enjoy Water Safely

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STAnleys Tips to Enjoy Water Safely:

- **Be aware of dangers**
- **Only swim in lifeguarded areas**
- **Enter water safely and slowly, checking the depth**
- **Know where a safe exit is at all times**
- **Ensure constant adult supervision around any type of water**
- **Never go alone**
- **Use buoyancy aids and life jackets**
- **Recognise fatigue and cold**
- **Attend regular swimming lessons to improve water safety skills and confidence.**





If You Get Into Di

HOW DO YOU FLOAT?



WE ALL KNOW WHAT TO DO IF YOU GET INTO TROUBLE IN THE WATER: FLOAT. BUT EXACTLY HOW DO YOU FLOAT AND DOES EVERYBODY FLOAT DIFFERENTLY? I TOOK THE STORM FORCE GANG TO THE LOCAL SWIMMING POOL TO FIND OUT. HERE'S WHAT WE LEARNED.

IF YOU GET INTO TROUBLE IN THE WATER, WHAT DO YOU DO? FLOAT ON YOUR BACK:

1. **Tilt your head back**, with your ears in the water.
2. **Relax** and try to breathe normally.
3. **Stretch out your arms and legs** to find a comfortable floating shape.
4. **Move your arms and legs** gently to help you to float.
5. **Stay calm.** Raise an arm, and shout for help. Swim to safety if you can.





WHAT'S GREAT ABOUT FLOATING?

It's a lifeskill. If you find yourself in trouble or you fall into the water, it could save your life. It works well because it keeps your nose and mouth above the water, so you can breathe. When you feel calm, you can think about what to do next. Can you put a hand in the air and shout for help? Or are you able to swim to safety or hold onto something that floats, like a bodyboard or ball?

fficulty In Water

SCAN ME

HOW DO YOU FIND YOUR FLOAT?

As you can see, all of my Storm Force pals found different ways to float. It takes practice to find out how you float. The next time you go to a swimming pool with an adult, try out our five floating tips (see left). If your body floats in a different way, trust it. It's OK if your legs sink a little. Work out what shape suits you best. Scatty the seagull thinks he looks the best, but it doesn't matter what you look like – the best position is the one that works for you.



DOES ANYTHING ELSE HELP YOU FLOAT?

Yes! Hold onto anything that floats – like a bodyboard or a beachball. A lung full of air will also help you float – take a big breath in. It's good to practise so that you get more confident floating. Trust that the water will support you.



CAN EVERYONE FLOAT?

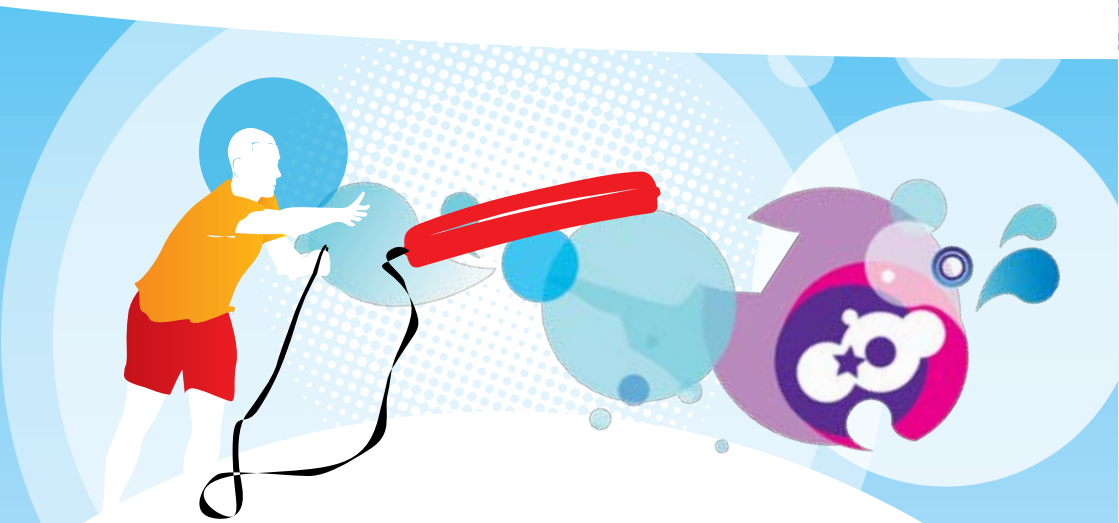
If you don't get it at first, keep practising. It's worth it. It may save your life one day. My friend Alice Dearing (Great Britain's first Black female Olympic swimmer) and I know that it's a myth that some groups of people can't float. Whatever you look like – whatever your skin colour, height or weight – you can find your float.

If you don't go to the swimming pool, you can still try out some floating positions! Choppy doesn't like water, so she lay down on the floor and tried some out.

DOES FLOATING *REALLY* SAVE LIVES?

Yes! Many children and adults are alive today thanks to floating. Read some of their stories at **RNLI.org/float**

STAnley's Tips to Enjoy Water Safely



What to do in an Emergency

In the UK, call emergency services on 999 / 112

If you see someone struggling in water:

NEVER GET IN THE WATER YOURSELF AND STAY BACK FROM THE EDGE.

- Call for help (emergency services, a lifeguard or for an adult)
- Give the casualty loud and clear instructions to swim to safety: 'Look at me, keep your head up, kick your legs, swim to the side'
- Find something that can float and throw it to them (water bottle, football etc.)



Winter Water Safety

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Winter Water Safety

When the temperatures drop and open water is covered in ice, it is important to remember you must not, under any circumstances, go on to the ice.

To keep yourself safe:

- Stay off the ice
- Keep away from the water edge
- Check safety signage.

If you see someone fall through the ice:

- Do not attempt a rescue
- Shout for help and call 999 / 112
- Tell them to stay calm
- Try to reach the person from a safe position (you could use a rope, tree branch, pole etc.)
- Lie down flat to avoid being pulled in or slipping
- If you can't reach them, throw them something that floats (football, plastic bottle etc.)
- If you can't reach, DO NOT try to rescue them yourself
- Wait for emergency services to arrive.



Winter Water Safety

If you fall through the ice:

- Stay calm - the initial effects of cold water shock pass in less than a minute
- Shout for help
- Spread your arms out on top of the ice
- Lie flat and kick your legs to push yourself forward
- Use your arms to pull yourself over the ice
- Wriggle onto the ice and crawl towards the shore
- If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keep your legs together. Keep your head clear of the water.

NOTE:
STAY AWAY FROM FROZEN WATERWAYS, THE ICE MAY BREAK AND YOU COULD FALL THROUGH.



THE WATER SAFETY CODE

1. STOP AND THINK

Can you see any dangers?





2. STAY TOGETHER

Don't go alone, always go with a friend or family member.

SCAN ME

3. FLOAT

If you fall in, stay calm and float to live.





4. CALL 999 OR 112

If you see someone in trouble, call for help.

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