

Can I explain what cold water shock is and how to treat it?

Summer week 1 PSHE lesson 2

# What is cold water shock?

- Try and write your own definition of it.

# Actual definition (from RLSS UK)

- The term 'cold water shock' refers to a range of natural reactions that our bodies take to protect us when we enter cold water (although these reactions can sometimes work against us). And with cold water being anything from approximately the temperature of a swimming pool and below, we are not just talking about icy cold water here.

# Look to see what it is

- Watch this video (you only need to watch it from 2 minutes onwards to 6:36)

<https://www.youtube.com/watch?v=d0Dwlp8Vk-g>

- What are the effects of cold shock?

# Some effects of cold shock (from RLSS UK)

- There are three stages that your body goes through during cold water shock, starting with one that you will be familiar with a mild version of from getting into the swimming pool...a gasp for breath, this is then followed by rapid breathing (hyperventilation).
- At the same time as your breathing goes out of control, your blood pressure shoots up as your body tries to keep your blood warm by moving it towards the middle of your body (this is why you go pale when you're cold).

What ways are suggested to help you survive it?

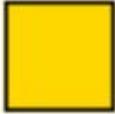
<https://www.youtube.com/watch?v=0gd6QC2Emrc>

# Suggested ways to survive (from RLSS UK)

- First, keep your mouth away from the water until you have your breathing back under control, you can do this by rolling onto your back and floating or paddling to stay at the surface.
- Then, don't waste any time and swim towards an exit before your muscles start to cool, or swim towards something that will help you to stay afloat whilst you are calling for help.
- Finally, once you are out of the water re-warm yourself as soon as you can to avoid hypothermia.

# Write a paragraph

- Explain what is cold water shock. What effects would you experience? How can you survive it?

-   prompt sheet