

## Session overview:

This pack is designed to provide you with a simple and easy to deliver resource that teaches children about the Water Safety Code and equips them with the knowledge to keep themselves safe around water - ensuring they understand the steps they should take if they find themselves or someone else in difficulty. The session is split into 4 sections: lakes, rivers, beaches, and swimming pools. Each section encourages children to think about the risks that they might face in these environments and to actively participate in class discussions and activities that reinforce the key learning objectives explored throughout.

## **This pack contains:**

- 1x memory stick that contains the main PowerPoint
- 1x beach ball for Activity 1: Risk Catcher
- 29x A4 action sheets for Activity 2: The Danger Game
- 1x A3 printed flags for Activity 3: Fly the Flag
- 2x A3 water safety code poster
- 35x water safety certificates
- 36x water safety stickers
- 5x scratch cards to distribute as you wish
- 1x quiz sheet

## Delivering the session:

**Overview:** The PowerPoint presentation is made up of a series of short videos. These videos will automatically play as you work through the session and includes gaps for you to conduct the group discussion/activity when prompted. Once you have finished the discussion or activity you should **PRESS THE SPACE BAR** to start the next slide.

Please note: this session can be shared with all children but is aimed at children aged 7-10. The resources provided in this pack can also be viewed and downloaded from our website at [www.teesactive.co.uk/water-safety](http://www.teesactive.co.uk/water-safety)

**Approximate Duration:** 1 hour

**Additional Information:** Whilst this lesson aims to teach children about the most common risks associated with being around water, we would strongly advise viewing the information provided by the Royal Life Saving Society (RLSS) in addition to this presentation.

## SLIDE 1 (1 ½ min video + 5 min discussion)

- Introduction to the water safety superheroes and the key themes that will be explored within the session.
- Lakes: Introduction to lakes and ponds.
- **DISCUSSION:** 5 minutes to think about the risks associated with lakes and ponds.
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## SLIDE 2 (3 min video + 10 min activity)

- Review of risks: A detailed look at the risks the children may have thought about during the discussion. This video also includes information about cold water shock.
- **ACTIVITY: 'Risk Catcher'**
  - To play this game we recommend getting the children to stand up in a circle (or around their desks if there is less space) and pass the ball to each other. When they have hold of the ball, they must shout out a risk from the video, ask the children to sit down once they have had a turn and feel free to keep passing the ball around until all children have had a turn.
  - Some risks include: depth of water, water clarity, pollution, clothing restrictions, rubbish/litter, sharp objects, plants/vines, germs, wildlife, entry/exit points, temperature.
  - **Press space bar to move to next slide**

## SLIDE 3 (1 min video + 5 min discussion)

- Rivers: Introduction to rivers providing information about the River Tees including where it is situated and the landmarks it passes on its journey to the sea.
- **DISCUSSION:** 5 minutes to think about the risks associated with rivers.
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## SLIDE 4 (3 min video + 20 min activity)

- Review of risks: A detailed look at the risks the children may have thought about during the discussion. This video also includes information about currents and boats.
- **ACTIVITY: 'The Danger Game'**
  - You will need the A4 action cards from the pack. Split the class up into two teams. One team will be working out the correct actions to take if they find **themselves** in difficulty in water and the other team if they find **someone else** in difficulty. Once they have decided what to do, they should put these in order and then present their thoughts back to the other group.

### Correct actions for Team 1:

1. Stay calm and control your breathing
2. Float in a star position on your back
3. Look for something to help you float like a stick or ball
4. Shout for help
5. Try swimming to the nearest exit point if you can

**THE GROUP SHOULD DISCARD ALL OF THE INCORRECT ACTIONS**

### Correct actions for Team 2:

1. Remind them to stay calm
2. Tell them to float on their back
3. Throw them something to help them float
4. Shout for help
5. Call 999.

**THE GROUP SHOULD DISCARD ALL OF THE INCORRECT ACTIONS**

**Press space bar to move to next slide**

## **SLIDE 5** (3 ½ min video + 20 min activity)

- Beaches: Introduction to beaches and the associated risks. This video includes information about waves, tides, currents and reinforces the steps that should be taken if you get into difficulty in the sea, as well as how to escape rip tides.
- Flags: The children will be introduced to the different flags you can find at a beach and what they mean.
- **ACTIVITY: 'Fly the Flag'**
  - To play this game, stick the 5 flags from the pack around the room. [Slides 6 – 10](#) will then show different scenarios at the beach and the children will have to run (or point if short for space) to the picture displaying the flag that they would expect to see.
  - **Note:** *You will need to press the space bar to move between the different scenarios giving the children time to run to the flag.*
  - **Answers:** **Yellow and Red** = Lifeguards present, **Black and White** = surfers only, **Red** = danger do not enter water, **Red and White** = shark, **orange windsock** = windy conditions.
  - **Press space bar to move to next slide**

## SLIDE 11 (1 min video + 5 min discussion)

- Swimming pools: Identifying what makes swimming pools safer than the swimming in open bodies of water like lakes, rivers, and beaches.
- **DISCUSSION:** 5 minutes to think about the risks associated with rivers.
- **Press space bar to move to next slide**

## SLIDE 12 (3 min video)

- Review of risks: A detailed look at what makes swimming pools safer than the environments explored throughout the lesson.
- The Water safety Code and a recap of the key messages.

## SLIDE 13

- Introduction to the quiz – completed quizzes can be photographed and emailed to [marketing@teesactive.co.uk](mailto:marketing@teesactive.co.uk) for a chance to win a pool party at Splash on 20<sup>th</sup> July at 11:00am.

### **Additional Notes:**

- The scratch cards included within the pack can be issued however you wish throughout the session.
- Each child can be given a certificate and sticker.