

Physical Education (PE) - Swimming: Water safety

Responding to a water safety emergency

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Water Safety: Lesson 3 - Responding to a water safety emergency

Tasks

1) Water safety scavenger hunt:

- You have 4 minutes to try to find as many of the following:
 - Two things that float
 - Something you could use to reach someone in difficulty;
 - Something that is the colour of the flag that signals 'no swimming';
 - Something that you could use to get help;
 - Something to give someone when they get out of the water, to help warm them up.



2) Scenarios

Read the story, then answer the following questions.

- Write down 5 hazards that Chris didn't take any notice of.
- After falling into the water, Chris immediately shouted for help. If no-one was around, what should Chris do next?



Chris was fed up. Her mum was at work so she had to go to her grandad's house for the day. He lived in a small house. There wasn't really room for Chris to play football in the tiny garden. But in any case, he didn't like her playing with balls in the garden because he said the flowerbeds would be ruined. What's more his computer was broken and she had seen all his DVDs. IT WAS DEAD BORING!

The trouble was, Chris' grandad thought she should spend the day reading. But Chris wasn't that type of girl. She wanted to be outside, playing football or exploring. Looking out of the window, she could see her grandad hard at work, weeding the front garden.

Quietly, she slipped out of the back door. At the bottom of the garden, Chris opened the gate and on to the path. Nearby was the canal. Chris knew it was an excellent place to explore, but her grandad would never let her go there unless he went too. She remembered the wide and straight towpath was perfect for dribbling a football. Chris ran along it, kicking the ball from foot to foot.

After a while Chris stopped to watch a family of ducklings swimming by the edge. One of the ducklings had something on its beak but Chris couldn't quite see what it was. She crouched on the edge and leant forward to get a better look.

As she reached forward, she knocked the ball into the water. Desperately, she grabbed a stick and reached out towards the football with it. Suddenly, she overbalanced and Chris found herself in the freezing water. "Help!" she shouted. "Help! Help But the edge was deserted and the football floated away.



2) Scenarios continued

Imagine now that you are out walking and hear Chris shouting for help. Use the information in one or more of the scenarios to make a plan of what you can do to help her survive.

Scenario 1:

- You are with another adult;
- You have a mobile phone;
- There is an emergency buoyancy aid 25m away;
- You are wearing a scarf.

Scenario 2:

- You are with two other friends;
- You have two water bottles with you;
- There are adults sitting at a picnic table about 50m away.

Scenario 3:

- You are with one friend;
- There is a large stick on the floor;
- A family, with two adults, are walking about 40 metres away from you.

