Fill in the missing words to complete this paragraph about the benefits of wearing a wet suit and swim hat in cold water.

A wet suit is usually made from [neoprene] which helps keep you [buoyancy] and improves your [ability to float].
A wet suit will not keep you [dry] but acts as a barrier to stop body heat [escaping]. More [thin layers] will keep you warmer than [one thick layer warm] because several layers trap warm air between them and [insulate] you.
A swim hat is a [skin-tight garment], commonly made from silicone, latex or lycra, worn on the [head].
Normal, healthy body temperature is [37°C] and average summer air temperature is [15-20°C] and sea or lake will be approximately [15°C] in Britain in the summer months.
The colder the water the [faster] your body's heat escapes and leaves you losing heat and [energy].
Fill in the missing words to complete this paragraph about the effects of cold water on your body.

If you fall into cold water (below 15°C) your body will experience several extreme responses. The first response will be a [“gasp reaction”] making you breathe [rapidly] and you may take in water in your [mouth].

Your heart rate will be [very fast]. It is important to try and not [panic] and to get control of your [breathing] and try not to [swallow] water.

The longer you are in the water, the more [difficult] you will find it to move your [legs], [hands], and [fingers], making it more difficult to [escape] to safety.

Therefore it is essential to retain your body heat. The Heat [Lessening] Position will help you retain your [heat] and strength. If you are with others, the [huddle] will help retain your body heat.
Activity Sheet 3

Design a sign

In partnership with
Design a sign

In partnership with

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<table>
<thead>
<tr>
<th>Activity Sheet 5</th>
<th>Can you match these signs up to their descriptions?</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Sign 1]</td>
<td><strong>DO NOT USE INFLATABLES</strong></td>
</tr>
<tr>
<td>![Sign 3]</td>
<td><strong>DO NOT DIVE</strong></td>
</tr>
<tr>
<td>![Sign 5]</td>
<td><strong>DO NOT JUMP</strong></td>
</tr>
<tr>
<td>![Sign 7]</td>
<td><strong>DO NOT SWIM</strong></td>
</tr>
<tr>
<td>![Sign 9]</td>
<td><strong>DO NOT USE MOTORISED CRAFT</strong></td>
</tr>
<tr>
<td>![Sign 11]</td>
<td><strong>DEEP SHELVING BEACH</strong></td>
</tr>
<tr>
<td>![Sign 13]</td>
<td><strong>TIDES</strong></td>
</tr>
<tr>
<td>![Sign 15]</td>
<td><strong>SUBMERGED OBJECTS</strong></td>
</tr>
<tr>
<td>![Sign 17]</td>
<td><strong>STRONG WINDS</strong></td>
</tr>
</tbody>
</table>
Activity Sheet 6

Design a water safety t-shirt
Activity Sheet 7

Plan a visit to the beach or lake to go in the water and swim

Write a checklist to help you plan a great day on the beach or by the lake.

CHECKLIST

•
•
•
•
•
•
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•
•
•

Have you looked at the weather? What do you need to bring?
1. Swimming indoors is different to swimming outdoors. Can you give three differences you need to consider?

2. What colour flag(s) mean it is safe to enter the water and a lifeguard is on duty?

3. Give two reasons why should you wear a brightly coloured swim hat when swimming outdoors.

4. If you saw someone in danger while swimming outdoors, what number should you call and who should you ask for?

5. Give two examples of choosing a safe location to swim outdoors.
6. How does a wetsuit help retain your body heat when in cold water?

7. If you are in cold water and you want to keep warm and safe, what positions would you take?

8. What do initials H.E.L.P stand for?

   H

   E

   L

   P

9. If a sign near water is this shape ▲ it is giving a warning of something potentially dangerous. Can you draw an example of a water safety sign you have seen and explain what it means?

10. If a sign near water is this shape ● it is advising you of a danger and informing you of what **not** to do. Can you give an example of a water safety sign informing you what **not** to do?
Cut out all the words below and put them into a bag, one person pulls out a word and has to describe it to the rest of the group without using the word itself.

- Lifeguard
- Triangular Sign (Warning or Hazard)
- Wetsuit
- Huddle Position
- Red Flag
- Swim Hat
- Outdoor Swimming
- Wading Entry
- Help Position
Find all the words commonly used in a Swim Safe session. Once you’ve found them make a note of why they’re important words.

LIFEGUARD RGB
RNDQBOEBAZX
COLDKKMDSWL
YGHJMTLUADAM
PSAFEDFHJDH
OUQERVARTJIF
IHUDDLEGKNE
TLOPKLNXGR
RDFPLEKUT
SDWLERVDMHB
QIREDFLAGJN
WEUHQWDFBK

Lifeguard  Help  Wading  Cold
Huddle  Adult  Red flag  Safe