

Crucial Crew Week

Water Safety Scenario – page 1 of 2

INTRODUCTION

Can you swim? Differences between swimming pool and rivers?

- temperature and visibility
- weeds, fallen branches/debris
- unknown depth, strong currents, fast flowing
- Other river users such as wildlife (swan attacks) anglers (fishing rods and lines) and boats (powered and unpowered)
- No lifeguards!

SCENARIO 1 – GOING OUT

Who do you tell?

- Tell your parents/carers where you're going

Why is it a good idea to have a return time?

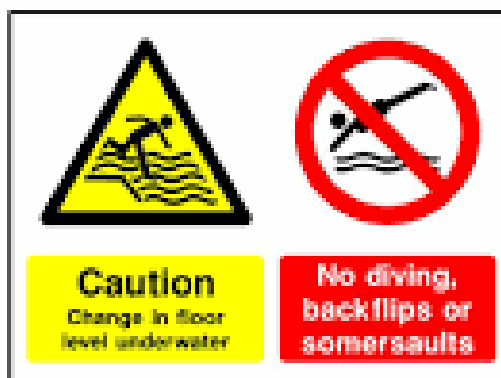
- So you can be contacted or looked for if you're not back

Walking by water

What are the trip hazards and distractions? What do you need to look out for?

- Slippery banks, uneven ground, using a mobile phone.
- Wildlife (swan attacks) and anglers (fishing rods and lines)
- Keep away from the edge and be careful about your movements near to others.
- Keep **SAFE** - **S**tay **A**way **F**rom the **E**dge.

Do you notice and recognise danger signs?



Crucial Crew Week

Water Safety Scenario – page 2 of 2

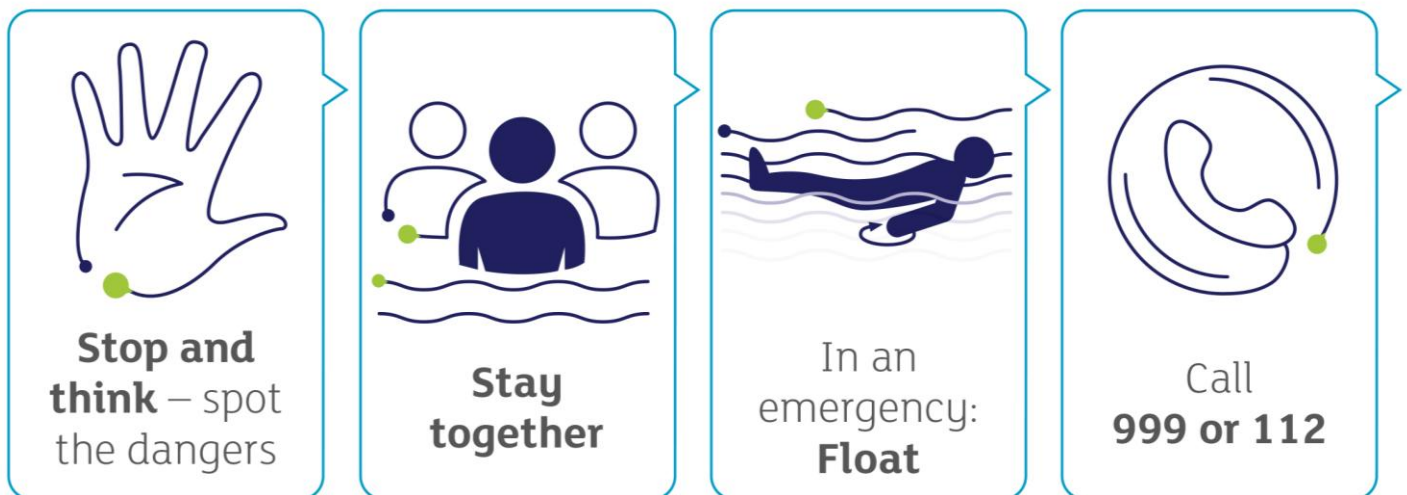
SCENARIO 2 – YOU FALL IN! What do you need to do?

- Help yourself by keeping calm and float on your back spread arms and legs to make a starfish shape.
- Shout for help.

SCENARIO 3 – SOMEONE ELSE FALLS IN! What do you do?

- Don't jump in – tell them to stay clam and float on their back in starfish shape
- Shout for help
- Call 999 or 112
- Throw in something to help - a branch, stick or jumpers tied together. Or buoyancy aid or rope.
- Lie on your stomach on the bank so you don't get dragged in

Water Safety Code



Other points:

- The dangers of a navigable river
 - o Boats
 - o Weirs and locks
- Weil's Disease – it's rare but see a doctor if you have flu-like symptoms
 - o Do not swallow river water
 - o Wash your hands before eating
 - o Where possible, wash or shower after water sports or riverside activities

PRACTICAL ACTIVITY – Rescue!

- Children to take turns throwing a rope and pulling in the 'victim' from the river!

Background resources for volunteers?

- RLSS Water Safety Cartoon <https://www.youtube.com/watch?v=EAh-yoJmMIQ>