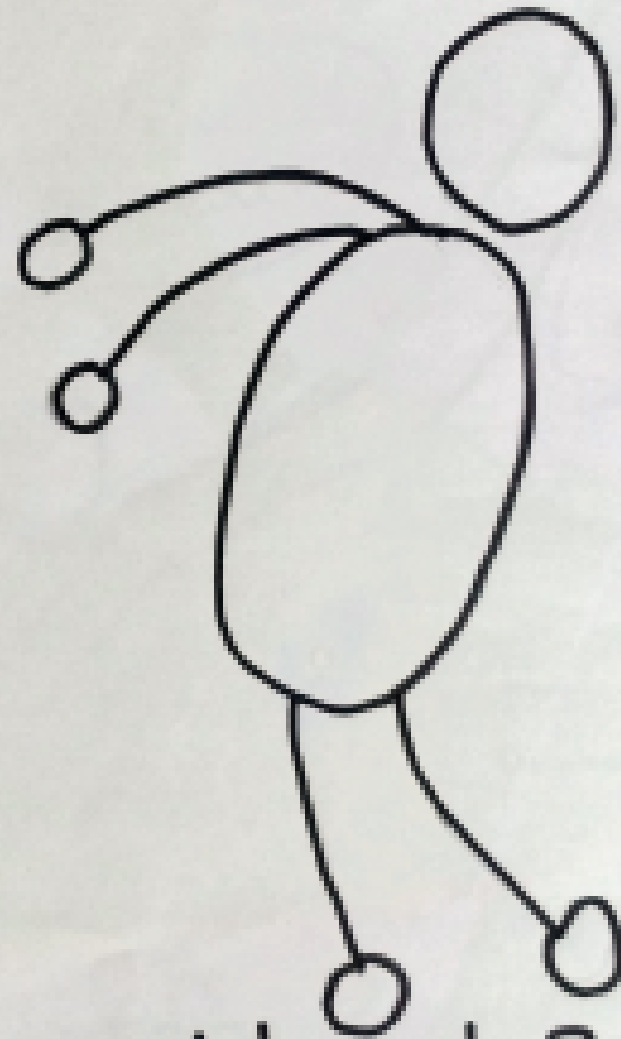
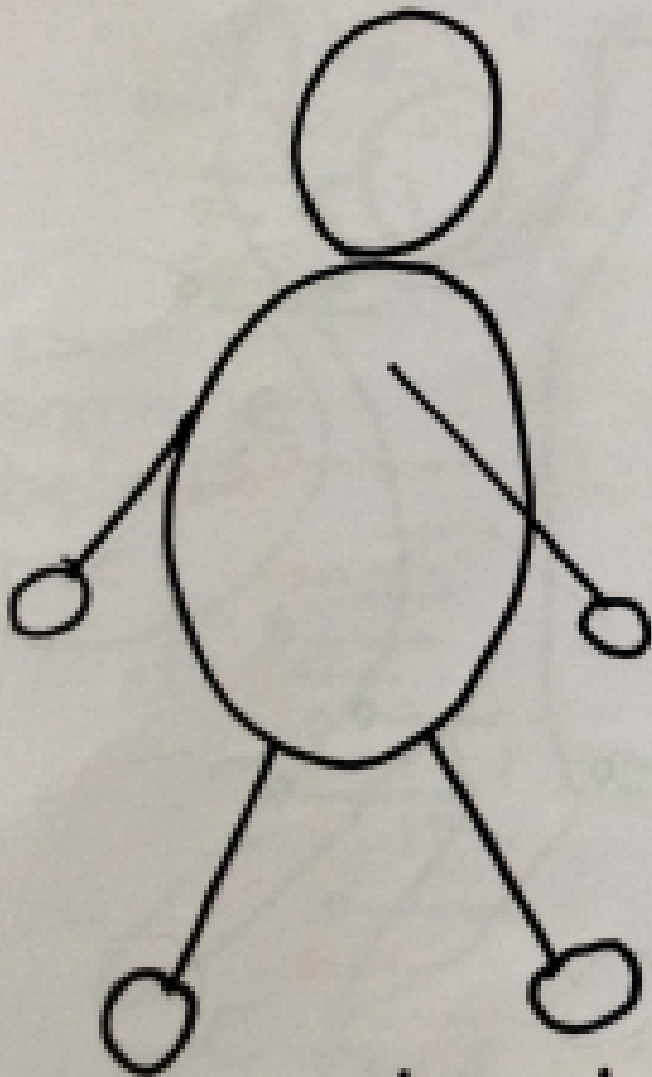


Walk in

OR Jump in ?



What do you think?

Swimming outdoors is fun but like anything else you need to learn how to do it safely

## Is it best to jump in or to walk in to cool water?

Emphasise the importance of walking in to let our bodies get used to change in temperature. Cool water can make us feel breathless and panicky so walk in, let your body get used to it and calm your breathing down.

----

[OPTIONAL]

We are going to do some pretending now. Remember that craze of tipping cold water on peoples heads? Lets pretend to do it now. Make sure you know it is going to be really cold and think what your body does. Adults or children can do the pouring. Get ready. 321 go. Gasps

Ask What was that body reaction? What might happen if this happened when your head was under water because you jumped in?

----

Please remember before you jump in, check that your body is ready for the change in temperature. Parents please remind your children. Rather than say “don’t jump in” remind them how to do it safely. Children remember better if you tell them what TO do rather than what NOT to do.

OK that’s the serious bit, now for the fun

Jumping and diving can be fun...



# Jumping or diving can be fun but how do we do it safely?

Check depth,  
what's on the bottom,  
will you jump on someone else,  
is there a current,  
is your body wet and ready for cool water?

All checked and OK?

Great now have fun jumping in.

Practice this in the water today, do some jumping when your body is already used to the cool water, see how your body likes to play when it is ready to do so.

# Can I Swim right across?



# Can I swim across to the other side?

[EITHER Very quick, no discussion just input information.  
OR]

## Ask them why not? Answers:

Swimming outdoors is more tiring than in a pool

It is probably further than it looks

You might get tired or cold in the middle

Our muscles don't work so well when they get cold or tired

Stay close to shore, swim parallel, practice that today so you understand what it means

# Who else is in the water?

10 10  
10

poo

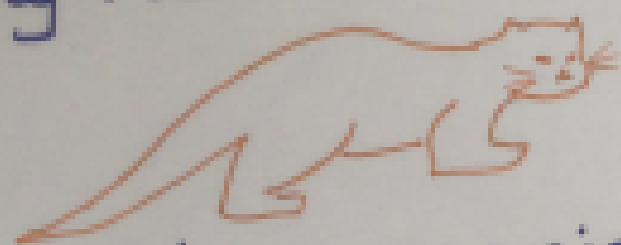
ducks



small  
fish



big fish



wee



otter

micro organisms



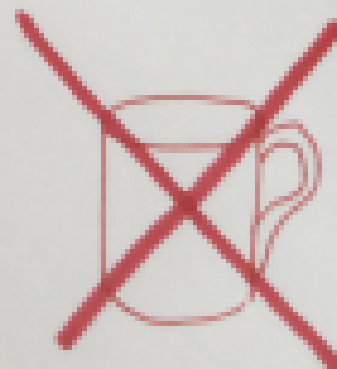
swans

eel

weed



## Will they harm me?



# Who else is in the water and will they harm me?

Ask what they think

Birds, poo, fish, weeds, animals, pee, micro organisms like bacteria, otters and eels if we are very lucky.

Snakes might get mentioned. Reassure that grass snakes are not harmful and love swimming. Adders are not good swimmers and don't like doing it.

Being in contact with all these things is actually good for us, it can help strengthen our immune systems - but try not to drink any of the water.

If you have a cut don't swim, small grazes must have a plaster



Might this water  
be safe?



What about this?



How can I check if water might be safe to swim in?

Get children to call out what they can see on picture

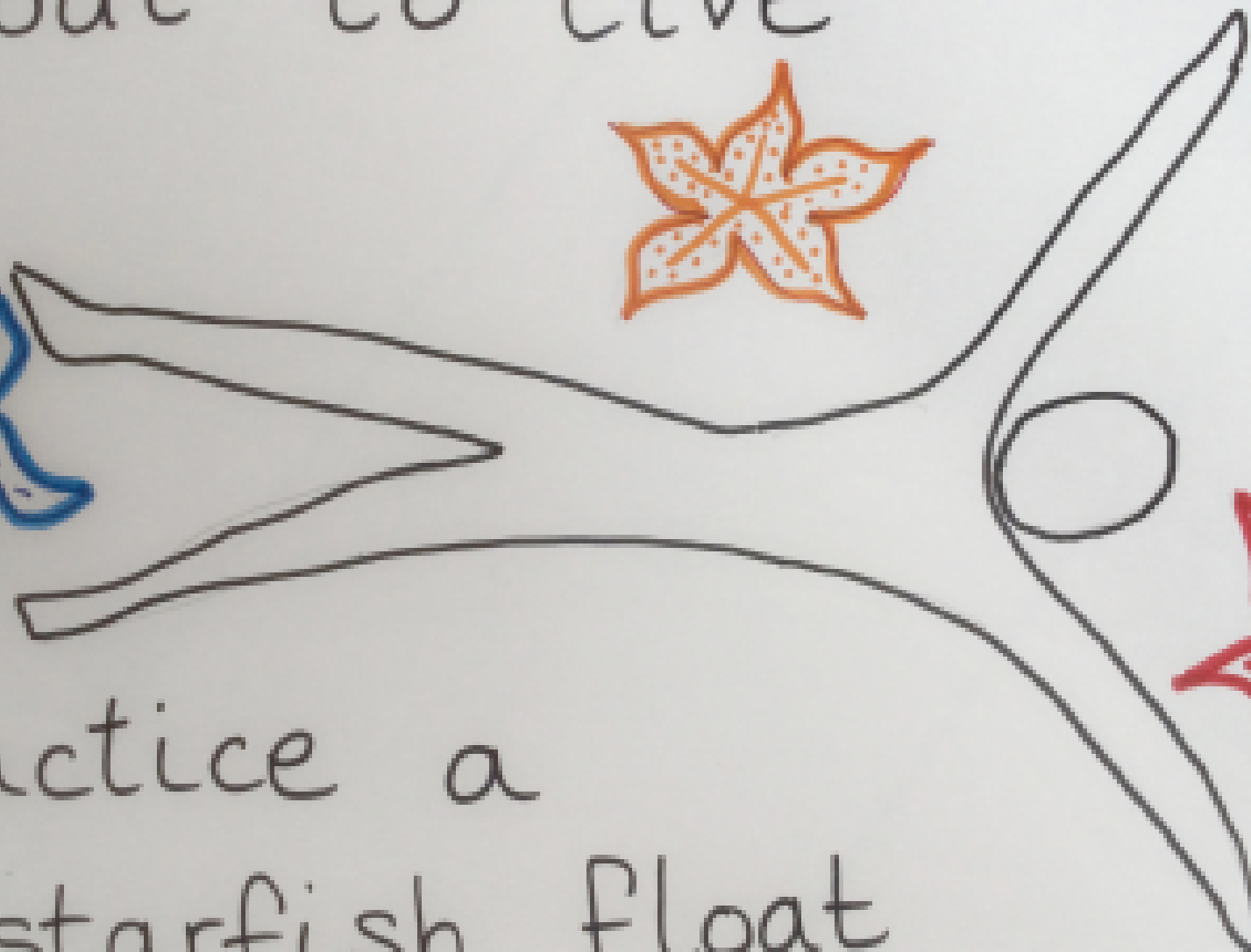
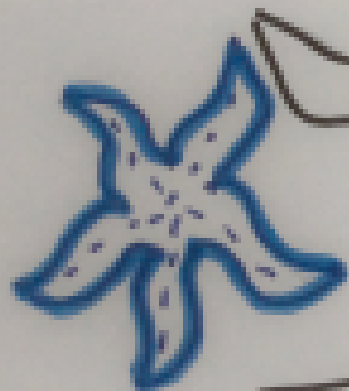
Ask someone local if they know.

Look for hazards like broken glass, submerged equipment, rocks or branches, old fishing line and hooks to tangle in.

Will you be able to get out easily?

Does it look clean, are the plants and wildlife growing well, if they are that is a very good sign.

Float to Live



Practice a  
starfish float

# What should I do if I get panicky or fall in?

Starfish float, watch me, (lay on the ground like starfish), your turn, practice on the ground then, when you are used to the water, try to float like a starfish. Parents, try to do this as well as your children, get them to help you do it by telling you what to do. Make practicing being a starfish fun each time they swim. Maybe when in the water we might get into a circle of starfish holding hands at the end of the session.

Ok go and have fun

[Hand over to lifeguard to talk participants into the water]