

Shout the signals

Getting participants to demonstrate what they need to say when they or others are in trouble. Whoever can shout the loudest wins!

Purpose of the skills:

Participants learn to project their voices when calling for help for themselves or others that are having difficulty in all water environments.

Equipment needed:

Not Required

Teaching points:

- "If **you are** in trouble in the water, what could you say or do?"
Answers: "Help!", "Over Here!" arm raised out of the water.
- "If you **see someone** in trouble, what could you say and do?"
Answers: "Help!", "they are over there!", "Call 999!", wave arms in the air, signal the person in trouble to come to the shoreline.



Choppy Waters

Participants gather round in a circle and the teacher demonstrates and simulates different water environments from rain, waves, currents and even whirlpools. This can be done by pouring water over heads, encouraging participants to make splashes with their hands or create whirlpools by moving around in a circle as a group.

Purpose of the skills:

Participants identify all water environments and experiencing the different elements to them. i.e, waves in the sea.

Equipment needed:

- Watering cans or buckets to simulate rain

Teaching points:

- "Where else can you swim in water?"
- "What's the difference between a swimming pool and the sea?"
- "Create waves with your hands by making BIG splashes"



Lifeguard Says

The teacher is the lifeguard and the participants are in the water. The teacher gives poolside rules or actions for the participants to follow when they start the phrase "Lifeguard says". If the teacher doesn't start the sentence "Lifeguard says..", the participants have to stay still.

Purpose of the skills:

Participants identify the roles and responsibilities of a lifeguard and understanding pool safety rules.

Equipment needed:

None Required

Teaching points:

- "What does a lifeguard do?", "What colours do lifeguards wear?", "Where would a lifeguard be?"
- Example: "Lifeguard says exit the pool" "Enter the pool" (to which the participants need to stay still).

The teacher must keep it relevant to water safety rules.



What Flag am I?

Teacher introduces each flag that can be spotted in outdoor water environments. Participants demonstrate an understanding to each flag when presented.

Purpose of the skills:

For teachers and participants to have an understanding of each flag and how to identify each meaning.

Equipment needed:

- Beach Flag Posters
QR code to resources provided

Teaching points:

- Red: Do not go in the water.
- Red half over yellow: Lifeguarded area, swim between the flags.
- Black and White quarters: Surfing area, swimmers keep out.
- Orange wind sock: Shows the direction of the wind. If the wind is blowing out to sea, do not go into the water on an inflatable.



Great Shot!

With participants on the side of the pool, the teacher will give them a target in the pool to throw a selected item of their choice. Teacher will demonstrate an underarm throw. The participant who throws an item that floats into the target area, wins.

Purpose of the skills:

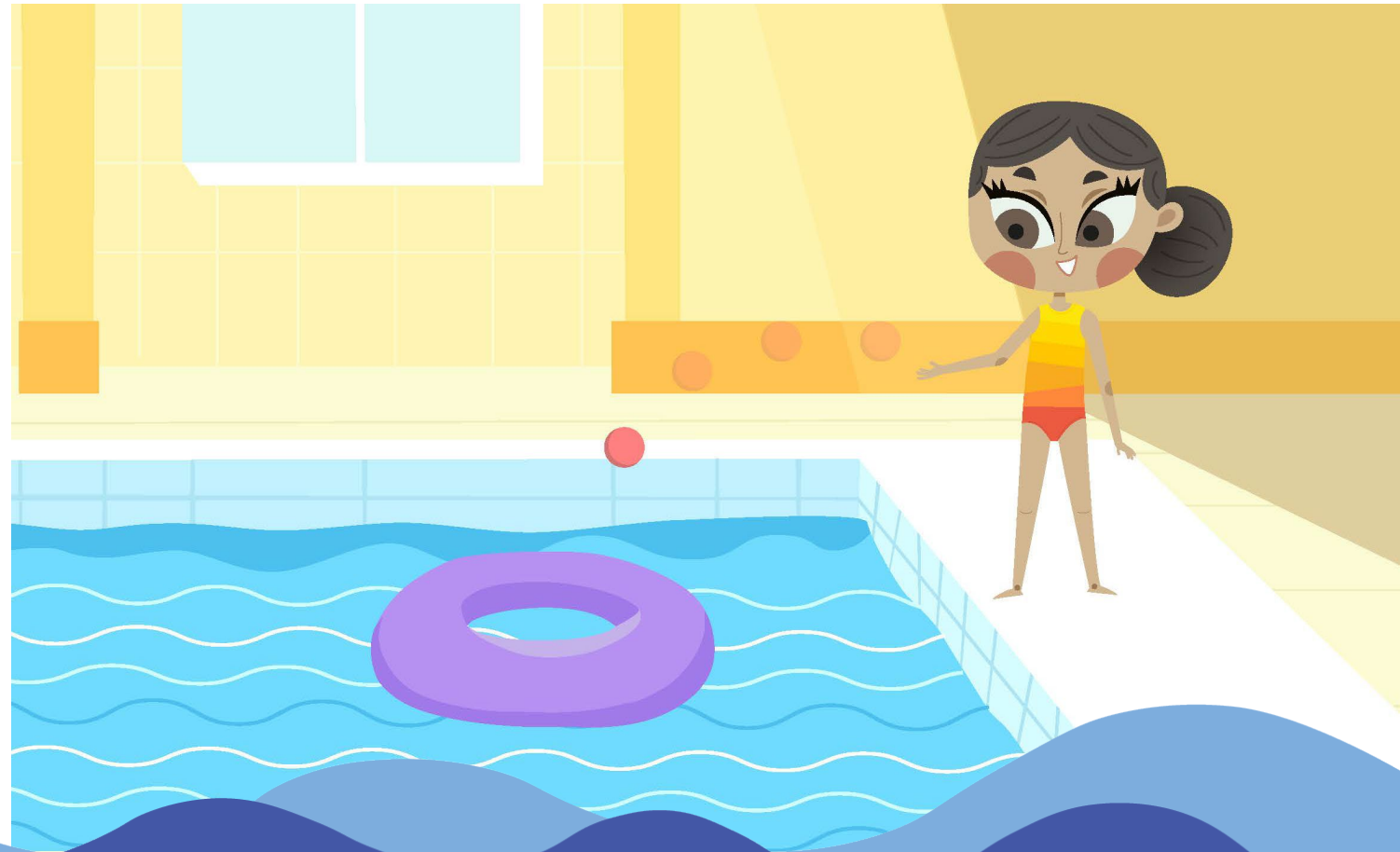
Participants get to identify what objects sink and float that could help a distressed swimmer. Learning how to achieve an underarm throw so that the floatable item can reach them; without having to enter the water themselves.

Equipment needed:

- Mixture of floatable items: floats, noodles, balls.
- Mixture of sinkable items: dive sticks, sinkable soft toys.
- Floatable rings to be used as target areas.

Teaching points:

- "Throw from the hip, and release item when it's in front of you."
- "No throwing aggressively or overhead or to any other area besides the target."
- "Which equipment floats and sinks"



Float Challenge

Participants line up along the edge of the poolside. They will enter the water, emerge and go directly into a star float. The person who floats for the longest wins! While they are in this position, they can demonstrate a call for help.

Purpose of the skills:

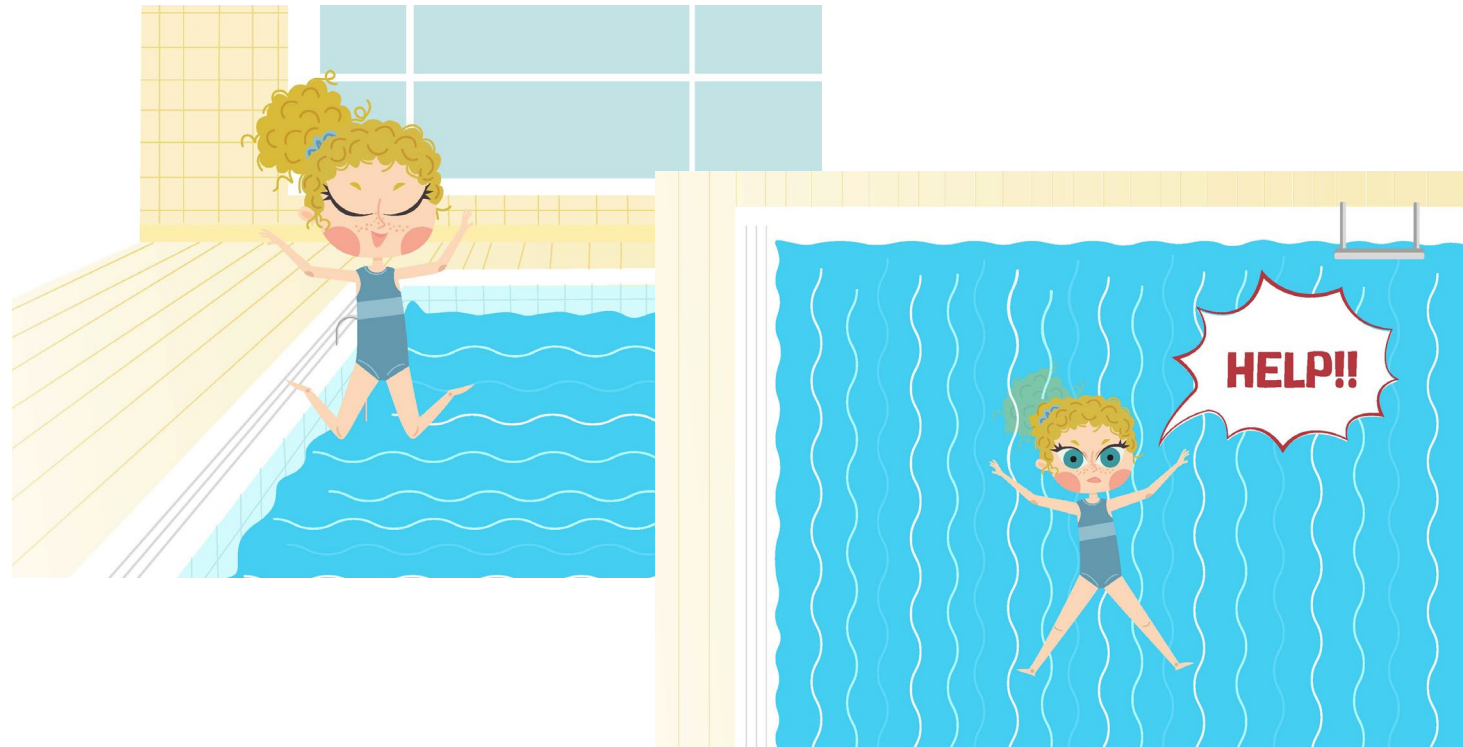
In an event that the participant falls into the water, they can float and survive until either help arrives or strong enough to swim to dry land.

Equipment needed:

None required unless flotation aids are needed.

Teaching points:

- "Toes over the edge, walk or jump directly forwards into the pool, feet first."
- "Enter the water Safely."
- "Swim to the top, look high into the sky with belly button out of the water and with arms and legs stretched out; like a star."
- "To reach dry land, you can swim on you back, swim on front with head out of the water."





Drip, Drip, SPLASH!



One person is chosen and swims around the outside of the circle. As they swim around, they drip water over the participants heads and say either "DRIP" or "SPLASH". When someone has been selected to be "SPLASH", they will try to chase that person around the circle.

Purpose of the skills:

To tread water or do an egg beat kick with head above the water whilst either stationary, moving or talking to others.

Equipment needed:

None required

Teaching points:

- "Moving anti clockwise around the circle"
- "If your being chased, you must go around the circle into the empty space before being caught".



Super Phone

Ask the participants to form a line (in or out of the water) facing the same direction. The teacher will whisper three pieces of information to the participant at the back of the line. Key areas are: the caller's name; location; who is injured and/or what has happened.

The game is to pass the information one at a time in the hope that the same information is received to the last person.

Purpose of the skills:

Identifying the number 999, when to call and what three key pieces of information they need to say in an event of an emergency.

Equipment needed:

- Float to simulate a telephone

Teaching points:

- "In an event of an emergency, what number do you call?"
- "Remember to say who you are, where you are and who is in trouble and the injury."
- Example: " My name is Malakai, I'm at Wilton Lake, and my friend Sally has fallen in the water."





WATER SAFETY SESSIONS FOR SWIMMING LESSONS

OPTION 1: 20 MINUTE LESSON

If you are not able to dedicate a whole swimming lesson to water safety skills, this plan is designed to be incorporated into 15-20 minutes of your swimming lesson.

The skills included in this lesson are the essentials children need to learn to be safe around water. Depending on how far along the learn to swim process your pupils are, they may not be able to complete all of these at this time, so please select the skills that are suitable to your pupils swimming ability and confidence.

SAFE ENTRY AND EXIT		EQUIPMENT: NONE	DURATION: 5 MINS
SLIDE-IN ENTRY			
Definition of the skill: A slow and controlled way to enter the water, using your feet to feel for the floor and any unseen dangers.			
TEACHING POINTS:			
		 • Sit on the side with your feet in the water • Put both hands on the poolside on one side of your body • Roll towards your hands and slowly lower yourself into the water • Feel with your feet for the floor and any obstacles	
Fun Activity: Slow race – see who can lower themselves the slowest and be the last person to touch the floor, but if you stop moving you are out.			
CLIMB OUT			
			
			
Make sure your pupils climb out without using the steps, as this is an essential self-rescue skill.			

STAYING AT THE SURFACE		EQUIPMENT: NONE	DURATION: 5-10 MINS
FLOATING ON YOUR BACK AND SCULLING			
Definition of the skill: small movements of the hands to support floating and movement in the water.			
TEACHING POINTS:			
		• Float on your back • Keep your arms by your sides (level with your body) • Head First: Point your fingers towards the ceiling with your palms facing towards your feet • Feet First: Point your fingers down towards the floor, with your palms facing towards your head • Slightly cup your hands • Sweep your hands away from and then back towards your body	
Fun Activity: You're a star – Starting in a circle facing each other, pupils float and scull on their backs until all their feet are in the middle (looking like a star from above).			
TREADING WATER			
Definition of the skill: A way to stay at the surface and keep your head out of the water (really useful if you fall into the water).			
TEACHING POINTS:			
• Keep your body upright and keep your head out of the water (like you're standing up) • Scull your hands at the side of your body at around chest height • Kick your legs to stay at the surface, but try not to bob up and down • Any leg kick can be used, but the eggbeater is the most efficient			
Fun Activity: Pass the Parcel – Arrange the pupils into a circle whilst treading water. They have to pass an object (ball or float) around the circle without getting it wet.			

STAYING SAFE DURING AN EMERGENCY	EQUIPMENT: NONE	DURATION: 10 MINS
We teach children Simulated Emergency Response skills to help them to understand the risks and dangers around water. It is important that the instructor makes sure that the children understand that these skills are to be used for fun activities during this session and that they should not put themselves at risk during a real emergency. Please tell your group “In an emergency call 999 and make sure you stay safe”. Split the group into pairs to learn and practice these skills.		
SHOUT AND SIGNAL RESCUE		
Definition of the skill: A land based rescue, using your voice and hand signals to rescue a casualty.		
TEACHING POINTS:		
 • Stand back from the edge and call for help • Shout clear instructions to the casualty, such as ‘kick your legs, pull the water with your hands, keep looking at me’ • Use clear gestures with your arms, such as an arm swimming motion, or leg kicking motion • Keep giving instructions and calling for help until the casualty is safe • Tell the casualty to climb out of the water and move to somewhere safe		

OPTION 2: 30 MINUTE LESSON

The skills included in this lesson are the essential skills for children to learn to be safe around water. Depending on how far along the learn to swim process your pupils are, they may not be able to complete all of these at this time, so please select the skills that are suitable to your pupils swimming ability and confidence.

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TEACHING POINTS:			
		• Sit on the side with your feet in the water • Put both hands on the poolside on one side of your body • Roll towards your hands and slowly lower yourself into the water • Feel with your feet for the floor and any obstacles	
Fun Activity: Slow race – see who can lower themselves the slowest and be the last person to touch the floor, but if you stop moving you are out.			
FALL-IN ENTRY			
Definition of the skill: A way to protect yourself when falling into the water.			
TEACHING POINTS:			
	• Stand sideways at the edge of the pool with your foot slightly over the edge • Lean towards the pool, as you start to overbalance tuck your body into a ball • Use your arms to protect your head • Fall into the water • Swim back up to the surface	• Only perform this skill in deep water • Ensure the foot position is slightly over the edge before overbalancing (to avoid slipping) • Do not allow Rookies to fall forward into the water as this could cause rotation back towards the wall	
Fun Activity: Balance Master – Who can lean the furthest before falling-in using the right technique.			
CLIMB OUT			
			
Make sure your pupils climb out without using the steps, as this is an essential self-rescue skill.			

STAYING AT THE SURFACE	EQUIPMENT: NONE	DURATION: 5-10 MINS
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TEACHING POINTS:		
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Fun Activity: You're a star – Starting in a circle facing each other, pupils float and scull on their backs until all their feet are in the middle (looking like a star from above).		
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THROWING RESCUE		
Definition of the skill: A land based rescue using a buoyant aid (float).		
TEACHING POINTS:		
• Call for help • Stand back from the edge • Shout to get the attention of the casualty • Throw the float to the casualty (underarm) • Tell the casualty to hold the float against their chest with both arms and to kick their legs • Keep giving instructions and calling for help until the casualty is safe • Tell the casualty to climb out of the water and move to somewhere safe		