

Water Safety Activity Pack

Key Stage 2

Understand and apply water safety knowledge and make safe decisions.



- 1 Stop and Think
- 2 Stay Together
- 3 Float
- 4 Call 999



Explorers

canalrivertrust.org.uk/explorers

Canal & River Trust charity number: 1146792

Water Safety Activity Pack

Key Stage 2



Learning Objective: To understand and apply water safety knowledge and make safe decisions.

Lessons (approx 20 mins each)

Lesson 1: Understanding Risk

Lesson 2: Different Water Environments

Lesson 3: Cold Water Shock

Lesson 4: Float to Live

Lesson 5: Emergency Response

Lesson 6: Making Safe Decisions

Activity Pack Learning Outcomes

Pupils will:

- Understand the Water Safety Code.
- Recognise hazards in different environments.
- Understand cold water shock.
- Know how to respond in emergencies.

Lesson 1

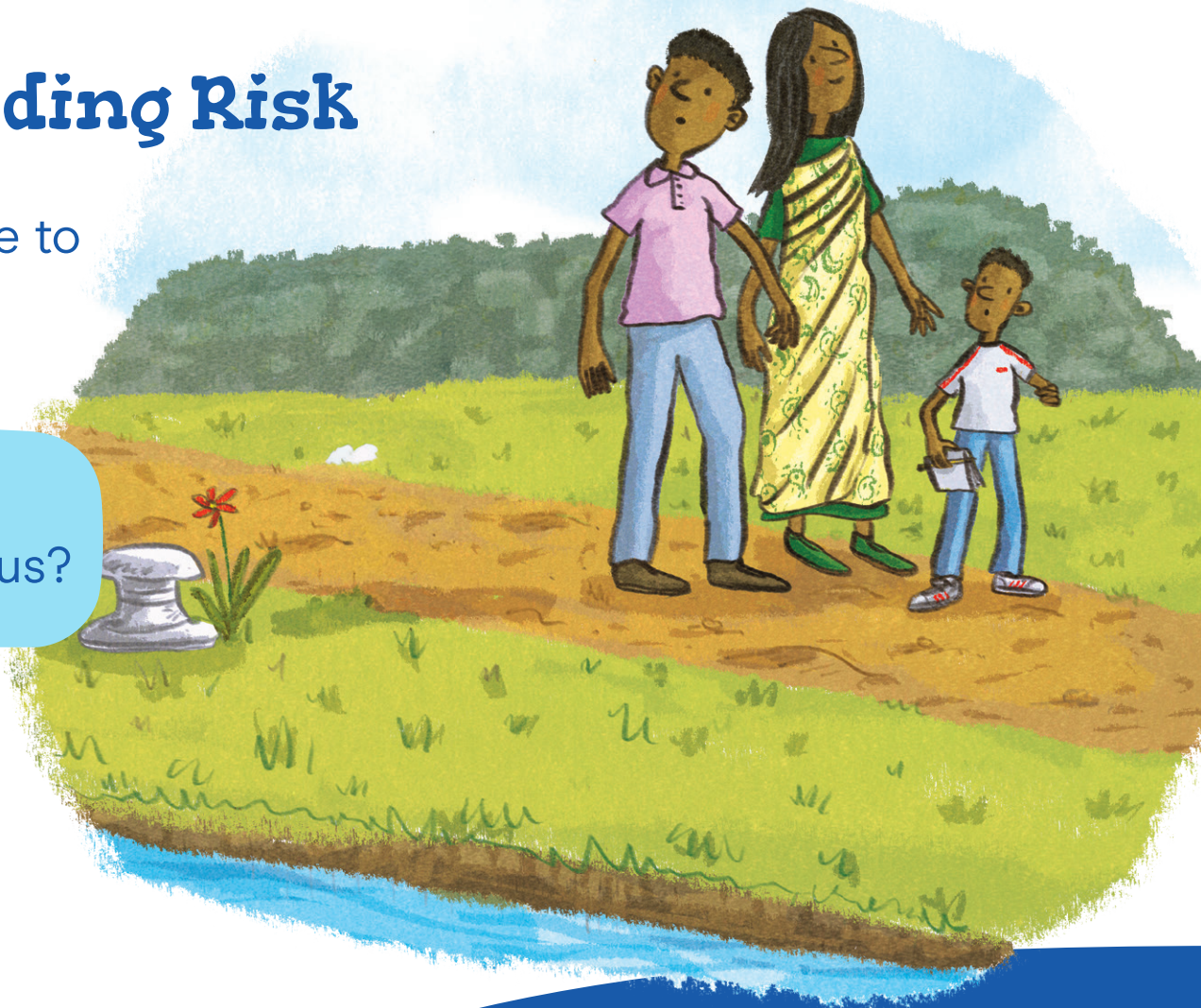
Understanding Risk

The waterside can be a great place to go with our family and friends. We can have **fun and stay safe**.

Why might a river or canal be more dangerous than a swimming pool?

What makes water dangerous?

How might hazards or risks change?



Lesson 1

Can you spot the hazards?

3

Lesson 1

Can you spot the hazards?

3

Lesson 1

Understanding Risk

A **hazard** is something that could cause harm.

Risk is the chance of something bad happening.



Hazard	What might happen?	Risk (high, medium or low)	How could the risk be reduced?
Running along the edge of a canal on a wet day.	Might slip on wet grass and fall into the canal.		
Playing with a ball along the towpath.			
Swimming in a canal on a hot day.			
Swinging on a rope swing over a river.			
Leaning over the wall of a canal lock.			

Complete the hazards table.
Think about ways to avoid or reduce the risk.



Lesson 2

Water Environments

Can you describe what the water is like in these environments?



River



Canal



Lake



Sea

These are all wonderful places to visit.
Are any of these safe places to swim?
How are the hazards and risks different
in each environment?



Explorers

Water Safety Activity Pack

Remember to stay **SAFE** near water

Stay **Away** From the **Edge**

Lesson 2

Scenario Challenge



Conditions such as the **weather** or **time of day** can affect the risks in different environments.

For each water scenario, stop, think and discuss...

1. What might the hazards be?
2. What could change the level of risk?
3. What would be the safest action to take?
4. What extra information would be useful?

Scenario 1

You're walking beside a river after several days of heavy rain.

Scenario 2

You're visiting a lake on a hot summer day. The water looks calm and you're with your friends.

Scenario 3

You're walking along an overgrown stretch of canal towpath during the evening.



Lesson 3

Cold Water Shock

Cold water shock is the body's natural response when you suddenly enter cold water. The body can react very quickly...

You can get cold water shock even on a hot day!



Breathing: You may suddenly gasp or start breathing very quickly.

Movement: Your muscles can become tense and it can become harder to move normally.

Heart: Your heart rate can increase.

Thinking: You may feel frightened or confused, making it harder to think clearly.

Lesson 3

Cold Water Shock

If you unexpectedly enter cold water, trying to control your breathing can help you stay calm and make better decisions.

Even strong swimmers can get cold water shock.

Practise breath control:



Breathe in gently.

Breathe out slowly.



Lesson 4

Float to Live

What can happen to your body when you suddenly enter cold water?

Gasping

Rapid breathing

Fast heart rate

Tense muscles

Difficulty moving normally

Floating
can help you
to get these
feelings under
control.

Lesson 4

Float to Live

If you unexpectedly enter water, don't panic. Roll onto your back and try to float.



Practise
the position
on dry land.



Tilt your head back. Don't worry if your ears go under the water.

Try to relax. Control your breathing.

Move your hands and legs. Gentle movement will help you stay afloat. Don't worry if your legs sink.

Call for help. Once you've gained control, raise your arm and call for help or swim to safety if you're able to.

Lesson 4

Float to Live – Scenarios



Sam is walking beside a canal when she slips and falls into the water. The water is cold. Sam is frightened and starts thrashing around.

What might happen if Sam continues to panic?

What could Sam try instead?

Lesson 4

Float to Live – Scenarios



You are walking beside a river when you accidentally slip and fall into deep, cold water. The water is moving fast.

Should you swim against the current?

What is the most important thing to do?

Lesson 5

Emergency Response

You are walking beside a canal with a friend. You see someone in the water shouting for help. What would you do?



Jump in?

Call 999?

Swim to them?

Find a grown-up?

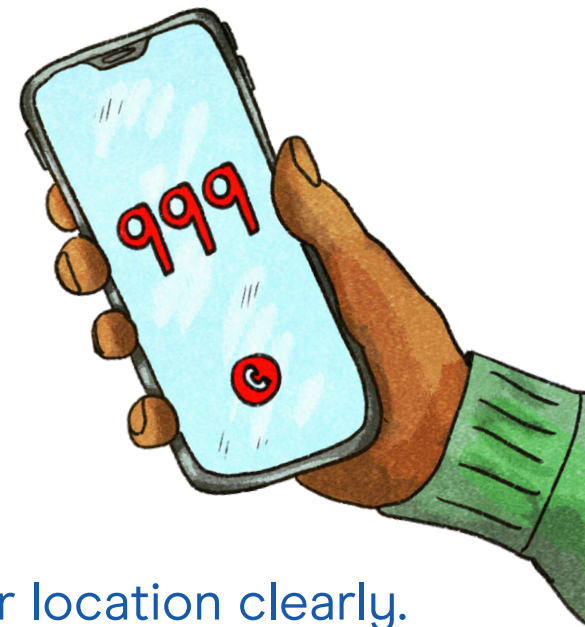
Throw them something that floats?

Lesson 5

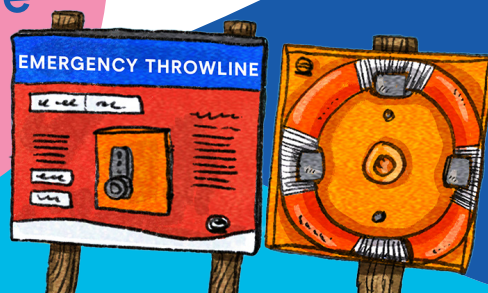
Emergency Response

Never enter the water to try to rescue someone – Even if you are a strong swimmer. You could put yourself in danger too.

- **Stay calm.** Always **think** before you act.
- **Shout** for help as loudly as you can.
- **Dial 999** and ask for the Fire & Rescue Service. Describe your location clearly.
- **Encourage** the person to float on their back.
- **Throw** a safety line or rope to them if you can. Or, look for something that floats, such as a ball or plastic bottle, to help support them while waiting for emergency services to arrive.



Some towpaths have **life ring** and **throw line** stations.



Lesson 5

Emergency Response

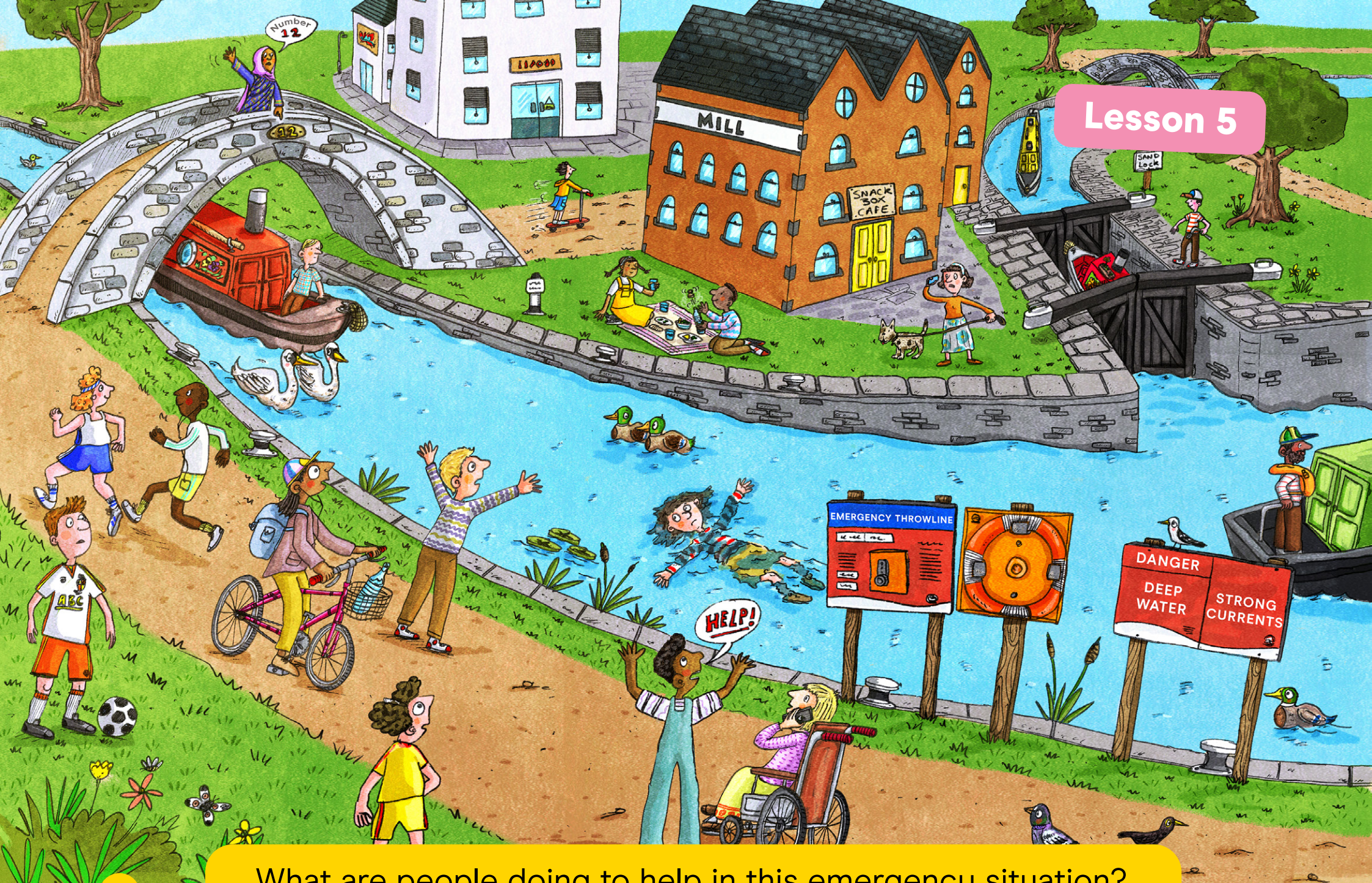
Imagine someone has fallen into the water here. What would you do?



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How might you describe the location to an emergency responder?

Lesson 5



What are people doing to help in this emergency situation?
What else could they do?

Lesson 5

Emergency Response

Which person is giving the most sensible advice to someone who has fallen into a cold river?

1 Hang on. I'm a really good swimmer. I'll save you!

2 Quick! Swim as hard as you can to the bank!

3 Lie back and float while we get help!

Lesson 6

Making Safe Decisions

Being water safe isn't just about knowing what to do when something goes wrong. We can reduce risk by thinking ahead.



Let's plan a **fun** and **safe** trip to the canal with our family and friends.

Can you think of any questions we need to ask about the trip?

Lesson 6

Making Safe Decisions

Plan a fun and safe family trip to the canal.

- 
1. Where will you walk? Plan your route.
 2. Where might you stop for a picnic?
 3. Where will you need to be extra careful?
 4. What hazards might there be?
 5. How could you reduce risks?

6. Where would be a safe meeting point?
7. What landmarks could help you describe your location in an emergency?
8. How might the risks change?

Lesson 6

Making Safe Decisions

What would you put in a backpack for a trip to the waterside?
Draw or write your ideas.

