

Summer

Delivery Guide (Primary School) – Water Safety

Session Summary

To introduce the audience to some of the key Summer campaign messages, which includes information on water safety.

Preparation

You can view and download the school presentation and lesson plan directly from Greater Manchester Fire and Rescue Service (GMFRS) website www.safe4summer.com – then click on the 'Primary School Resources' page.

Before you go (reminder for GMFRS staff):

1. Check if the school can download the relevant presentation(s) from our website before you arrive, or if you can download when you arrive, to their computer. Please allow extra time if downloading from the website, as the files are large. Alternatively, download the relevant presentation(s) onto a suitable storage device, such as a laptop, to take with you (please note most schools no longer allow pen drives).
2. **Water Safety Booklets** - we have Canal and River Trust water safety activity booklets (see image on slide 11) to be distributed in schools and to communities. If you need to order copies please email preventioneducation@manchesterfire.gov.uk
3. Take with you any other resources/equipment you may want to use to accompany the session.

Test/check before you begin:

- ✓ Check how many children the presentation will be delivered to, to ensure that enough activity booklets are taken for the children.
- ✓ Check the school have the necessary equipment before you arrive (computer, projector and screen or clear wall). Check and open the PowerPoint before the children enter the room - ****the presentation is a large file and may take a minute or two to load so please be patient and make sure the sound is working****
- ✓ Check whether or not any of the children or staff who will be in the room have been involved in an incident that relates to the material being delivered – **you may need to make adjustments to accommodate this.**

*Note- If you are presenting to children with Special Educational Needs (SEN) it is worth speaking to the teacher prior to the visit, to show them the resource and adapt to suit as required.

The 'Water Safety' video is based on an actual incident that occurred in Greater Manchester whereby a 14 year old girl entered a river to rescue her dog.

Video: Water Safety



The video is designed to highlight the dangers and consequences of entering / swimming in open water, whilst providing time for a facilitated conversation with the audience around key topics in the video.

This method of engagement provides the audience with the opportunity to engage and explore the subject of water safety.

****How to use PowerPoint – All you need to do is click the space bar, arrow keys or remote clicker to move from one slide to the next. To play a video, hover over the black box image and a play bar will appear****

The lesson plan is a guideline on how to deliver the session. It contains information on how to facilitate the session and the key messages that should be discussed.

****Please feel free to use your knowledge and expertise to adapt and include further information, this is just a guidance document****


Think about creating cue cards for key information and the questions contained in the presentation.



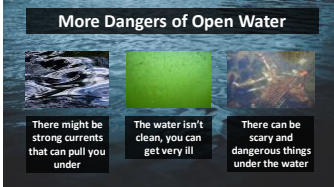
Options for delivery depends on the time allocated/designated by the school – staff to ensure that this discussion with the designated lead at the school has taken place.


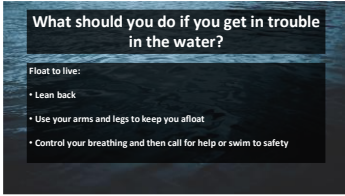

You can deliver the session in the following timeframe: **30 minutes**



You can 'hide slide' on the PowerPoint when the PowerPoint presentation is in 'Normal' view. Right mouse click on the slide you want to hide and choose 'hide slide'. Hiding slides is a good option instead of clicking through slides saying 'we won't cover this today' which might make the students or teachers feel they are missing out and it also looks more professional.

Lesson Plan

Slide number, title and timings	Trainer notes – what to discuss	Source
<p>Slide 1 Introduction 1 minute</p> 	<p>Provide a brief introduction of yourself, role and the Summer campaign.</p> <p>Introduction could be as follows – A new season is upon us - so whether you're on school holidays or generally out and about more with your friends and family, here are some safety tips to help you keep safe.</p>	PowerPoint
<p>Slide 2 Water Safety 1 minute</p>	<p>This section is to provide the audience with an introduction to the water safety section and what will be discussed.</p> <p>Introduction – As temperatures start to rise, you and your friends might be tempted to cool off with a swim in open water, such as the local river, lake, canal or reservoir. Each year, we attend a number of incidents</p>	PowerPoint

 <p>Water Safety</p>	<p>where people have got themselves into difficulty after entering into open water.</p> <p>We will talk about:</p> <ul style="list-style-type: none"> • The dangers and consequences of swimming in open water • What to do if you get into difficulty • What to do if you see someone in difficulty • How to stay safe around open water 	
<p>Slide 3 Dangers of open water 3 minutes</p>  <p>Dangers of Open Water</p> <ul style="list-style-type: none"> The water is very cold No lifeguard if you get into trouble The water could be too deep to get out 	<p>Presenter may ask the children if they can think of why swimming in open water can be dangerous.</p> <p>Click to reveal the answers and read slide.</p> <p>Q: Presenter to ask the audience, what would happen to your body in cold water?</p> <p>Answer: you would struggle for breath because your body would get cold and it would be difficult to swim. Your body could go into shock.</p> <p>The coldness of the water (even on a hot day) will affect your ability to swim. Think about how your fingers feel if you put them into a bowl of cold water. Imagine your whole body feeling like that. Your muscles will not be able to keep you afloat like they do in the warm swimming pool.</p> <p>Explain the dangers of swimming without a lifeguard – there’s no one to help if you get into trouble.</p> <p>Water can be deeper than you expect and it would make it difficult to swim in.</p>	PowerPoint
<p>Slide 4 More dangers of open water 2 minutes</p>  <p>More Dangers of Open Water</p> <ul style="list-style-type: none"> There might be strong currents that can pull you under The water isn't clean, you can get very ill There can be scary and dangerous things under the water 	<p>Strong currents can be hidden. Just because you can't see them, it doesn't mean they are not there.</p> <p>Explain that even if the water looks clean, it can still make you very ill.</p> <p>Presenter may ask the children if they can think of any scary/dangerous things that may be found in canals, rivers, reservoirs and lakes.</p> <p>Examples include: shopping trollies, cans, weeds, broken bottles/glass, etc.</p> <p>If you find yourself in the water, the coldness can cause your body to go into shock – as we mentioned earlier. If this happens, we want you to know how you can float to live – which we'll show you in this video from the RNLI.</p>	PowerPoint

<p>Slide 5 Float to Live video 1 minute</p> 	<p>Prior to starting the video inform the audience that they should watch and listen carefully as they will be asked some questions later.</p> <p>Hover over slide and click the play button at the bottom of the slide.</p>	<p>Powerpoint Video</p> <p>Transcript available at the end of the lesson plan</p>
<p>Slide 6 Float to Live (What should you do if you get in trouble in the water?) 2 minutes</p> 	<p>Question: What should you do if you get in trouble in the water?</p> <p>Float to live:</p> <ul style="list-style-type: none"> • Lean back • Use your arms and legs to keep you afloat • Control your breathing and then call for help or swim to safety <p>So remember, float to live (you could ask the children to repeat).</p> <p>If you see someone in trouble in the water, you should phone 999 and ask for the coastguard at the coast, or Fire at inland water site.</p> <p>Now we're going to watch a video based on an actual water incident that occurred in Greater Manchester. It shows the dangers of entering open water and information on what to do if you see someone in trouble.</p>	<p>Powerpoint</p>
<p>Slide 7 Water Safety Video 5 minutes</p> 	<p>Prior to starting the video inform the audience that they should watch and listen carefully as they will be asked some questions later.</p> <p>Hover over slide and click the play button at the bottom of the slide.</p> <p>After playing the video recap on the key points from the video:</p> <ul style="list-style-type: none"> ▪ She got into difficulty and could not get out of the water – The girl attempted to rescue her dog but was unable to due to the conditions of the water. She then got into difficulty and could not get back to shore leaving her in a very serious and life threatening situation. Furthermore, the dog came to no harm as it got out of the water safely by itself. ▪ Several emergency services attended the incident – Numerous emergency services attended this one incident (fire, police and ambulance). All these services attended an incident that could have 	<p>PowerPoint Video</p> <p>Transcript available at the end of the lesson plan</p>

	<p>been prevented if the girl had refrained from entering the water.</p> <ul style="list-style-type: none"> ▪ She was able to get out of the water, but was extremely lucky – The girl got out of the water however she was very lucky. The current was strong and she could have been washed further down the river. 	
<p>Slide 8 Spot the dangers 6 minutes</p> 	<p>Ask the children to look at the slide and ask them if they can identify what all 7 of the dangers are in the water safety picture.</p> <p>You can do this activity through normal question and answer OR you can get children into groups, ask them to write the answers down and then get them to feedback one each at a time</p> <p>Then go through the answers for all 7 dangers on the slide – they will come up one at a time.</p> <p>Answers: 1. No lifeguards 2. Slippery banks 3. Pollution 4. Underwater hazards 5. Changing water levels 6. Cold water 7. Fast currents</p> <p>Remember to praise the class for correct answers.</p>	<p>PowerPoint</p>
<p>Slide 9 Enjoy swimming safely 1 minute</p> 	<p>Presenter to re-emphasise the message of swimming at local pools where lifeguards are on duty and the water is clean and warmer.</p> <p>Other good reasons to swim in a local pool are because there are safe steps to climb in and out and there are no dangerous objects at the bottom of the pool.</p> <p>If you're having a day out at the seaside and go for a swim in the sea, make sure you pick a spot where lifeguards are on duty.</p> <p>Remember if you get into trouble in the water you should float to live.</p>	<p>PowerPoint</p>
<p>Slide 10 Water Safety Questions 6 minutes</p>	<p>Conduct facilitated question and answer session with the class.</p> <p>The questions and key messages are detailed below:</p>	<p>PowerPoint</p>

Water Safety Questions

1. Why is it dangerous to enter or swim in open water?

2. Can you think of any scary or dangerous things that can be found in the water?

3. What should you do if you see someone in difficulty?

4. Where do you think is the safest place you can go swimming with your friends or family?

Question 1 – Why is it dangerous to enter / swim in open water?

- The water is a lot colder than you think – The temperature of the water is very cold and it can cause your body to go into shock. This can prevent you from getting out of the water.
- The water can be deeper than you think – The water may seem shallow at first but then there can be sudden changes in depths. This could cause you to get into difficulty.
- The water can contain currents – Lakes, rivers, canals and reservoirs contain underwater currents or fast flowing water. This can affect even the strongest swimmers from getting out of the water.

Question 2 – Can you think of any scary or dangerous things that can be found in the water?

- You don't know what is in the water – There could be dangers beneath the water such as sharp objects, cables, shopping trolleys etc. Objects like these could cause injuries or obstructions preventing you from getting out of the water.
- The water can be contaminated – The water may look clean but it is not. It can be contaminated which can make you very ill.

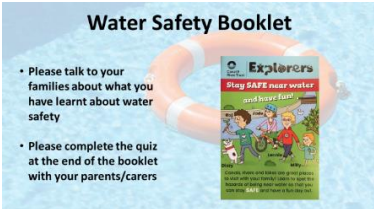

Question 3 – What should you do if you see someone in difficulty?

- Keep yourself safe and stay out of the water – If you see someone in difficulty in the water, use your mobile phone (if you have one) or go to the nearest telephone, dial 999 and ask for the Fire and Rescue Service at inland water sites and the Coastguard at the beach.
- Know your location – It's really important to know where you are. Look for any landmarks such as signs or shops that you could describe to the operator, and explain as clearly as possible where you are.

Remember – Stay out of the water, you are likely to get into difficulty yourself. Tell them to float on their back (float to live). Wait for help to arrive.

Question 4 – Where do you think is the safest place you can go swimming with your friends or family?

- The local swimming pool – It's a safe environment where you can have fun with your family and friends. Unlike open water, there is also a

	<p>lifeguard(s) on duty who can help should you or someone get into difficulty.</p> <p>Remember – to stay safe, respect the water.</p>	
<p>Slide 11 Water Safety Booklet 1 minute</p>  <p>The slide features a blue background with a lifebuoy. Text on the left lists instructions: 'Please talk to your families about what you have learnt about water safety' and 'Please complete the quiz at the end of the booklet with your parents/carers'. An image of a 'Water Safety Booklet' is shown, titled 'Explorers' and 'Stay SAFE near water'.</p>	<p>Presenter to give out/show the children the Water Safety booklet that the children will be getting to take home.</p> <p>Presenter to ask the children to talk to their families about what they have learnt and to complete the quiz at the end of the booklet with their parents/carers to see how much they know about water safety.</p>	<p>PowerPoint and Water Safety Booklets</p>
<p>Slide 12 Closing slide 1 minute</p>  <p>The slide has a background of green grass and yellow flowers. Text reads: 'Please Stay Safe this Summer!' and 'Visit www.safe4summer.com'.</p>	<p>Final message – Please enjoy yourself with your friends and family but remember never put yourselves in situations that may be dangerous to yourself or others.</p> <p>Remember to respect the water and float to live.</p> <p>Ask if there are any final questions.</p> <p>Direct them to the Summer website (www.safe4summer.com)</p> <p>Thank the audience for taking part in the session.</p> <p>Total time for Water Safety Awareness section = 30 minutes</p>	<p>PowerPoint Website</p>

Presenter to inform teachers of our Bury Safety Centre training site, if they are not already aware. To find out more and to book a visit share the website for Bury Safety Centre:
<https://safetycentre.manchesterfire.gov.uk/>

Slide 5. 'Float to Live video'
Transcript

From the start (0 secs): *A man's face surfaces from rough sea.*

[Sound of water and someone gasping for breath.]

He is fully clothed and struggles to breathe and stay afloat, his arms and legs are making panicked movements.

4 seconds in: Title screen asks 'Know what to do if you're struggling in the water?'

6 seconds in: [Sound of calm water and wind.]

We look from overhead and to see the man lying on his back like a starfish and starting to float.

7 seconds in: Title screen shows the word 'Float', whilst the man is floating.

9 seconds in: From underwater we see the man lying back and the words 'lean back' come on the screen.

12 seconds in: From above the water, we see he lifts his arms and legs above the surface of the water, the words 'use your arms and legs to keep you afloat' come on the screen.

15 seconds in: Looking from above, the man is on his back, with his face above water and is blinking. His arms and legs are outstretched like a starfish.

17 seconds in: The words 'control your breathing, then call for help or swim to safety' are shown on the screen.

21 seconds in: Looking from above, the man is on his back, his face is above the water and his arms and legs are outstretched like a starfish. The words 'remember: float to live' are shown on the screen.

23 seconds in: A video of under the water is then shown on screen. The words 'in a coastal emergency call 999 for the coastguard. For more advice search: float to live. Hashtag respect the water', are shown on screen.

End of transcript

Slide 7. 'Water Safety video'

Transcript

[Sound of water flowing]

6 seconds in: Video of a firefighter standing in a forested area next to a river.

Hi my name's Simon Dowling and I'm a firefighter for Greater Manchester Fire and Rescue Service. I'm based here in a lovely part of Manchester called Marple near Stockport and as you well know firefighters rescue a lot of people from fires, cars crashes and all sorts of other scenarios. The one I'm going to talk to you about today is an incident that we attended where we actually rescued a schoolgirl out of the very river that you can see behind me here today.

31 seconds in: Footage of a fire engine driving quickly along a dusty road in the countryside. She was 14 years old and it happened in the February half term last year.

38 seconds in: Footage appears of the river, and then fire engines parked nearby. Now this particular spot - it's pretty nice really, it's a nice little beach here.

40 seconds in: Firefighter in the same forested area next to the river. A dog is being walked in the background.

People throw sticks and stones for the dogs.

40 seconds in: Footage of a fast-flowing part of the river under a bridge and cut between this and the firefighter standing in the forest.

The scenario when we attended last year was very different though. There'd been a lot of rainfall and we knew that the river was going to be quite high and quite fast. In fact nearly all the things you can see behind me - the trees, the island and even the beach we're standing on today that was completely under water. We got a call of a young girl who'd gone into water to try and get her dog out. Her dog had been swept away and she'd gone in after him. When we arrived here we stood on the riverbank and we could see this young girl had actually grabbed onto a branch. She'd gone in the water and because the water was flowing so fast it swept her away. Luckily for her she'd got herself relatively safe, and of no surprise as well the dog had already got out of the river and he was fine. Dogs are pretty good in the water really and they generally put up with the cold temperatures a lot better than we do. Unfortunately for this young girl there was no real way we could get to her.

1 minute 41 seconds in: Footage of a recreation of a river rescue. A firefighter throws a rope into the water.

We had to wait for one of our fire boats to come.

1 minute 43 seconds in: Action footage from a firefighter in the river shows how fast the water is flowing.

So it meant we had three fire engines, two police cars, and also an ambulance all here and it was pretty upsetting for this young girl. It wouldn't have took much to her to be actually washed away further down the river, but luckily for her she grabbed hold of the branch and pulled herself up.

2 minutes in: The firefighter is standing on the river bank and talks to the camera.

Okay, so what advice can I give you then if you do see an animal or a person in the water that needs some help?

2 minutes 7 seconds in: Graphic appears that says "Stay Calm and Ring 999".

The first thing is trying to stay calm - you need to ring the emergency services and tell them exactly where you are. Now that might be really difficult when you're in a park like this - there's no house number that you can give, so look for landmarks near the bridge, near a football pitch. Give as much information as you can and then wait for the emergency services to arrive, and when they do tell them exactly what's happened.

2 minutes 32 seconds in: Graphic appears that says "Get Something to hold".

The other thing to be aware of is can you pass that person something that they could hold on to. Can you pass a branch to them, is there's anything that you could throw to them to keep hold off to keep themselves afloat.

2 minutes 42 seconds in: Graphic appears that says 'Don't Go In.'

But most importantly please, please, please don't go in after them. Like I mentioned before the pets will always generally get out and they're pretty good at surviving in the water, and we don't want another person in there that might be in danger.

2 minutes 53 seconds in: Graphic appears that says "Remember, even the strongest swimmers struggle in cold water".

The problem with rivers and any sort of open water is it's very, very cold and even the stronger swimmers...

3 minutes in: Underwater footage of the fast flowing currents.

...it doesn't take long for the arms and the legs muscles to stop working. You won't be able to swim in it.

3 minutes 5 seconds in: The firefighter is standing near the river bank and talks to the camera.

But most of all the important thing to do is have fun in your local parks and near your rivers this summer.

[Sound of water flowing.]

3 minutes 12 seconds in: We see footage of calm water with a graphic that says 'Stay safe this summer' and www.safe4summer.com.

End of transcript