

Fill in the missing words to complete this paragraph about the benefits of wearing a wet suit and swim hat in cold water

A wet suit is usually made from  which helps keep you  and improves your  (ability to float).

A wet suit will not keep you  but acts as a barrier to stop body heat . More  will keep you warmer than  because several layers trap warm air between them and  you.

A swim hat is a , commonly made from silicone, latex or lycra, worn on the .

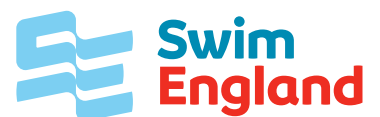
Normal, healthy body temperature is  and average summer air temperature is  and sea or lake will be approximately  in Britain in the summer months.

The colder the water the  your body's heat escapes and leaves you losing heat and .

faster	escaping	37°C
one thick layer warm	thin layers	skin-tight garment
15°C	neoprene	energy
buoyancy	15-20°C	head
dry	insulate	warm



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Fill in the missing words to complete this paragraph about the effects of cold water on your body

If you fall into cold water (below 15°C) your body will experience several extreme responses.

The first response will be a  making you breathe  and you may take in water in your .

Your heart rate will be . It is important to try and not  and to get control of your  and try not to  water.

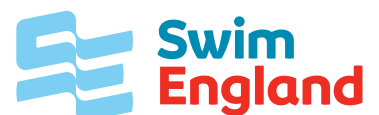
The longer you are in the water, the more  you will find it to move your , ,  and , making it more difficult to  to safety.

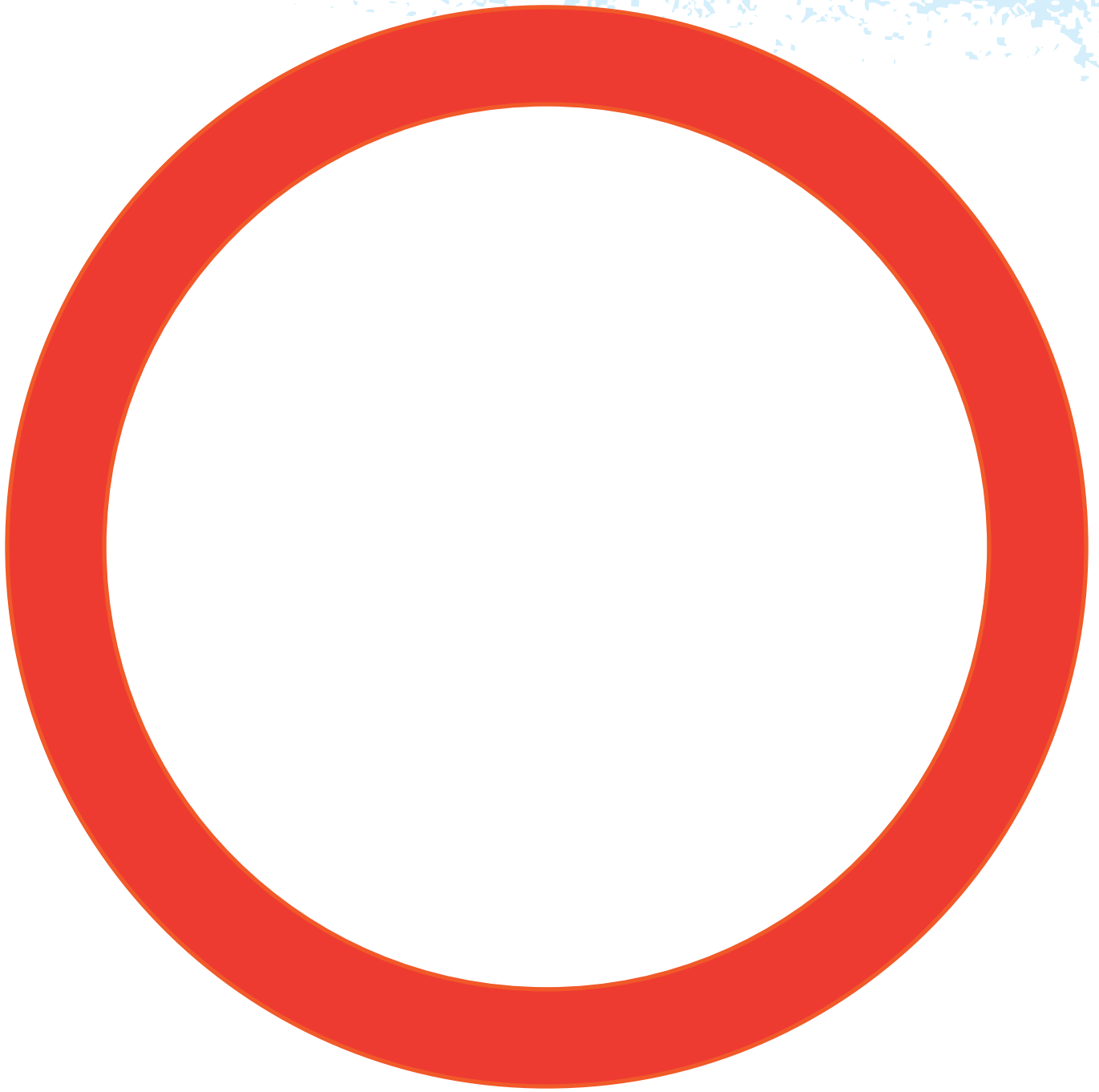
Therefore it is essential to retain your body heat. The Heat  Lessening Position will help you retain your  and strength. If you are with others, the  will help retain your body heat.

swim	very fast	difficult	heat
rapidly	panic	legs	toes
swallow	Escape	"gasp reaction"	arms
mouth	breathing	fingers	huddle

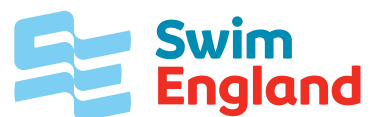


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Can you match these signs up to their descriptions?



DO NOT USE INFLATABLES



SUDDEN DROP



DO NOT DIVE



SWIM BETWEEN THE FLAGS



DO NOT JUMP



DO NOT SWIM



DO NOT SURF



SURFING



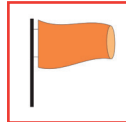
DO NOT SWIM



SHALLOW WATER



DO NOT USE  
MOTORISED CRAFT



LARGE SURF OR HIGH  
BREAKING WAVES



DEEP SHELIVING BEACH



DEEP WATER



TIDES



STRONG  
UNDERCURRENTS



SUBMERGED OBJECTS



WATER CRAFT ZONE



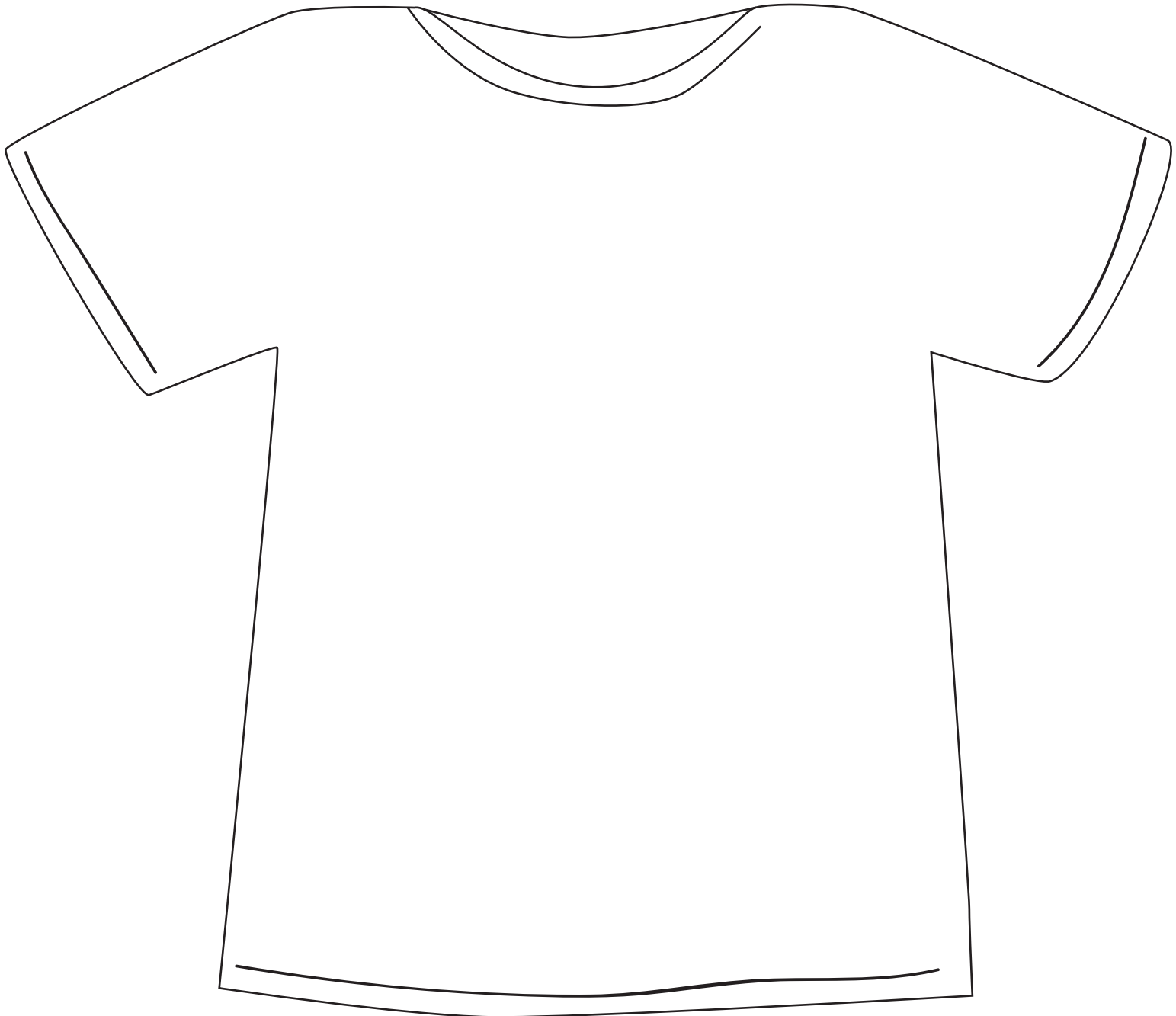
STRONG WINDS



DO NOT USE INFLATABLES



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# Activity Sheet 7

Plan a visit to the beach or lake to go in the water and swim

Write a checklist to help you plan a great day on the beach or by the lake.

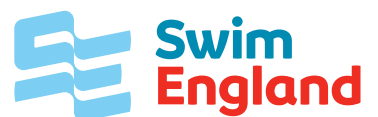
## CHECKLIST

- .
- .
- .
- .
- .
- .
- .
- .
- .
- .

Have you looked at the weather? What do you need to bring?



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The following questions can be used as a quiz and/or as discussion points

1. Swimming indoors is different to swimming outdoors .  
Can you give **three** differences you need to consider?

2. What colour flag(s) mean it is safe to enter the water and a lifeguard is on duty?

3. Give **two** reasons why should you wear a brightly coloured swim hat when swimming outdoors .

4. If you saw someone in danger while swimming outdoors, what number should you call and who should you ask for?

5. Give **two** examples of choosing a safe location to swim outdoors.



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6. How does a wetsuit help retain your body heat when in cold water?

7. If you are in cold water and you want to keep warm and safe, what positions would you take?

8. What do initials H.E.L.P stand for?

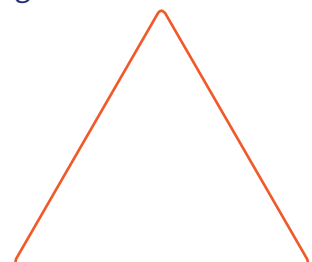
H

E

L

P

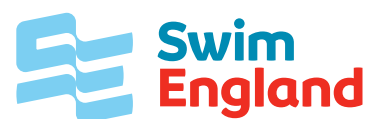
9. If a sign near water is this shape ▲ it is giving a warning of something potentially dangerous. Can you draw an example of a water safety sign you have seen and explain what it means?



10. If a sign near water is this shape ● it is advising you of a danger and informing you of what **not** to do. Can you give an example of a water safety sign informing you what **not** to do?



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Cut out all the words below and put them into a bag, one person pulls out a word and has to describe it to the rest of the group without using the word itself

**LIFEGUARD**

**TRIANGULAR  
SIGN**  
(WARNING OR HAZARD)

**WETSUIT**

**HUDDLE  
POSITION**

**RED FLAG**

**SWIM HAT**

**OUTDOOR  
SWIMMING**

**WADING  
ENTRY**

**HELP  
POSITION**



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Find all the words commonly used in a Swim Safe session. Once you've found them make a note of why they're important words.

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

Lifeguard

Help

Wading

Cold

Huddle

Adult

Red flag

Safe



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