

Created in Partnership with

Konfidence™

Water Safety Advice







sta
Health Leisure Life





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Thank you

Thank you to Konfidence for supporting our Water Safety Advice Booklet.

Having fun and being safe in the water is an important part of our charitable message and swim products like the Original Konfidence Jacket play an important part in the learn to swim journey. They help to give participants independence and confidence in and around the water, when away from their swimming lessons.

Konfidence.

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Introduction

For Parents and Teachers:

Help your children develop water safety awareness and lifesaving skills by going through this booklet with them. It is important for vital information to be understood and for any questions to be answered. We recommend discussing the messages with the children and how it may apply to them.

DID YOU KNOW?

There are an estimated 236,000 annual drowning deaths worldwide and we need your help to make a change.

"It's not enough just to know how to swim; most people who drown accidentally every year, are actually strong swimmers".

"Being aware of how you and your children can stay safe in and around water is crucial. We've created this booklet to help your children / participants enjoy the water safely and know how they can identify dangers in a water environment."

Dave Candler, STA CEO





Introduction

STAnley Says...

Welcome to STA's Water Safety booklet, it's great to have you here!

Are you ready to learn about water safety?

This booklet is jam packed with fun activities to help you learn about how to stay safe in and around water (this means in the swimming pool, on the beach, by the river, at home and on holiday).

Tell an adult about what you've learnt along the way and ask them any questions if you need help.

Stay water safe!

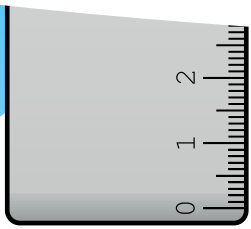
STAnley



Water Safety at Home



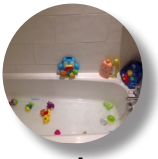
Water Safety at Home



FACT: People can drown in just 2cm of water

Make sure anything containing water in your home is emptied after it's used and make sure an adult is always with you when around water at home.

Can you match these household hazards with the action you could take to make if safe?



Baths

Cover with a secure lid



Fishponds

Children should not be left playing unsupervised in these, empty and put away after use

Empty after use and remove the plug



Wash basins

Children should be supervised at all times, empty and remove the plug after use

Check these are empty after use and store away from children



Washing machines

Keep the door shut at all times

Fence these off and cover with mesh



Paddling pools



Water butts



Buckets

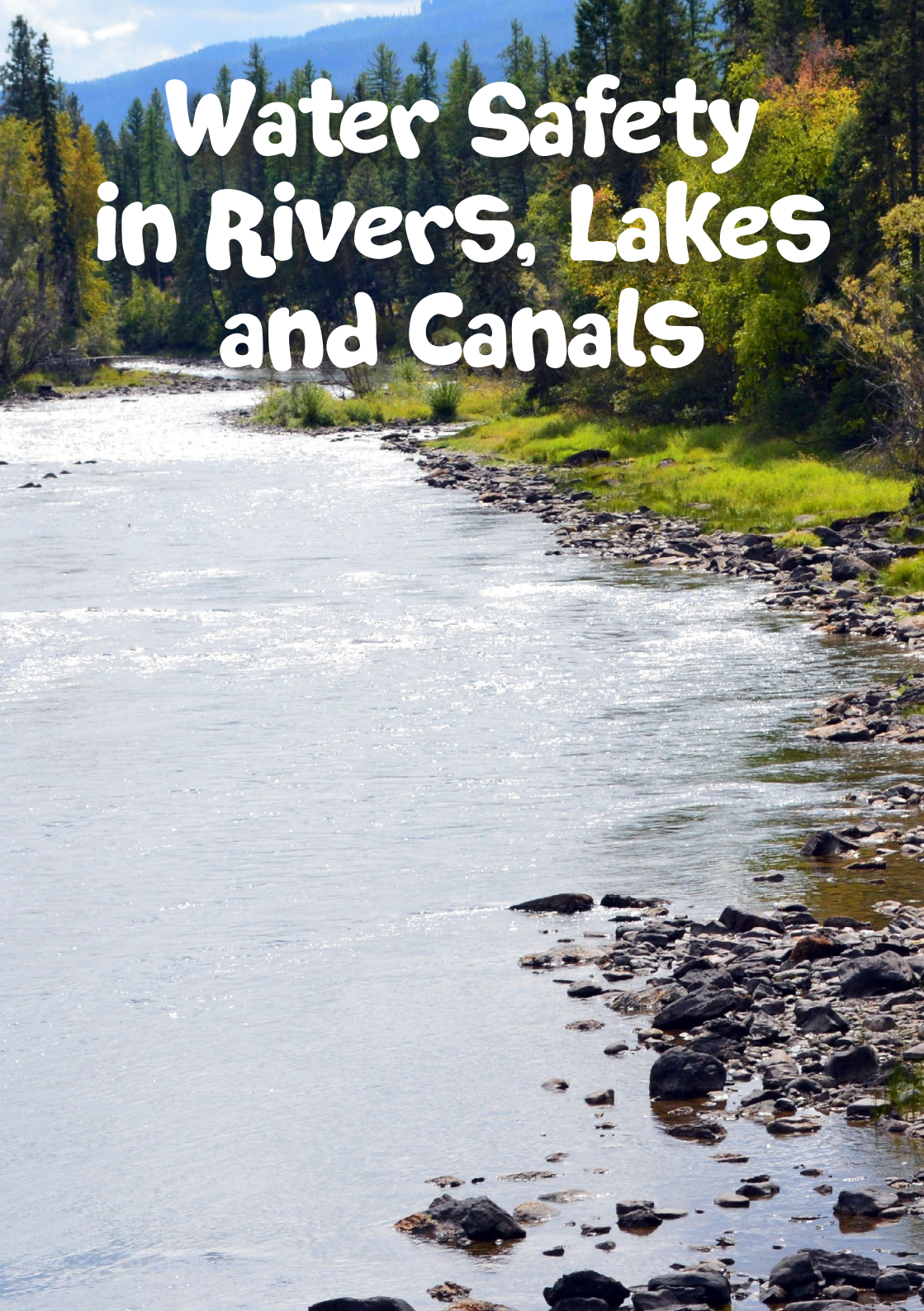
Water Safety at Home

Can you find all the words?

P	O	O	L	A	G	B	U	C	K	E	T	S	S	E
T	N	S	D	K	O	N	B	C	N	M	V	M	U	F
P	O	U	N	I	I	A	I	I	C	P	X	U	P	B
X	L	I	S	T	T	I	H	L	S	T	V	F	E	G
T	S	Q	L	H	Z	C	L	K	D	Y	M	N	R	N
P	A	F	P	E	A	O	B	F	L	D	Q	L	V	I
H	L	L	S	M	T	R	E	V	O	C	A	J	I	H
W	U	E	L	G	I	P	S	D	N	R	X	P	S	S
G	V	A	H	Y	B	S	T	Q	M	G	V	Q	I	A
F	B	R	N	I	J	X	P	H	S	W	P	S	O	W
E	E	S	A	C	C	X	Q	T	Z	H	L	U	N	G
D	N	O	P	H	S	I	F	A	V	E	U	B	W	O
E	S	N	K	O	U	O	T	B	Q	S	G	T	P	E
U	F	J	G	P	R	N	N	X	S	A	P	D	Y	S
Q	B	F	X	D	P	V	P	T	A	D	O	Q	F	G



ADULT
BATH
BATHPLUG
BUCKETS
COVER
EMPTY
FISHPOND
HELP
POOL
PADDLING
PLUG
SUPERVISION
SINK
WASHING



Water Safety in Rivers, Lakes and Canals

Water Safety in Rivers, Lakes and Canals

What you Should Know about Swimming in Rivers | Lakes | Canals

Keyword: Cold Water Shock

FACT: Just because it's hot and sunny doesn't mean the water will be too.

Cold water shock is the body's natural response to being in cold water (below 15°C).

The cold temperature causes blood vessels in the skin to close, which restricts blood flow and means the heart has to work harder. Cold water shock can therefore cause heart attacks, even in the relatively young and healthy.

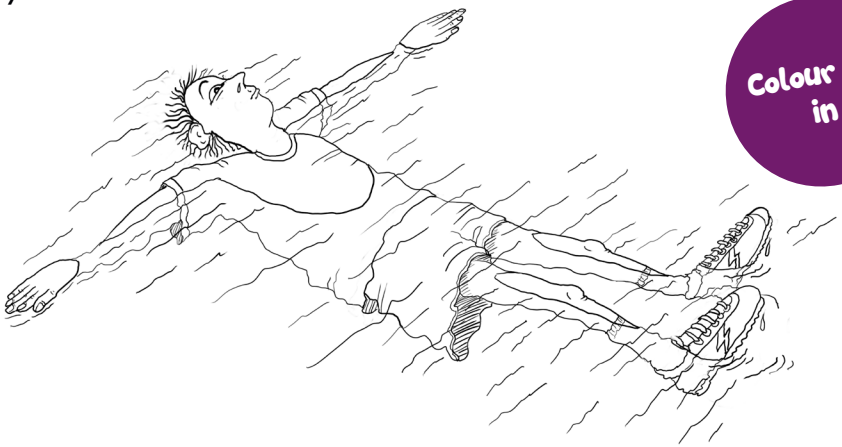
Cold water shock also causes an involuntary gasp for breath and breathing rates can increase uncontrollably which can cause panic and increase the chances of breathing water into the lungs which can result in drowning.

If you fall in to cold water, you may experience cold water shock. This means you will:

- Find it hard to breathe
- Gasp for air
- Muscles may cramp
- Find it difficult to think
- Suffer heart pain (your heart works harder when you're cold).

What to do if you end up in cold water:

Float for a minute leaning back in the water and keeping your airway i.e. nose / mouth clear so you can control your breathing and to keep calm. Call for help or swim to safety if you're able.



Colour me in

Water Safety in Rivers, Lakes and Canals

Environments where cold water might be present:

Match the pictures to the correct environment

1. Lake
2. Canal
3. Beach
4. River
5. Reservoirs
6. Quarries













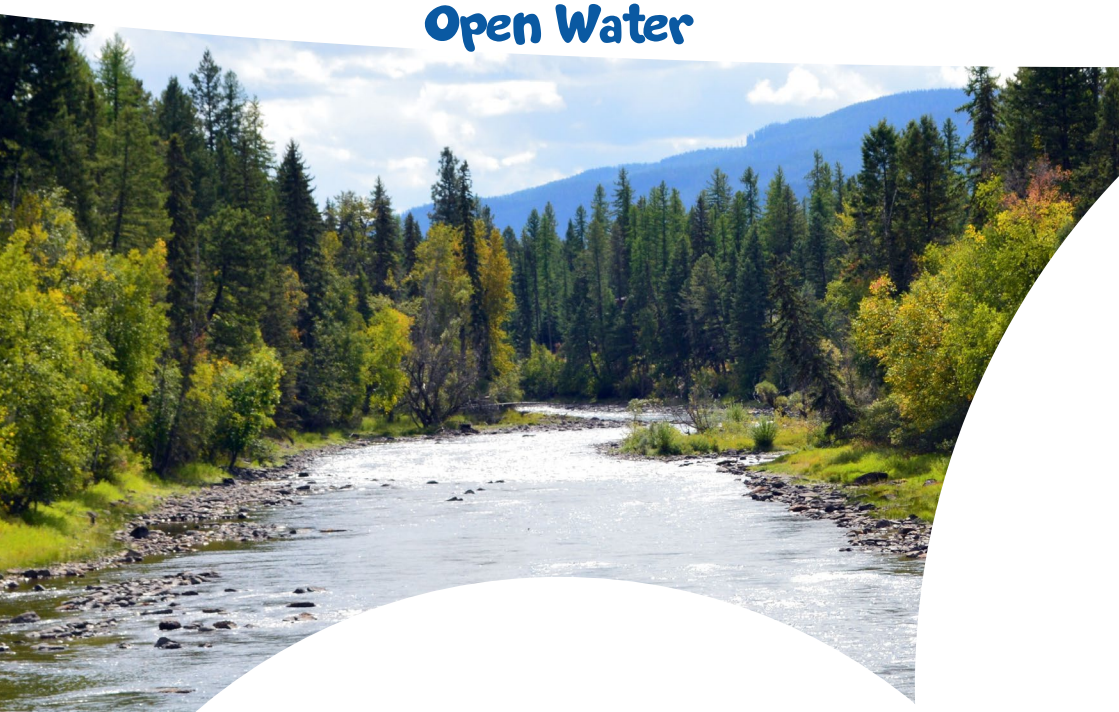
Did you know:

These environments are known as locations with 'open water.'

How to Stay Safe in and Around Open Water



How to Stay Safe in and Around Open Water



Rivers, lakes, canal, and beach environments can be a great day out, but only if you follow these rules:

- Always go with an adult
- Pay attention to warning signs
- Do not enter fast flowing water
- Know how to call for help .

Be aware of:

- Slippery and unstable edges
- Calm water may have strong currents
- Dangers in the water e.g. rubbish, rocks, rusty metals, tree branches
- Safety equipment around the area
- Unknown depths of water
- Avoid water that is frozen, do not play on the ice.

How to Stay Safe in and Around Open Water

What to do if you See Someone Struggling in water outdoors

Never get in the water yourself and Stay back from the edge

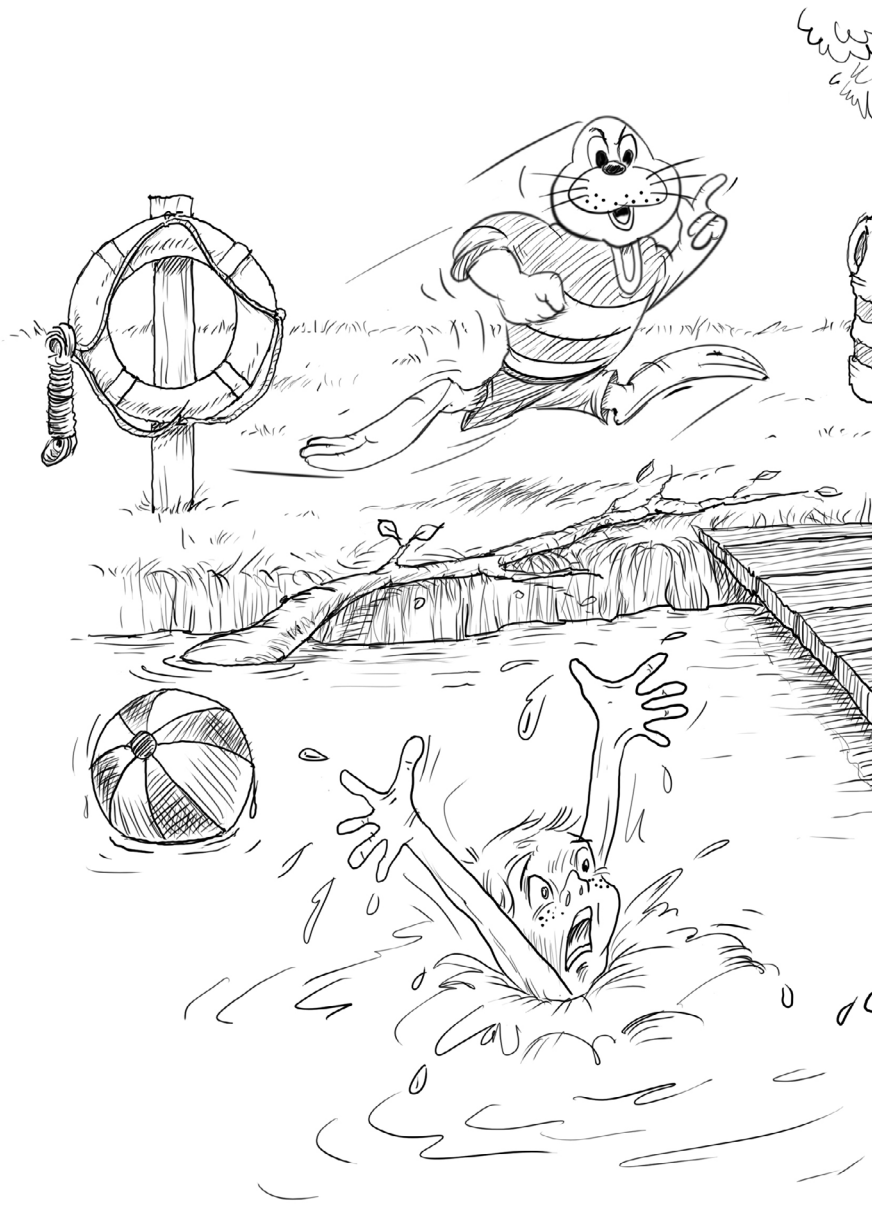
1. Ask if they need help (if they don't answer or say yes, call for help)
2. Find help from an adult or coastguard nearby if you are by the beach
3. Or call emergency services if no one is around (999 / 112) and ask for the coastguard if by the beach or fire and rescue if inland
4. Find anything that can float (e.g. water bottle, football etc.) and throw or reach it to the casualty and from the water's edge.

What to do if you fall into in open water:

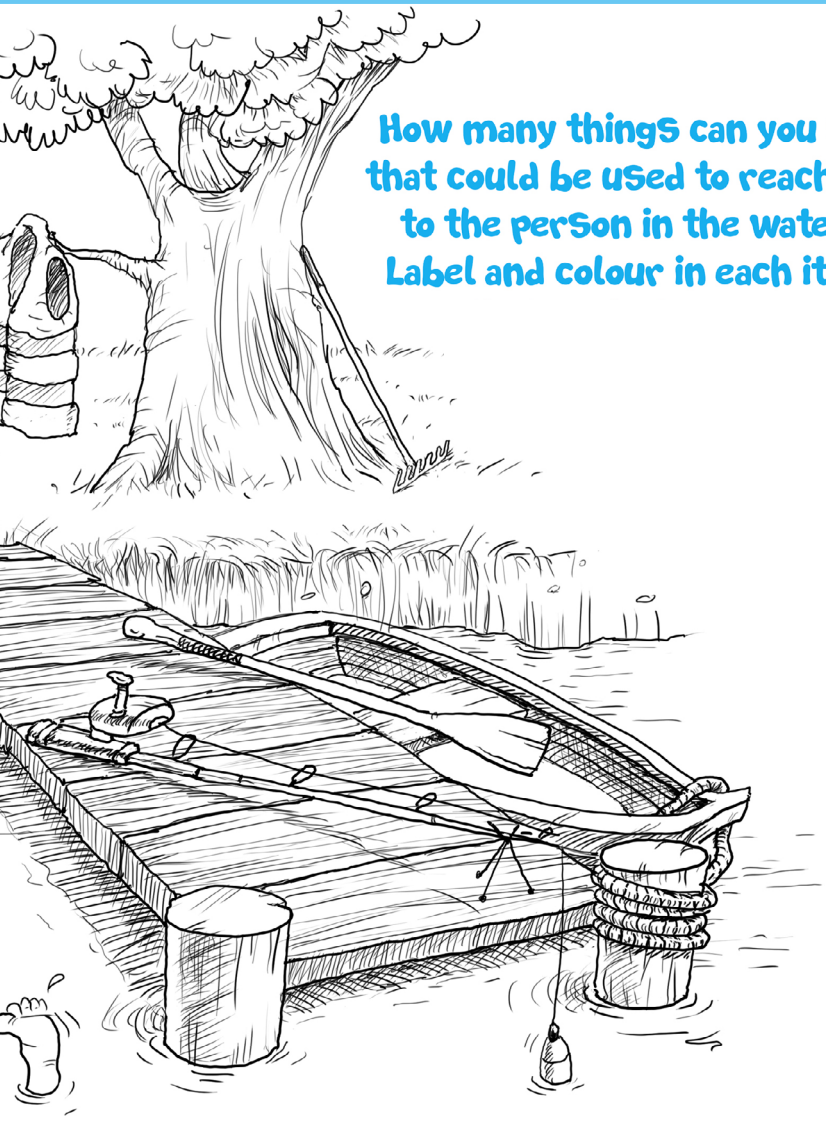
1. Float on your back
2. Keep your airway i.e nose / mouth clear of the water
3. Try to control your breathing
4. Call for help or swim to safety if you're able.



Can STAnley He



elp His Friend?



How many things can you see that could be used to reach out to the person in the water? Label and colour in each item

Water Safety on Holiday



Water Safety on Holiday





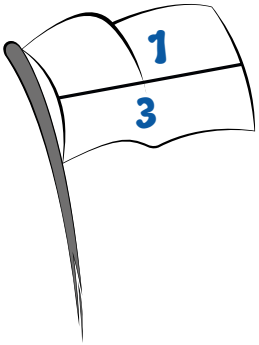
How can you Stay Water Safe on holiday?

Think about:

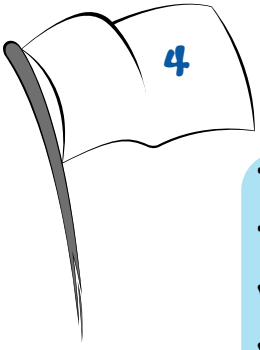
- Beach Flags and what they mean
- What is the number for the local emergency services?
- Is there a lifeguard by the pool or beach?
- Are warning signs in English?



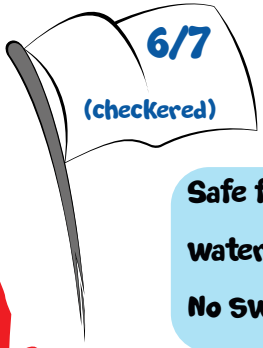
Do You Know What the



Lifeguard on _ _ _ _ _.
Always swim between
the _ _ _ _ _ _



The water is _ _ _ _ _.
This doesn't make the
water safe; look for areas
where a life_ _ _ _ _ _ is
present.



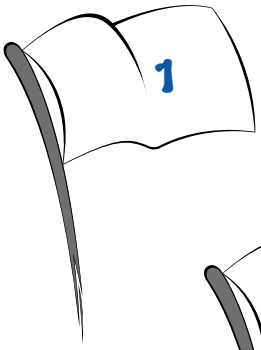
Safe for _ _ _ _ _ _ and
water _ _ _ _ _ _ _only.
No swimming.



Tip: If you're unsure if the water is safe
to swim in, ask a lifeguard.

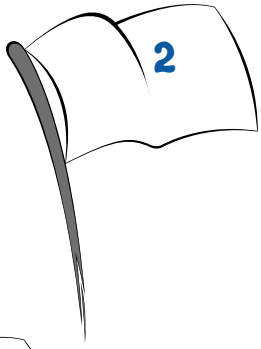
Beach Flags Mean?



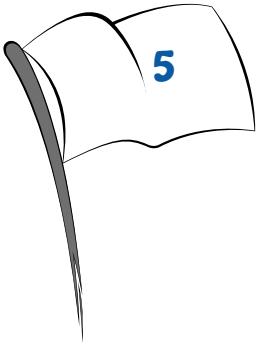


Danger,

No _ _ _ _ _ _ _ _ _



These flags are known as Wind Socks They show the direction of _ _ _ _.



Dangerous marine life has been spotted e.g. _ _ _ _ _ _ or jelly_ _ _ _.

Word List: sharks guard calm swimming flags duty fish boats wind crafts

Colour co-ordinates

1 – Red
2 – Orange
3 – Yellow
4 – Green
5 – Purple
6 – Black
7 – White

Spot The



Dangers



What to look for to Stay Safe at the beach:



Waves

A strong wave could knock you off your feet in shallow water. Always be careful as waves can drag you out to sea in a matter of seconds.

What do strong waves look like?

- Strong waves are caused by strong winds and can be noticed by their height.



Tides

Tides occur when the water level changes throughout the day. You will notice that the water creeps up the sand further during the day and a few hours later, the water level will go down again. These movements are a regular cycle and are known as tides.

To avoid getting dragged into the water by a tide:

- Make sure it's safe by checking the 'tide tables' (these can be found in the tourist centre or the weather news – the hotel might even be able to help)
- Look out for any beach flags and warning signs.

RIP Currents

Rip currents are strong currents running out to sea. They can quickly pull swimmers away from shore and into deep water.

They can be difficult to spot but often look like the safest / calmest, most appealing area.

How to identify a rip current:

A channel of flat, darker water surrounded by choppy, churning water.

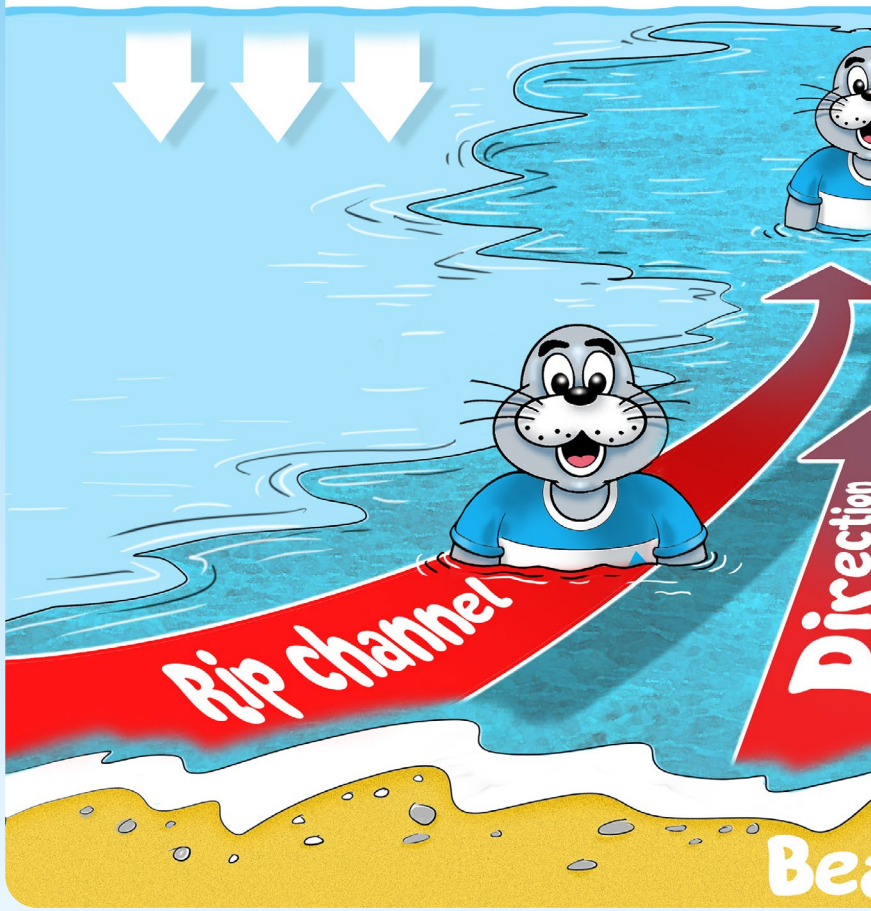
If you enter a rip current, what do you need to do?

1. Stay calm
2. Call for help, raising your hand
3. If you can stand, wade don't swim
4. If you can't stand, swim parallel to the shore, don't try to swim against it
5. When free of the rip current, swim to shore.



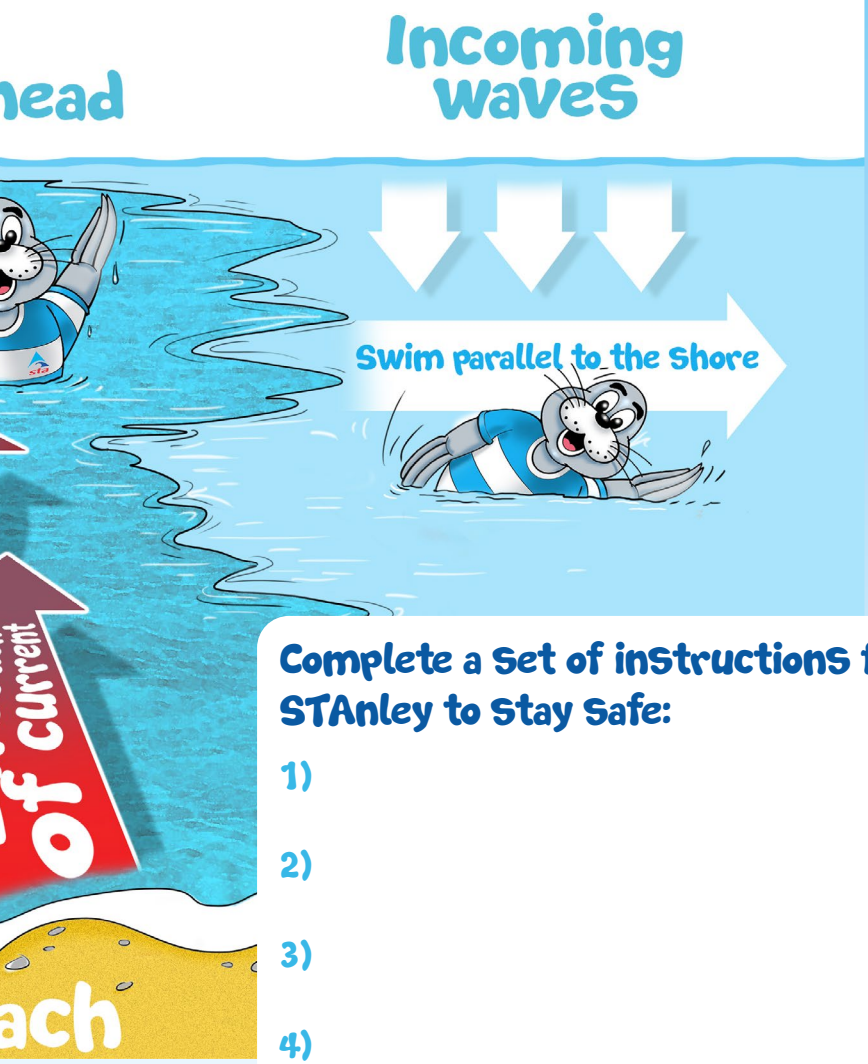
STAnley HaS Been Caug

He's raised his arm to get the lifeguar



ght Up in a Rip Current

rds attention. What should he do now?



Complete a set of instructions for STAnley to Stay Safe:

1)

2)

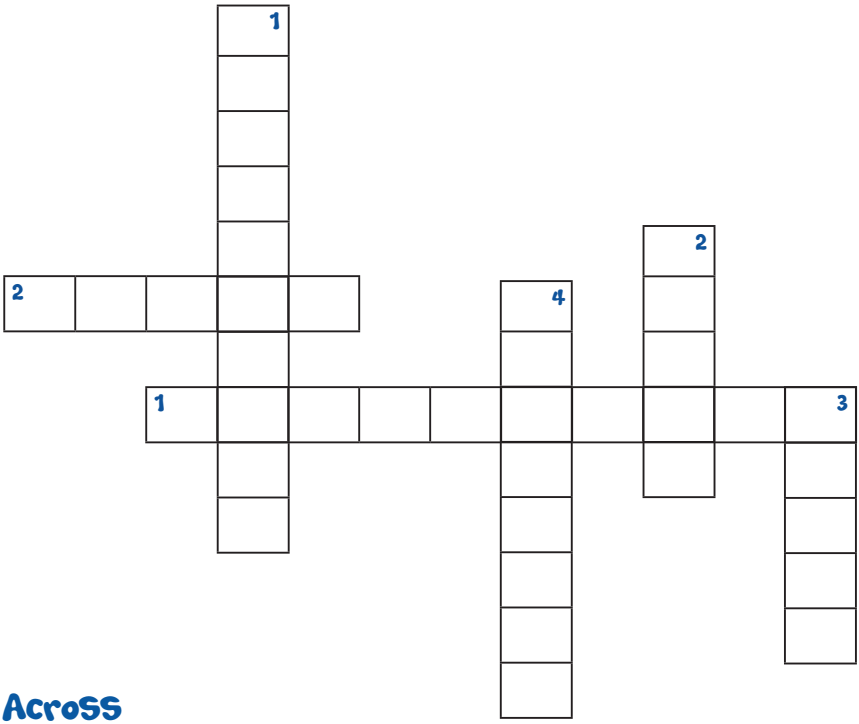
3)

4)

Water Safety on Holiday

Waves, Tides & Rip Currents

Put your knowledge to the test
Can you complete the cross word correctly?



Across

1. This can be noticed in the safest / calmest, most appealing water
2. Warning signs to look for at a beach.

Down

1. The speed of what causes waves?
2. These can be seen by their height
3. Water creeps up the sand further during the day and a few hours later, the water level will go down again. What is this known as?
4. Which direction of the shore do you swim if you get dragged into a Rip current?

Water Safety at the Pool



Water Safety at the Pool

Swimming pools can be the safest places to swim and many of you may already be taking lessons. What's your favourite stroke?

Do you know what a lifeguard is?

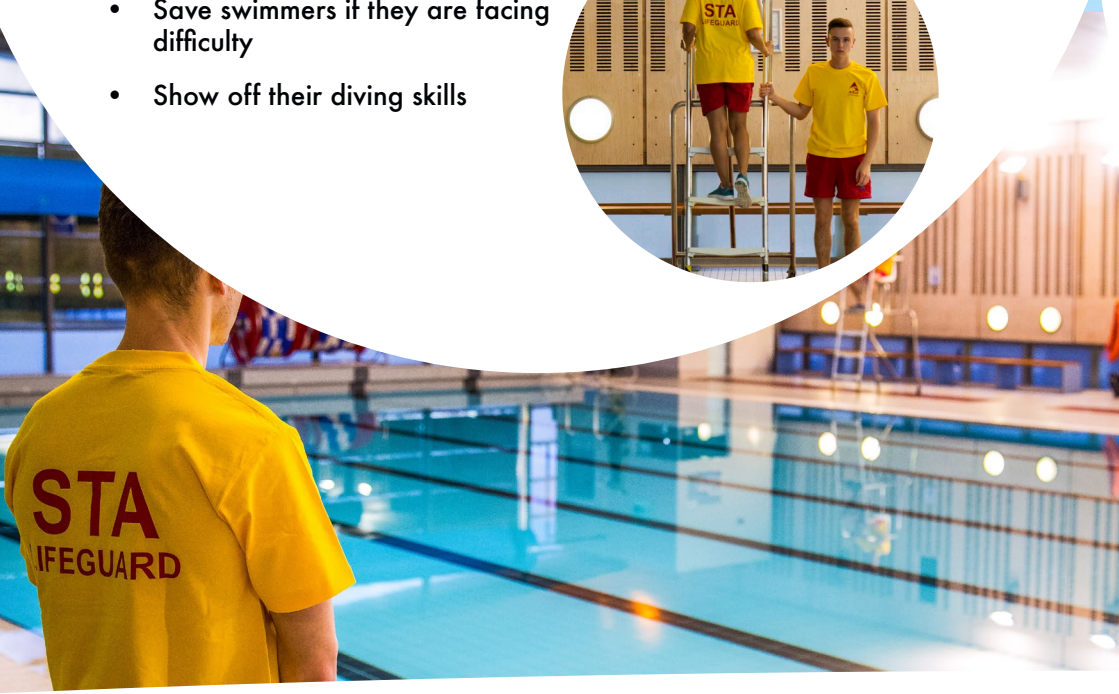
Lifeguards keep everyone safe in the pool.

Can you circle 4 jobs of a lifeguard?

- Observe the pool and those who are swimming
- Answer the phone
- Offer help and advice on safety rules
- Prevent accidents
- Save swimmers if they are facing difficulty
- Show off their diving skills

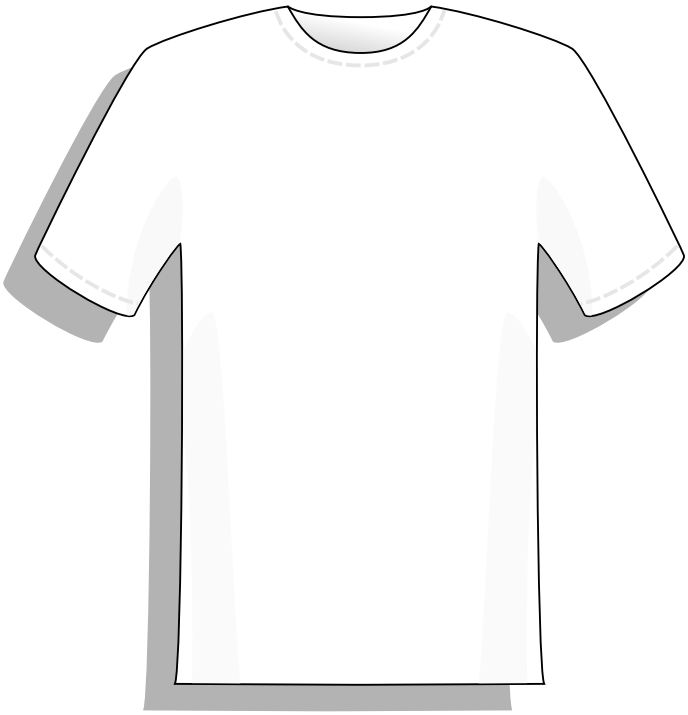






What colour T-Shirt do lifeguards wear?

Colour the t-shirt below in the correct colour



Remember:
Only swim when a lifeguard is present.

Spot the Danger



Colour me in

s in the Pool

sta
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ers! Can you circle and number the Dangers in the activity?



1. Children should always be supervised by an adult
2. Beware of water depth
3. Don't dive where 'No diving' signs are present
4. The rules for slides
5. Take care on slippery floors
6. Don't bomb
7. No ducking
8. No Shouting
9. No pushing
10. Don't practice acrobatics in the pool
11. Don't run
12. No drinking or eating

Water Safety at the Pool



Things to remember when swimming in a pool:

- Always swim with an adult or a friend
- Find out the depth of the water where you swim
- Don't dive; Only jump in, feet first
- Do not push others
- Don't play or swim near drains, rails or steps or you may become trapped
- Walk, don't run
- Find out where to get help in an emergency
- Always listen to the lifeguard.









Water Safety at the Pool

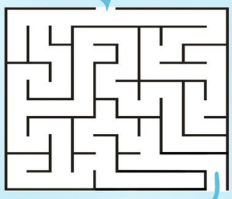


Can you help me to get to the pool Safely...



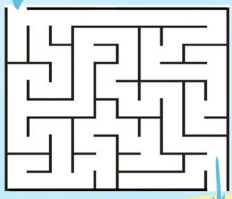


Go to the toilet



Have a Shower So I don't dirty the water





Now I can get in the pool



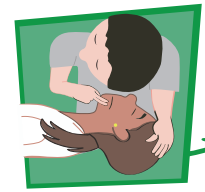
Help STAnley get ready for his swim!


Can You Save
a Life?

Do you Know how to Save a life?

Scenario:
You've spotted your friend who's just had an accident. They're unconscious (and breathing) and an adult isn't available. Would you know what to do to save them?







CHECK FOR DANGERS

- REMOVE ANY DANGERS IF SAFE TO DO SO

- CHECK RESPONSE
- SHOUT AND GENTLY SHAKE OR TAP THE CASUALTIES SHOULDERS

NO RESPONSE

- OPEN AIRWAY
- TILTING THE HEAD LIFT CHIN WITH TWO FINGERS

- CHECK NORMAL BREATHING
- LOOK FOR CHEST TO RISE
- LISTEN TO BREATHING
- FEEL FOR BREATH ON YOUR CHEEK
- NO MORE THAN 10 SECONDS

IF BREATHING NORMALLY:
- TURN INTO RECOVERY POSITION
- MONITOR AIRWAY AND BREATHING
- KEEP CASUALTY WARM

NOT BREATHING NORMALLY

- PHONE 999/112
- ASK FOR AED IF ONE AVAILABLE

- CPR
- BEGIN 30 CHEST COMPRESSIONS
(5 INITIAL RESCUE BREATHS FIRST IF CHILD/INFANT OR ADULT DROWNING CASUALTY)
- RATE OF 100 - 120 PER MINUTE
- DEPTH 5-6CM FOR AN ADULT
- 1/3RD DEPTH OF CHEST FOR CHILD/INFANT

2 RESCUE BREATHS

CONTINUE:
- 30 CHEST COMPRESSIONS
- FOLLOWED BY 2 RESCUE BREATHS

CONTINUE UNTIL:
- QUALIFIED HELP ARRIVES
- THE CASUALTY STARTS BREATHING NORMALLY

Can You Save a Life?

Can you put a definition under the following key words using the information in this booklet?

Open Water

Cold Water Shock

Lifeguards

Rip Current

Tides

Waves

Beach Flags






SAFE SWIMMING
AT THE BEACH OR POOL
Konfidence
20 years of Konfidence
Since 1998
With Konfidence Award Winning Holiday Essentials
There is only one Original Konfidence® BuoyancyJacket
Now you can have in 8 different designs, including our beach-chic themed nautical stripes inspired by our Cornish heritage
CORNWALL
Safety. Style. Fun.
Head to the beach this summer with the essential holiday accessory for kids.
See them online now at konfidence.co.uk
Telephone 01566 777 887 | email sales@konfidence.com
Konfidence
Europe's leading designer of premium protective swimwear for babies, infants and children.

Can you match these household hazards with the action you could take to make if safe? (Page 4)

Image	Action
Water butts	Cover with a secure lid
Washing Machines	Keep the door shut at all times
Wash basins	Empty after use and remove the plug
Fishponds	Fence these off and cover with mesh
Buckets	Check these are empty after use and store away from children
Paddling pools	Children should not be left playing unsupervised in these, empty and put away after use
Baths	Children should be supervised at all times, empty and remove the plug after use

Environments where cold water might be present (Page 8)

Answers:
1. Lake - A
2. Canal - C
3. Beach - D
4. River - B
5. Reservoirs - E
6. Quarries - F

Can STAnley help his friend? (Page 12)

Answers:
Lifejacket
Fishing Rod
Lifebuoy Ring
Oar
Rake
Tree Branch

Do you know what the beach flags mean? (Page 16)

Answers:
Red Flag - swimming
Orange Flag - wind
Red and Yellow Flag – duty, flags
Green Flag – safe, guard
Black and White Checkered flag – boats and crafts

Spot The Dangers (Page 18)



STAnley has been caught up in a Rip Current (Page 22)

Answers:
1) Check the direction of the rip current
2) Swim parallel to the shore
3) If he can't swim, go with the rip current
4) Stay calm and swim back to shore

Waves, Tides & Rip Currents (Page 24)

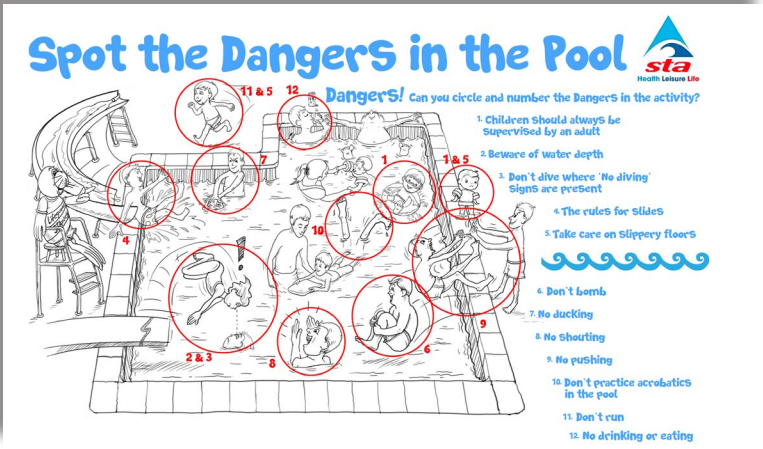
Answers:
Across
1. *Ripcurrent*
2. *Flags*

Down
1. *Strongwind*
2. *Waves*
3. *Tides*
4. *Parallel*

What colour T-shirt do lifeguards wear? (Page 27)

Answer:
Yellow

Spot the dangers in the pool (Page 28)



Can you put a definition under the following key words using the information in this booklet? (Page 34)

Answers:
Open Water *- Environment where cold water might be present.*
Cold Water Shock *- If you fall into cold water, you may experience cold water shock. This means you will find it hard to breathe, gasp for air, muscles might cramp, find it hard to think and suffer heart pain.*
Lifeguards *- A lifeguard keeps everyone safe in the pool.*
Rip Current *- Strong currents of water that pull swimmers away from shore.*
Tides *- Tides occur when water level changes throughout the day.*
Waves *- Waves are caused by wind speed and can be noticed by their height.*
Beach Flags *- These tell you where and when it's safe to swim.*

STAnley's Water Safety Code of Advice



1. Spot the Dangers

Water may look safe, but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you'd be able to swim in open water.

2. Take Safety Advice

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

3. Don't go Alone

Children should always go with an adult, not by themselves. An adult may be able to point out dangers or help if someone gets into trouble.

4. Learn how to Help

You may be able to help yourself and others if you know what to do in an emergency.

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