

Crucial Crew Week - Water Safety Scenario

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INTRODUCTION

Can you swim? Main 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?

Prohibition



Prohibition signs tell you not to do something.

Black and White on Red.

Hazard



Hazard Signs warn of potential hazards.

Black on Yellow.

Mandatory



Mandatory Signs give instructions to do something.

White on Blue.



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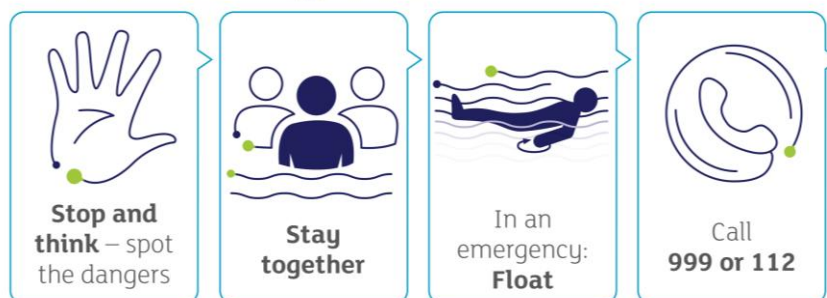
SCENARIO 2 – YOU FALL IN! What do you need to do?

- Help yourself by keeping calm and float on your back spread arms and legs to make a starfish shape.
- Float to Live - Tilt your head back, move your hands and legs and relax to control your breathing.
- 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 life ring or some type of buoyancy aid (such as a football)
- Can you reach them with a branch or throw them jumpers tied together?
- Keep low and kneel or lie on your stomach on the bank so you prevent yourself from getting dragged into the water

Water Safety Code



Other points:

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

PRACTICAL ACTIVITY – Rescue!

- We show children a life ring and ask if they would know how to find one – or what they could do if there no life ring
- Children take turns being a rescuer and a victim
 - o Rescuer - throws a rope to rescue 'victims' and pull them to safety
 - o Victim - in the 'river' (on the floor), floats to live and is rescued

Background resources for volunteers? RLSS Water Safety Cartoon

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