

Summer Week 1- PSHE

Lesson 1

Can I understand the Dos
and Don'ts of open water?

What is open water?

Open water are outdoor bodies of water such as, lakes, rivers, canals, reservoirs and quarries.

Flat or still water is defined as water that has minimal movement, except for locally induced wind currents. Examples include lakes, lochs, ponds, quarry pool and reservoirs.



Around 85% of accidental drownings occur at open water sites. Many of these drownings occur due to a lack of knowledge and understanding of open water safety. The basic principles of open water safety, combined with knowledge and understanding of the hazards, can increase enjoyment of open water and significantly reduce the number of incidents that occur each year.

Do

- Swim at supervised (lifeguarded) sites
- Swim parallel with the shore, where you can quickly get to safety
- Swim with friends or family, so that you can help each other if you need to
- Look for signs and advice about the specific dangers at the place where you are swimming
- Think about what you will do if something goes wrong
- Contact a reputable outdoor pursuits or coasteering centre if you want to take part in more extreme activities



Don't

- Swim at unsupervised (un-lifeguarded sites) including lakes, quarries reservoirs and rivers
- Jump into the water until you have acclimatised to the water temperature
- Jump into the water from heights or 'tombstone'
- Swim into deep water which will be colder



Dangers of open water include—

- The height of the fall or jump if tombstoning – jumping in a straight position into the water
- The depth of the water – this changes and is unpredictable
- Submerged objects may not be visible
- Obstacles or other people in the water
- Lack of safety equipment and increased difficulty for rescue
- The shock of cold water can make swimming difficult and increase the difficulty in getting out of the water
- Strong currents can rapidly sweep people away
- Uneven banks and river beds
- Water quality e.g. toxic algae and water pollution



Your task

Over the next two lessons we will be exploring water safety outside the home. By the end of the unit you will have created a collaborative poster showing important elements of those two lessons.

It is up to you how you present this poster overall. You could place pieces of paper together. You could fold the paper into halves. Remember to highlight the key information for each section.

Today's task

Create the part of your poster which explains how to be safe in/around open water.

There are some examples in the open water support sheet to help you.