

# Summer

## **Delivery Guide (Secondary School) – Water Safety.**

### **Session Summary**

To introduce the audience to the key Summer 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](http://www.safe4summer.com) – then click on the 'Secondary 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. Take with you any other resources/equipment you may want to use to accompany the session.

### **Test/check before you begin:**

- ✓ 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.

\*\*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.


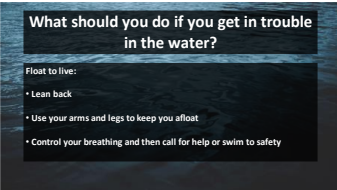

You can 'hide slide' on the PowerPoint when the PowerPoint presentation is in 'Normal' view. Right mouse click on the slide you want to hide and choose 'hide slide'. Hiding slides is a good option instead of clicking through slides saying 'we won't cover this today' which might make the students or teachers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

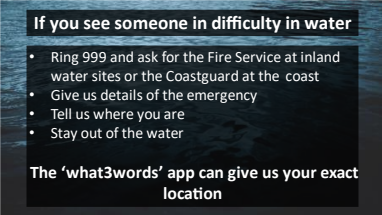

You can deliver the session in the following timeframe: **30 minutes**

## Lesson Plan

Slide number, title and timings	Trainer notes – what to discuss	Source
<p><b>Slide 1</b> <b>Introduction</b> <b>1 minute</b></p> 	<p>Provide a brief introduction of yourself, role and the Summer campaign.</p> <p>Introduce the session - 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><b>Slide 2</b> <b>Water Safety</b> <b>1 minute</b></p> 	<p>This section is to provide the audience with an introduction to the water safety section and what will be discussed.</p> <p><b>We will talk about:</b></p> <ul style="list-style-type: none"> <li>• The dangers and consequences of swimming in open water</li> <li>• What to do if you get into difficulty in water</li> <li>• What to do if you see someone in difficulty</li> <li>• How to stay safe around open water</li> </ul>	PowerPoint
<p><b>Slide 3</b> <b>During Spring and Summer</b> <b>1 minute</b></p> 	<p>Read the slide - As temperatures start to rise you and your friends might be tempted to cool off with a swim in the local river, lake, canal or reservoir.</p> <p>Each year, we attend a number of incidents where people have got themselves into difficulty after entering into open water.</p> <p>The next video is a dramatisation of the potentially tragic consequences of swimming in open water.</p>	PowerPoint
<p><b>Slide 4</b> <b>Filling up Film</b> <b>6 minutes</b></p>	<p>Things to consider and discuss... Show film - 2 minutes 15 seconds. Discussion - 3 minutes</p> <p>Hover over slide and click the play button at the bottom of the slide. Ask the class – Why did he go into the water?</p>	PowerPoint Video  Transcript available at the end of

	<ul style="list-style-type: none"> <li>• Tom dared him to</li> <li>• The water looked shallow at least in places – you could see the bottom</li> <li>• He couldn't resist a challenge</li> <li>• It wasn't far to the other bank</li> </ul> <p>If you encourage your mates to go in the water, it could be the last time you see them.</p>	<p>the lesson plan</p>
<p><b>Slide 5</b> <b>Dangers</b> <b>2 minutes</b></p> 	<p>Presenter may ask the children if they can think of why swimming in open water can be dangerous, thinking about some of the things they heard in the video and other ideas they may have.</p> <p>Click to reveal the answers and read slide.</p> <p>Presenter to explain the body's reaction to cold water: One of the most dangerous issues is the cold. The coldness of the water can change body functionality. In very cold water our blood flow changes in an attempt to keep our core organs warm, and that can cause cramp in our muscles. People can get cramp and go under the water. Then panic can cause the inhalation of water meaning that lungs become flooded. At that point even strong swimmers are in severe danger of drowning, and it can happen extremely quickly.</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 difficulty.</p> <p>Water can be deeper than you expect and it would make it harder to get out.</p>	<p>PowerPoint</p>
<p><b>Slide 6</b> <b>More dangers of open water</b> <b>2 minutes</b></p> 	<p>Presenter to discuss dangers that there are likely to be in lakes, reservoirs, canals, ponds or rivers (as below).</p> <p>The strong currents underwater could pull you under - even if you are a good swimmer. Even though reservoirs look still, underwater machinery can cause strong, dangerous currents.</p> <p>The water isn't clean, you could get very ill from parasites and water borne diseases, including Weil's Disease (from rats).</p>	<p>PowerPoint</p>

	<p>Underwater there could be dangers that may injure you or affect your ability to swim. Examples include: glass and sharp objects, rubbish, supermarket trolleys and weeds.</p> <p>There could also be sudden changes in depths in the water and it could be fast flowing.</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>	
<p><b>Slide 7</b> <b>Float to Live video</b> <b>1 minute</b></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><b>Slide 8</b> <b>Float to Live (What should you do if you get in trouble in the water?)</b> <b>1 minute</b></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"> <li>• Lean back</li> <li>• Use your arms and legs to keep you afloat</li> <li>• Control your breathing and then call for help or swim to safety</li> </ul> <p>So remember, float to live.</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><b>Slide 9</b> <b>Water Safety Video</b> <b>6 minutes</b></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><b>After playing the video recap on the key points from the video:</b></p> <ul style="list-style-type: none"> <li>▪ <b>She got into difficulty and could not get out of the water</b> – The girl attempted to rescue her dog</li> </ul>	<p>PowerPoint Video</p> <p>Transcript available at the end of the lesson plan</p>

	<p>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.</p> <ul style="list-style-type: none"> <li>▪ <b>Several emergency services attended the incident</b> – Numerous emergency services attended this one incident (fire, police and ambulance). All these services attended an incident that could have been prevented if the girl had refrained from entering the water.</li> <li>▪ <b>She was able to get out of the water, but was extremely lucky</b> – 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.</li> </ul>	
<p><b>Slide 10</b>  <b>If you see someone in difficulty in water</b>  <b>1 minute</b></p> 	<p>If you see someone in difficulty in water</p> <ul style="list-style-type: none"> <li>- Ring 999 and ask for the Fire Service at inland water sites or the Coastguard at the coast</li> <li>- Give us details of the emergency</li> <li>- Tell us where you are</li> <li>- 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.</li> </ul> <p>If you or your parent/guardian have a mobile phone, consider downloading the what3words app which provides an exact location – with every 3m square in the world being identified by a unique trio of words. By knowing exactly where you are can help us reach you faster.</p>	
<p><b>Slide 11</b>  <b>Throwline Boards</b>  <b>1 minute</b></p> 	<p>Presenter to explain that children may notice that Throwline Boards like the one shown have been installed in various locations around open water in Greater Manchester.</p> <p>If someone is having difficulty in water, the throwlines can be used. Ring 999 first, ask for the Fire Service and quote the code on the board, such as GM01. The operator will then allow you access to the throwline in the box so that you can throw it to the person in trouble in the water.</p>	PowerPoint
<p><b>Slide 12</b>  <b>Water Safety Questions</b>  <b>6 minutes</b></p>	<p>Conduct facilitated question and answer session with the audience.</p> <p>The questions and key messages are detailed below:</p> <p><b>Question 1 – Why is it dangerous to enter / swim in open water?</b></p>	PowerPoint

### Water Safety Questions

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

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

3. It is important to know where you are should you need to call 999. What information could you give to the operator?

4. Where do you think is the safest place you can go swimming?

▪ **The water is a lot colder than you think** – The most dangerous issue is the cold temperatures of the water. In very cold water our blood flow changes in an attempt to keep our core organs warm, and that can cause cramp in our muscles. Panic then sets in and can cause the inhalation of water meaning that lungs became flooded. At that point even strong swimmers are in severe danger of drowning, and it can happen extremely quickly.

▪ **The water can be deeper than you think** – The water may seem shallow at first but then there can be sudden changes in depths. As a result of these changes you could be submerged underwater or swallow water causing you to get into difficulty.

▪ **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 which may lead to someone being unable to get back to shore.

▪ **Open water contains currents** – Lakes, rivers, canals and reservoirs contain underwater currents or fast flowing water which could put you in difficulty. This can affect even the strongest swimmers from getting out of the water.


▪ **The water can be contaminated** – Open water is filled with parasites and water borne diseases including Wiels Disease (from rats). Swallowing the water means that you could consume these and become ill.

#### Question 2 – 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.

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.

NB: It isn't always obvious that someone may be drowning. If they have already got water going into their lungs it may be preventing them from shouting for help or from waving their arms in the air. Always look out for your friends, even when you are swimming in the swimming pool and alert help if you are worried.

	<p><b>Question 3 – It is important to know where you are should you need to call 999. What information could you give to the operator?</b></p> <ul style="list-style-type: none"> <li>▪ 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.</li> </ul> <p><b>Question 4 – Where do you think is the safest place you can go swimming with your friends or family?</b></p> <ul style="list-style-type: none"> <li>• 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 lifeguard(s) on duty who can help should you or someone get into difficulty.</li> <li>• 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.</li> </ul> <p>If you get into trouble in the water you should float to live.</p> <p>Remember – to stay safe, <b>respect the water.</b></p>	
<p><b>Slide 13</b> <b>Closing slide</b> <b>1 minute</b></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>Think about the consequences of what could happen and how you and others may be affected.</p> <p>Ask the audience if there are any questions.</p> <p>Direct them to the Summer website (<a href="http://www.safe4summer.com">www.safe4summer.com</a>)</p> <p>Thank the audience for taking part in the session.</p>	<p>PowerPoint Website</p>

**Total time for Water Safety Awareness section = 30 minutes**

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 4. ‘Filling Up video’  
Transcript**

*A teenage boy, wearing a blue t-shirt talks to screen.*

[Sound of birds chirping in the background.]

There were four of us - me, Tom, Charlie and Sam. Always hang out together, always round each other's houses usually playing COD on the Xbox. Anyways, it was during that warm weather we had, remember?

Pure sun, day after day. Probably why we were where we were, down by the river. You know what it's like, those places always seem better don't they when it's hot outside. Charlie said Bella and Holly were gonna meet us down there, but shock the girls were a no-show. Typical Charlie, thinks he's a legend, always making out someone fancies him. Still, we were down there so I thought I may as well hang around for a bit. That's when Tom had one of his usual stupid ideas. Dared us to swim across the river.

*45 secs in – water slowly starts to rise around the boy, while the boy continues to talk.*

[Silence in the background, just the boy talking.]

To be honest for him it didn't seem that stupid - the river's not that wide and you can see the bottom in loads of places. So I said go on then. I know, what a muppet. Can't resist a challenge me. So I ditched the trainers and the shorts, didn't want to get them wet, my Mum would kill me.

[Dramatic music starts to build up in the background.]

Left the shirt on though, this one. Didn't think the water would reach up that far. Thing is though, water's always deeper than it looks. Suddenly I couldn't feel the bottom anymore. I went straight under, whoosh.

*1.18 secs in – the water has reached the boy's chin and the boy shivers in the cold water.*

Water went into my mouth too - it's when I really started to panic. Really lost it. Guess that was my second mistake. Thing is water looks like a great place to cool off but just under the surface it isn't cool it's just freezing – makes your fingers go funny, like you're losing control.

*1.42 secs in – the boy fully submerges under the water.* [Noise of someone going underwater.]

*The boy no longer talks to the camera, but his voice is heard. The boy looks shocked that he is underwater.* [Dramatic music builds up more, with underwater sound, including sounds of bubbles.]

Then there's the current. It's like trying to drag you down and you get your feet tangled up in the weeds and it's almost impossible to get out.

*2.01 sec – the boy closes his eyes and exhales*

Which is why I didn't get out.

*2.05 sec – the boy opens his eyes, and stares lifelessly forward. The words 'don't get in, you might not get out' are shown on screen.*

*2.15 sec - Royal Life Saving Society UK logo is shown on screen. Alongside a lifering which has the words 'Drowning Prevention Week' over the top. A website link for [drowningpreventionweek.org.uk](http://drowningpreventionweek.org.uk) is shown on screen.*

**End of Transcript**



## **Slide 7. 'Float to Live video'**

### **Transcript**

From the start (0 seconds): *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 9. '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](http://www.safe4summer.com).*

**End of transcript**