

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 **neoprene** which helps keep you **warm** and improves your **buoyancy** (ability to float).

A wet suit will not keep you **dry** but acts as a barrier to stop body heat **escaping**. More **thin layers** will keep you warmer than **one thick layer** because several layers trap warm air between them and **insulate** you.

A swim hat is a **skin-tight garment**, commonly made from silicone, latex or lycra, worn on the **head**.

Normal, healthy body temperature is **37°C** and average summer air temperature is **15-20°C** and sea or lake will be approximately **15°C** in Britain in the summer months.

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

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



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 "gasp reaction" making you breathe rapidly and you may take in water in your mouth.

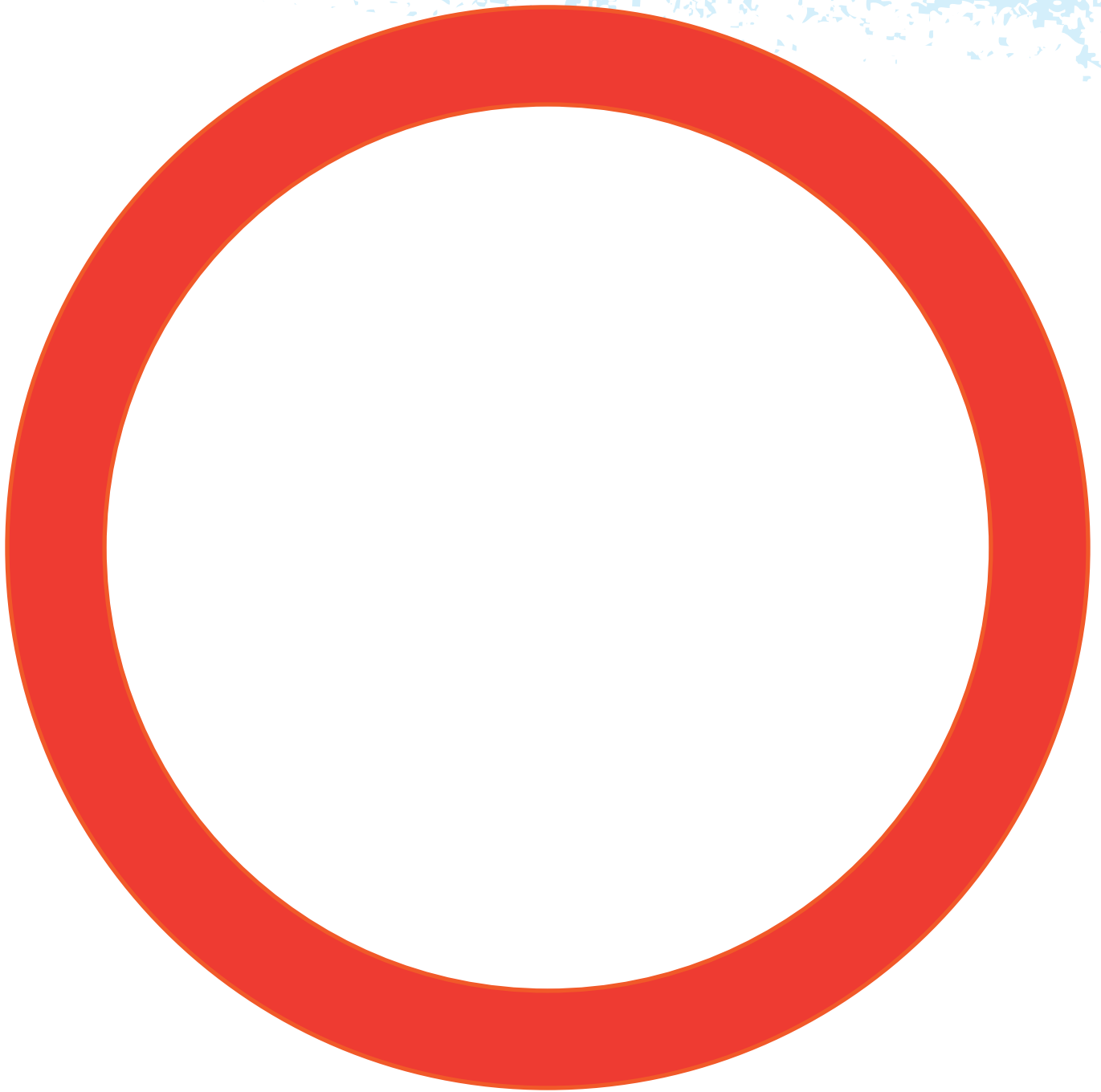
Your heart rate will be very fast. It is important to try and not panic and to get control of your breathing and try not to swallow water.

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

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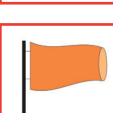












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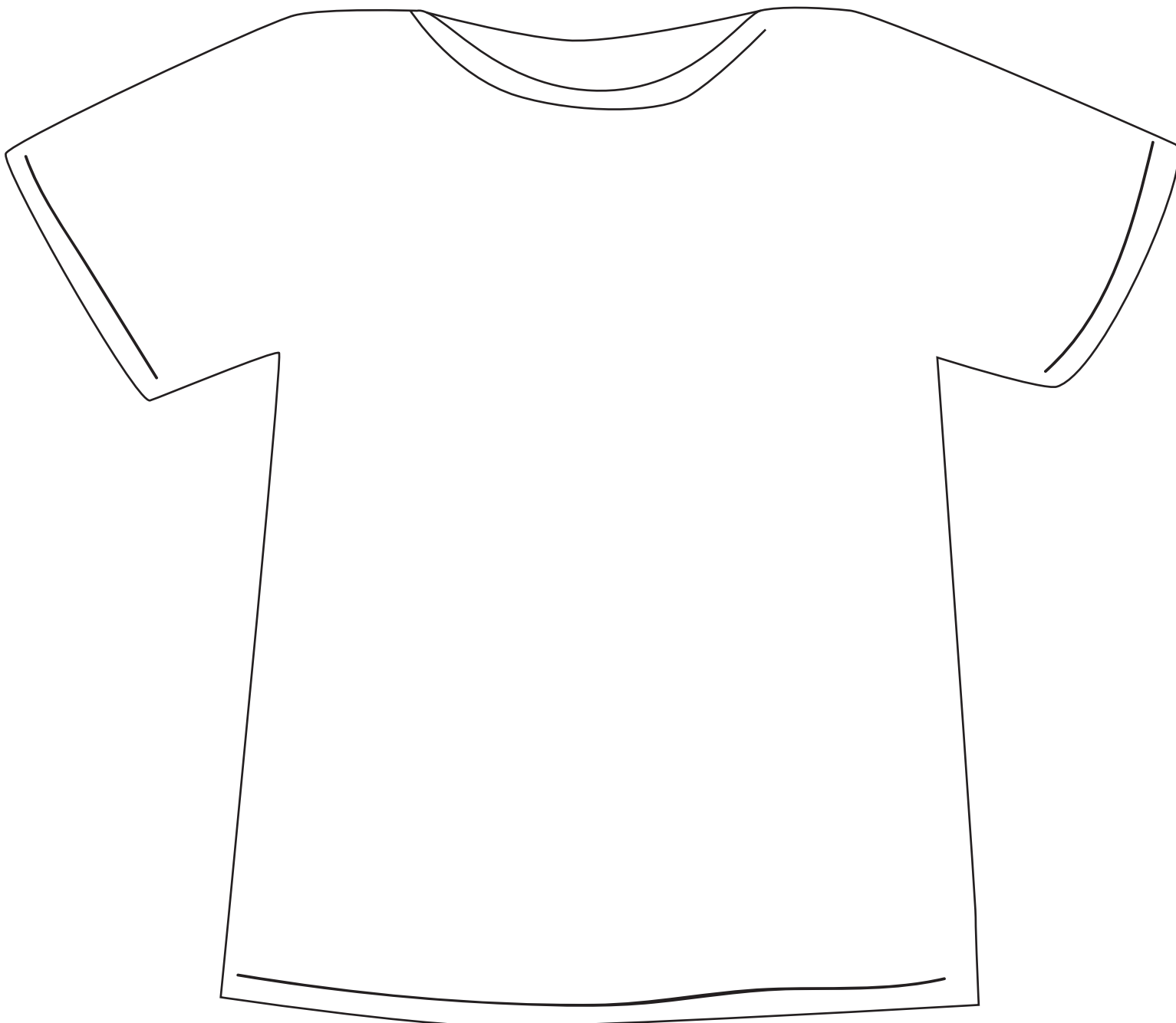


Can you match these signs up to their descriptions?

	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.

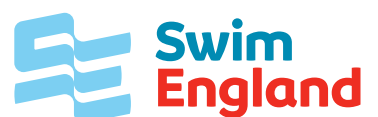
## CHECKLIST

- 
- 
- 
- 
- 
- 
- 
- 
- 

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?

**Answers can include:** indoor pool is warmer / outdoor water is cold, indoor water is usually clear / you can't always see the bottom in outdoor water, indoor water is usually calm and still / outdoor water is effected by the weather, there is often a lifeguard supervising in an indoor pool / there's not always a lifeguard supervising outdoor water, there are usually steps or ladders to safely get into an indoor pool / there's not always a clear exit to outdoor water (slippery banks or steep sides), there are hidden obstacles and sea life in outdoor water

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

**Answer:** Red and yellow flag

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

**Answer:** So you can be seen and to help retain body heat

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

**Answer:** 112 or 999 and ask for the coastguard

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

**Answers can include:** in an area supervised by an adult (parent, guardian, lifeguard, lake warden), in an area marked safe to swim by the flags or signs, in an area where the water is flat and calm, in an area where there is a safe entry and exit to the water, no forecasted changes in the weather which will affect the conditions, no hidden obstacles



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

**Answers can include:** doesn't keep you dry but stops heat escaping, lots of thin layers trap the air and retains body heat

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

**Answer:** H.E.L.P or Huddle position

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

H **Heat**

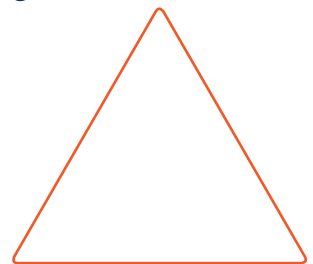
E **Escape**

L **Lessening**

P **Position**

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?

**Answers can include:** deep shelving beach, tides, submerged objects, strong winds, sudden drop, surfing, shallow water, large surf or high breaking winds, deep water, strong undercurrents

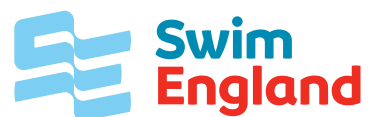


10. If a sign near water is this shape ● it is advising you of a danger and informing you of what **not** to do. Can you give an example of a water safety sign informing you what **not** to do?

**Answers can include:** do not use inflatables, do not dive, do not jump, do not surf, do not swim, do not use motorised craft



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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  
Huddle

Help  
Adult

Wading  
Red flag

Cold  
Safe



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