

Water Safety

Discussion Cards

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Water Safety Discussion Cards

Cold-water shock is where a person suddenly completely lands in cold water, particularly on a hot day. It can cause muscle spasms and increased blood pressure. It may make a person take a sudden gulp of water.

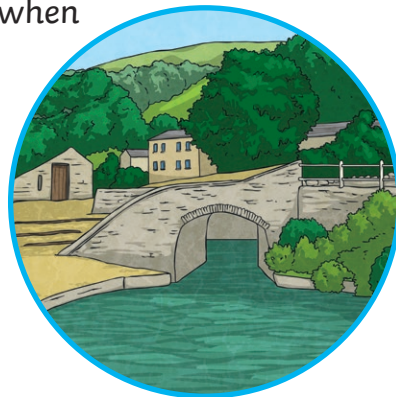
What can you do to avoid cold-water shock?



Water Safety Discussion Cards

Each year in the UK, around 400 people die from drowning. Most of these drownings occur in open water such as rivers, lakes and seas.

What steps can you take to stay safe when you are around open water?



Water Safety Discussion Cards

The national curriculum says all children should have swimming lessons at school. It states by the end of year 6, children should:

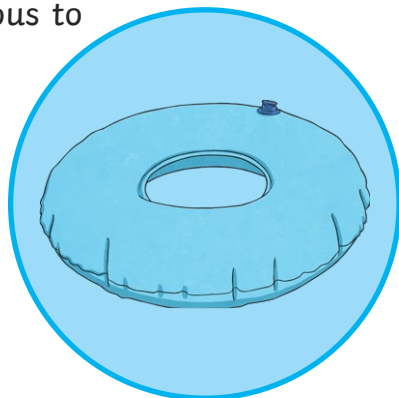
- know what to do if they find themselves in difficulty in the water;
- be able to confidently swim at least 25m;
- be able to use different strokes such as front crawl, backstroke and breaststroke.

Talk about swimming lessons you have had at school. What do you enjoy? What would you like to get better at?

Water Safety Discussion Cards

The Royal Life Saving Society UK advises that inflatables are not used in open water but only in enclosed bodies of water such as rock pools.

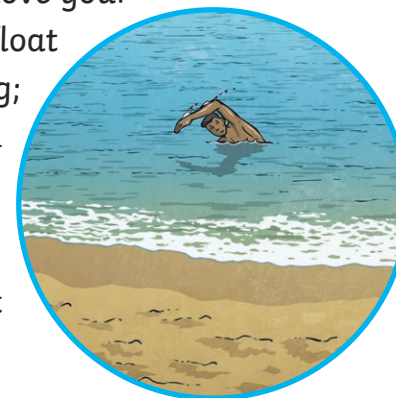
Talk about why it might be dangerous to use inflatables in open water.



Water Safety Discussion Cards

The Royal National Lifeboat Institution has released guidance on what to do if you find yourself in difficulty in water. The steps are: to fight your instinct to thrash around; lean back; extend your arms and legs; gently move your arms and legs to help you float; float until you can control your breathing; and only then call for help or swim to safety.

Why do you think calling for help and swimming to safety are the last stages in the guidance?



Water Safety Discussion Cards

Tombstoning is a dangerous activity where people jump from a height into a stretch of water such as the sea or a lake. In the past ten years, more than 20 people have died in the UK while tombstoning, with over 60 other people suffering serious injuries.

Why do you think the activity is called tombstoning? Why is it so dangerous? How could you convince people not to do it?



Water Safety Discussion Cards

The Royal Society for the Prevention of Accidents (RoSPA) advises that life jackets and other water safety devices are worn during all activities on the water.

Have you done any water activities or sports? What safety measures did you take during the activities?



Water Safety Discussion Cards

A drowning person might not look as if they are drowning. They may be silent; their head may be tilted back; their arms may be moving downwards as if trying to push away from something.

What would you do if you saw someone showing any of these signs?



Water Safety Discussion Cards

The Royal Life Saving Society UK advises that the first time you enter any stretch of water, you always do it feet first and slowly.

Why do you think this is? Talk about a time when you have done this.



Water Safety Discussion Cards

A rip current is a strong current of water that flows out to sea. They can flow at 4-5 miles per hour, faster than a gold medal Olympic swimmer. They can be found at the start of rivers, the beach shoreline and around piers. Rip currents can be difficult to spot.

Talk about how to spot a rip current, how to avoid them and what you would do if you got caught in one.



Water Safety Discussion Cards

If you spot someone in danger in the water, you should ring 999 or 112.

What are these numbers? What would you say when you dialled them? What information would you need to give? Take it in turns to pretend to dial these numbers and decide what you would say.

