

2024

# Welcome to Education Swimming

# OUR TEAM

MS WRAIGHT

MRS BAXTER

MS PORTER

MRS LEACH

MS QUILDAN

MS LAW

MRS HUTCHINS

MS POLETTI-TAYLOR

MS GRAHAM

MS LOUNDES

MR CATCHPOLE

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# Swimwear

The appropriate swimwear



# What not to wear

**Bikini style swimwear or wetsuits, any footwear and jewellery are not suitable to wear to swimming lessons**



# Goggles

If used incorrectly, goggles can cause harm.

You can only wear goggles during your lessons with written permission from your parent or carer



# Poolside Communication

Lifeguards & Swimming Teachers will use whistles to get your attention.

**1 short whistle = STOP, LOOK & LISTEN.**

**1 long whistle = END OF LESSON.**

**3 whistles = EMERGENCY!**



# Why is water dangerous?

We need air to breathe.

We can't breathe under water.

Drowning occurs from lack of air.

Most drownings happen in rivers, lakes, ponds and reservoirs.



# How to stay safe?

Stay back from the waters edge.

Rocks can be slippery.

Waves can be very strong, they can pull you in.



# Why is water dangerous?

Water can be really deep or too shallow to swim in.

Never dive in shallow water, always look for depth signs or ask a lifeguard!

# Why is water dangerous?

It is much harder to swim in cold water.

Never WALK or SKATE on icy lakes & ponds.

Does anyone know what hypothermia is?

# Why is water dangerous?

It is much harder to swim in cold water.

Never WALK or SKATE on icy lakes & ponds.

Does anyone know what hypothermia is?

**When your body temperature gets dangerously low.**

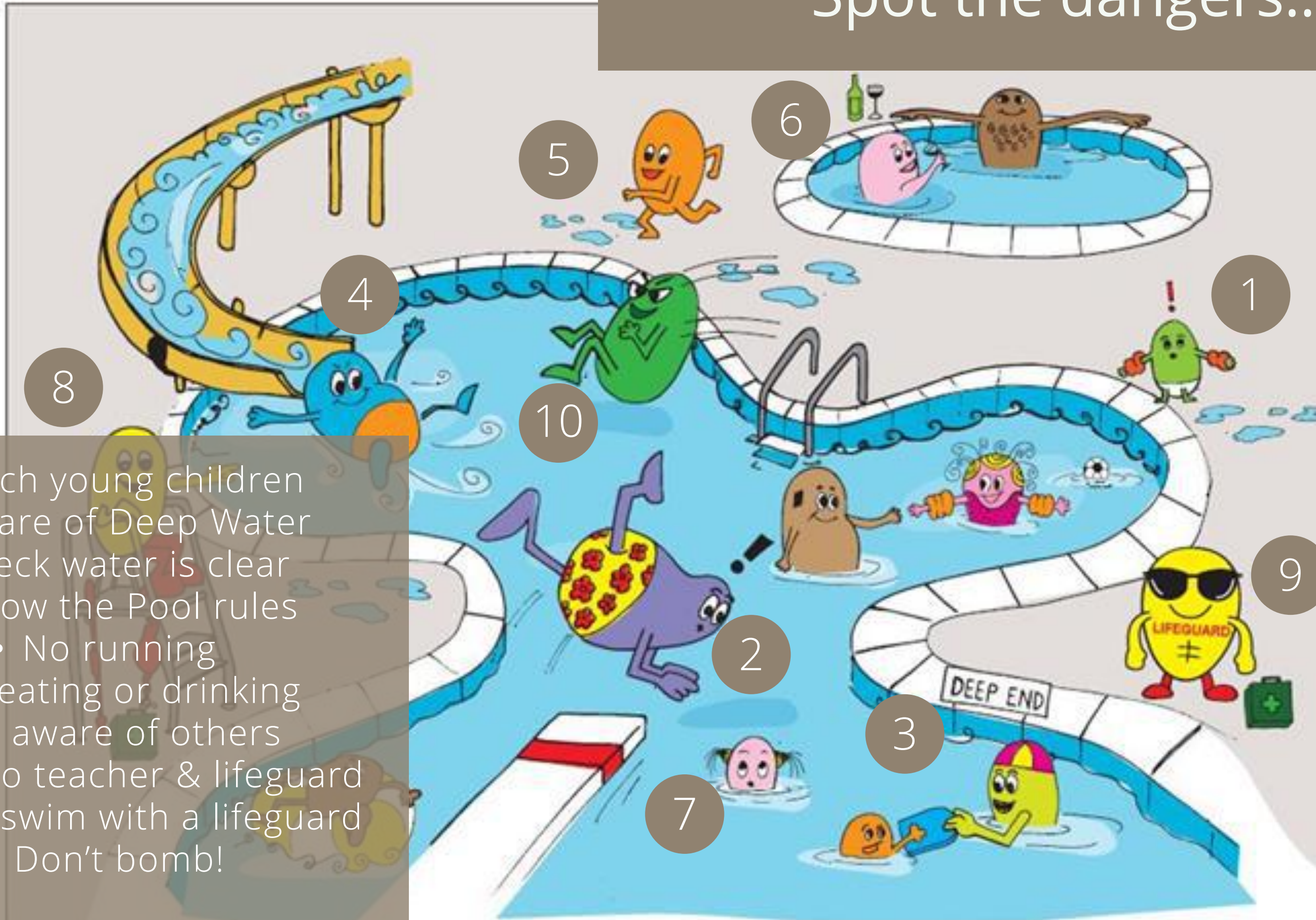
# Swimming Pool Signs



Spot the 10 dangers...



# Spot the dangers...



- Watch young children
- Beware of Deep Water
- Check water is clear
- Follow the Pool rules
  - No running
  - No eating or drinking
  - Be aware of others
- Listen to teacher & lifeguard
- Always swim with a lifeguard
  - Don't bomb!

Spot the dangers...

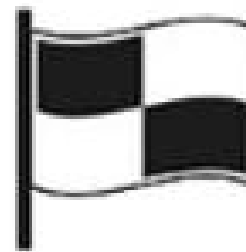


# Always follow outdoor safety advise



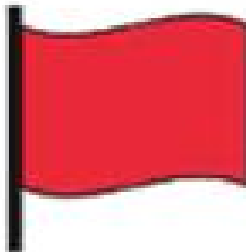
## **Lifeguarded Area**

Safest area to swim, bodyboard and use inflatables.



## **Surfing Area**

Never swim or bodyboard here.



## **Danger**

Never go in the water when the red flag is flying.



## **Strong wind**

Never use inflatables when the windsock is flying.



# 5 Steps To Float

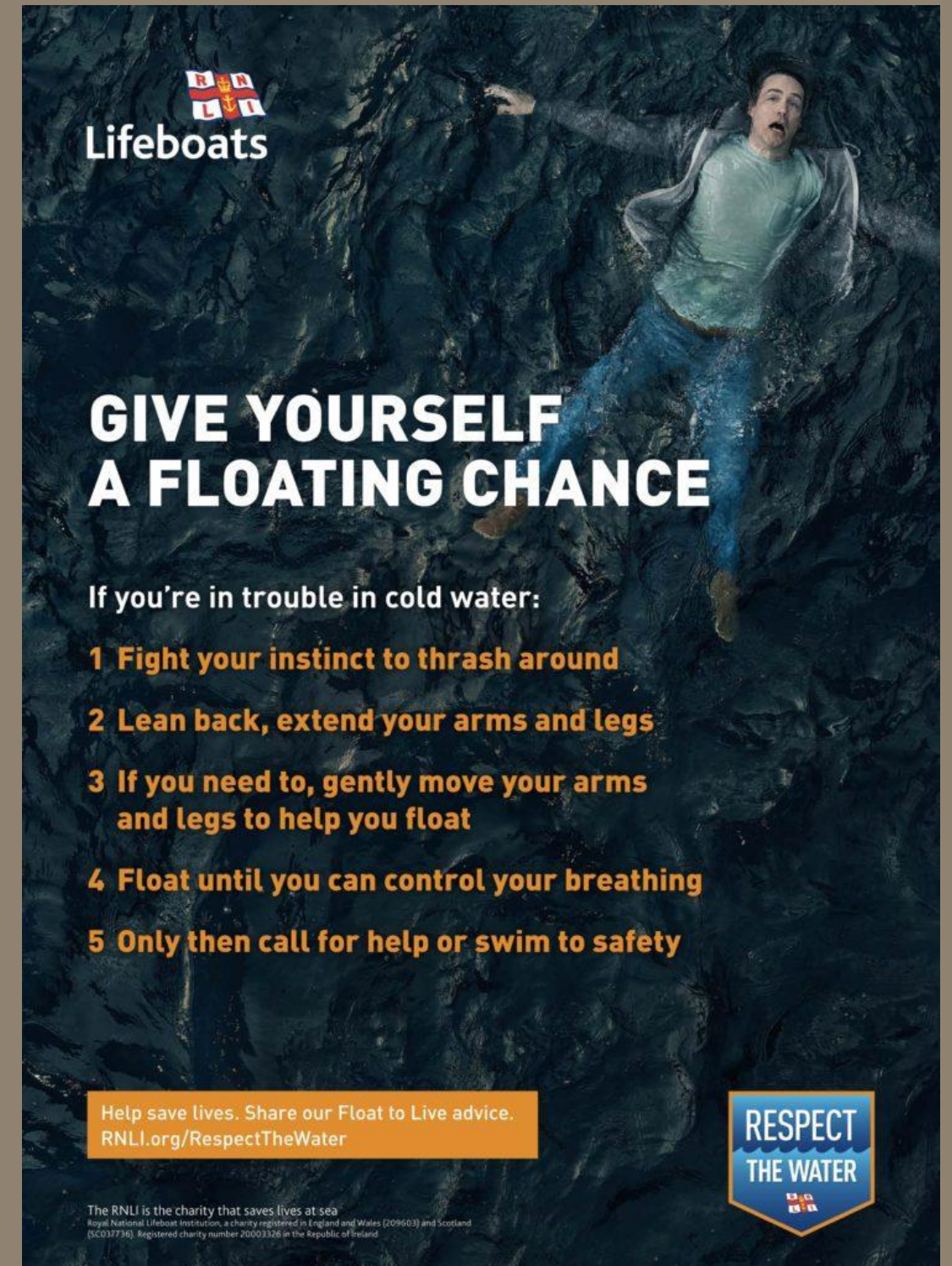
Step 1: Stay calm.

Step 2: Lean back, stretch your arms and legs.

Step 3: If you need to, gently move your arms and legs to float.

Step 4: Float until you can control your breathing.

Step 5: Only then call for help or swim to safety.



**Lifeboats**

## GIVE YOURSELF A FLOATING CHANCE

If you're in trouble in cold water:

- 1 Fight your instinct to thrash around**
- 2 Lean back, extend your arms and legs**
- 3 If you need to, gently move your arms and legs to help you float**
- 4 Float until you can control your breathing**
- 5 Only then call for help or swim to safety**

Help save lives. Share our Float to Live advice.  
[RNLI.org/RespectTheWater](https://RNLI.org/RespectTheWater)

**RESPECT THE WATER**

The RNLI is the charity that saves lives at sea.  
Royal National Lifeboat Institution, a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003328 in the Republic of Ireland.



Find a lifeguard



NEVER JUMP  
IN!

**HELP!**

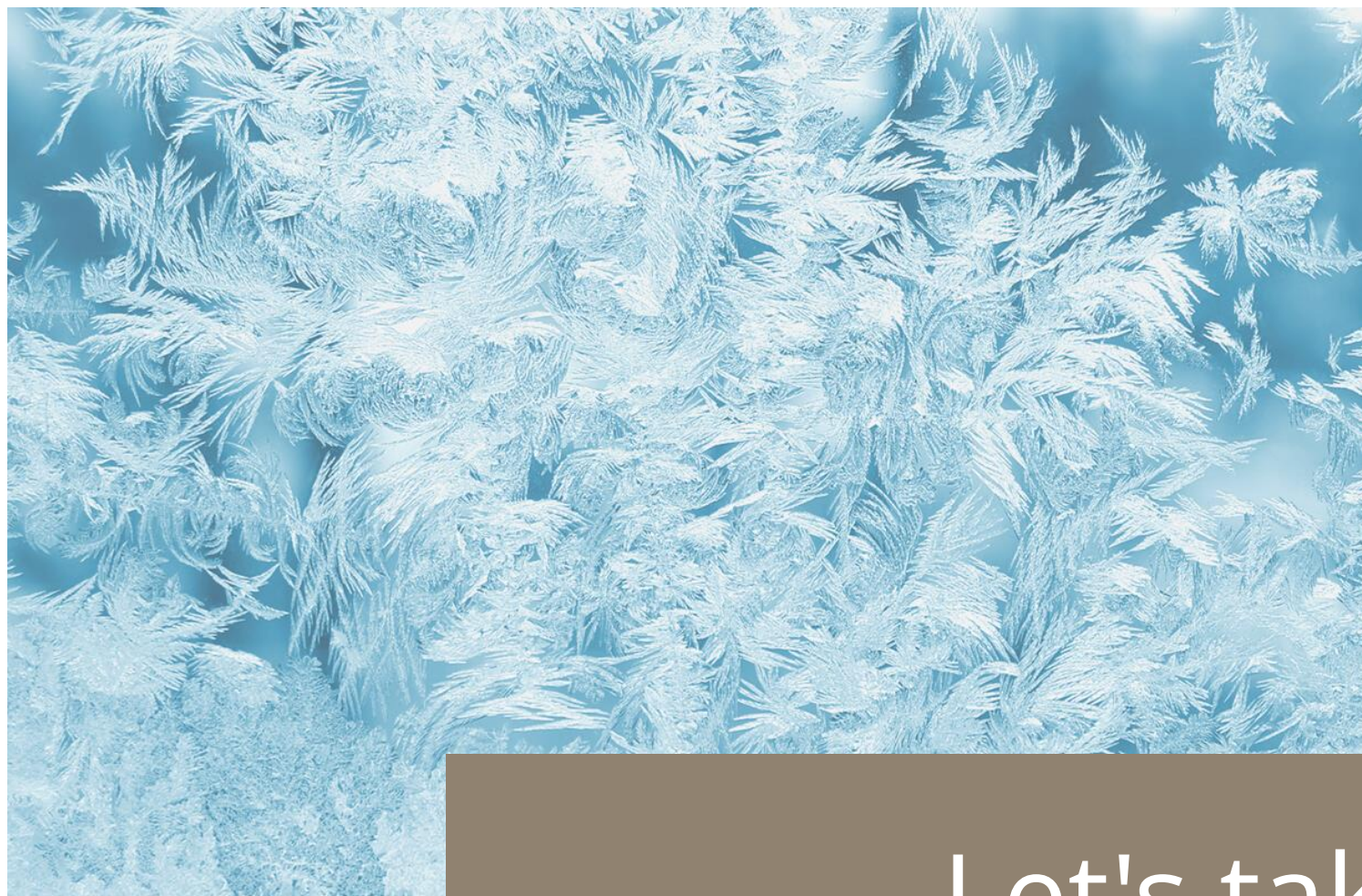


Shout for help!

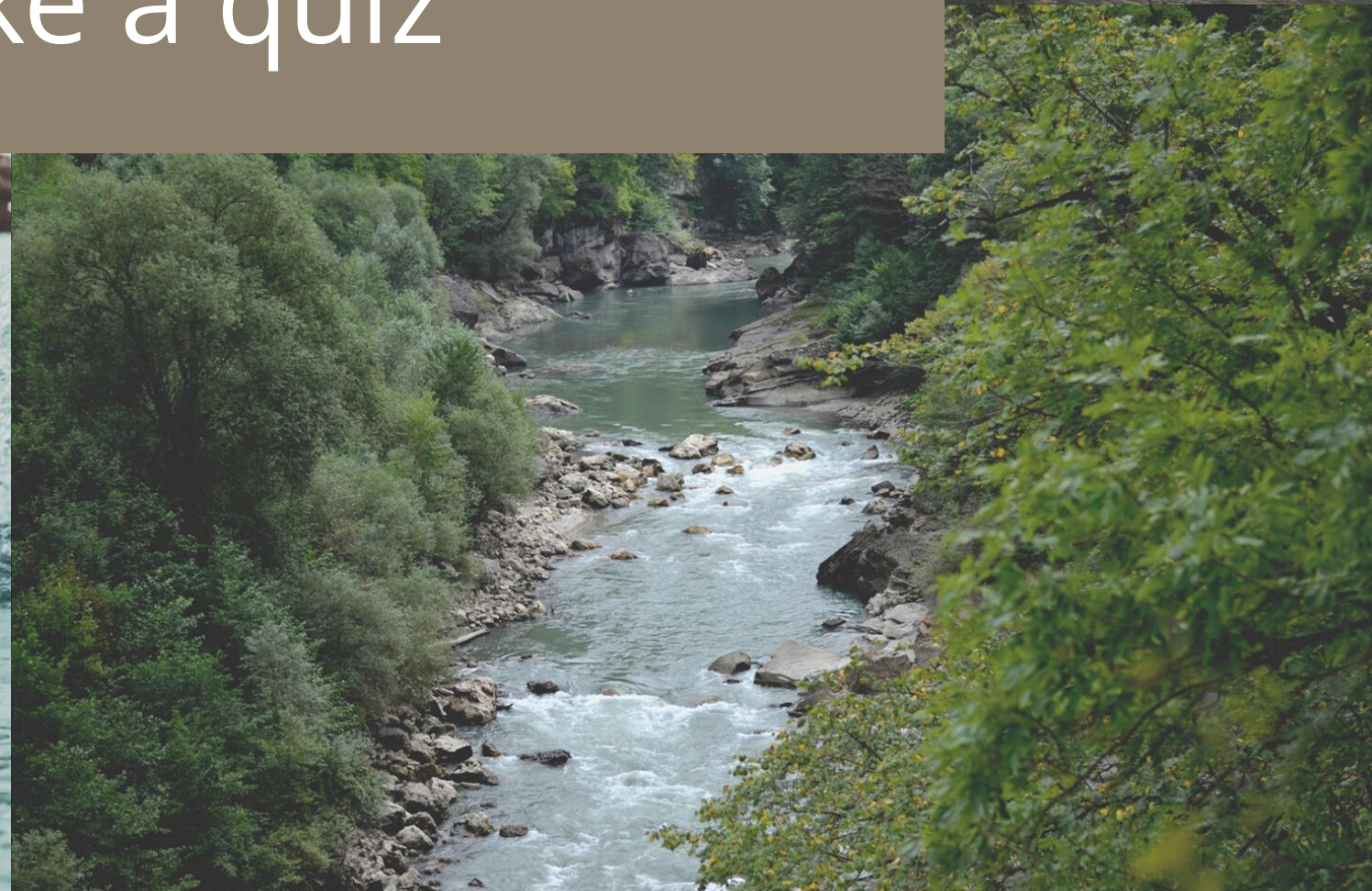


Call 999.

**LEARN  
HOW TO  
HELP**



Let's take a quiz

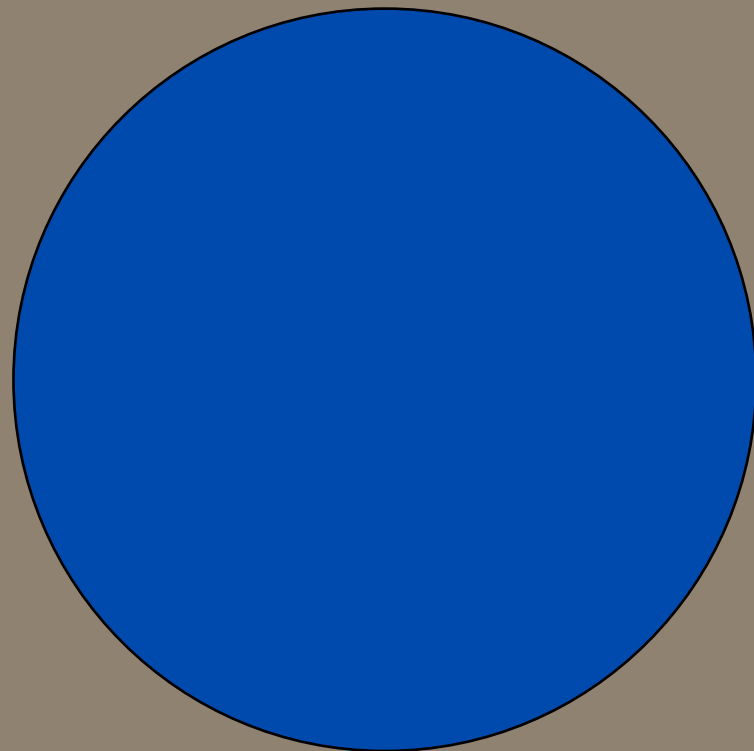


# Quiz

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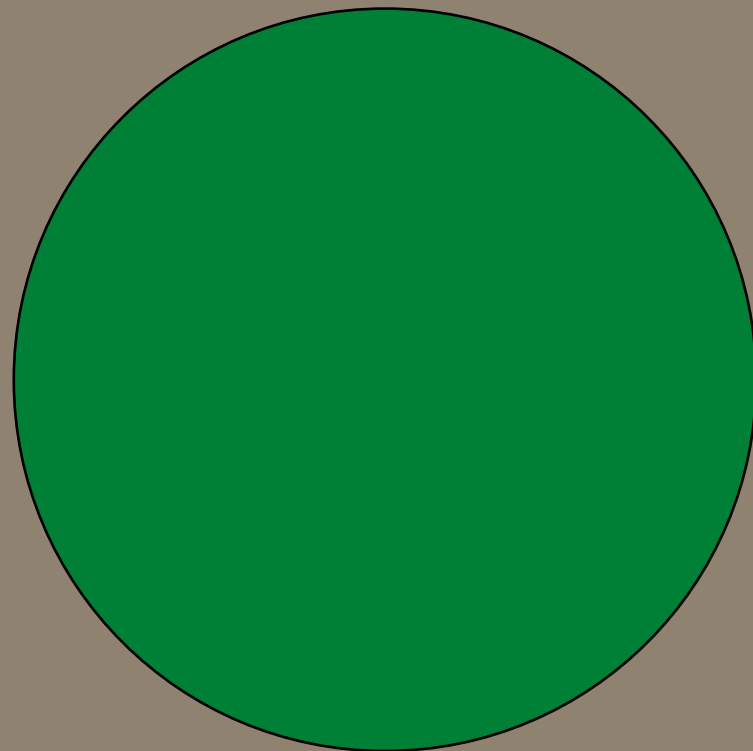
What colour flag means no swimming?

A



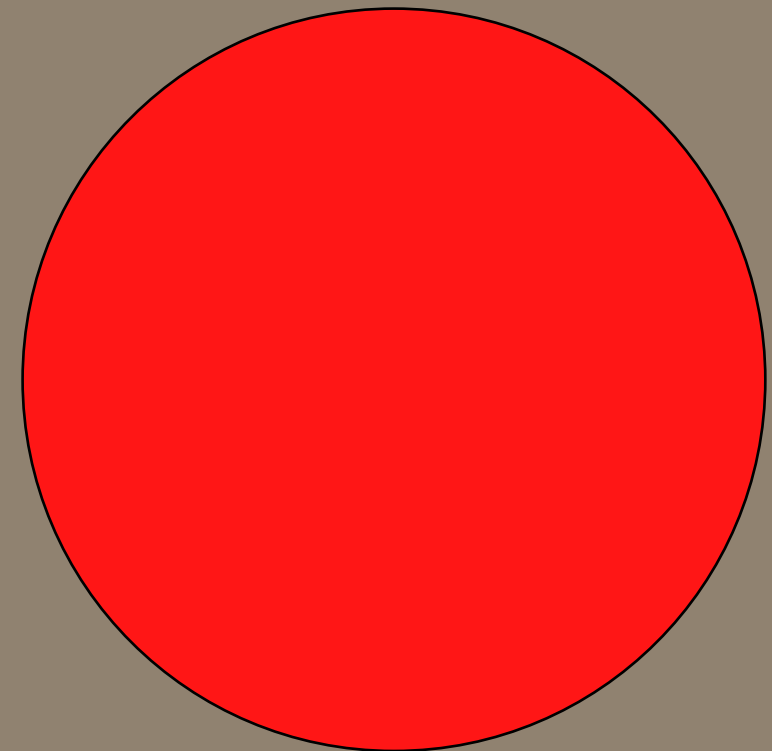
Blue

B



Green

C

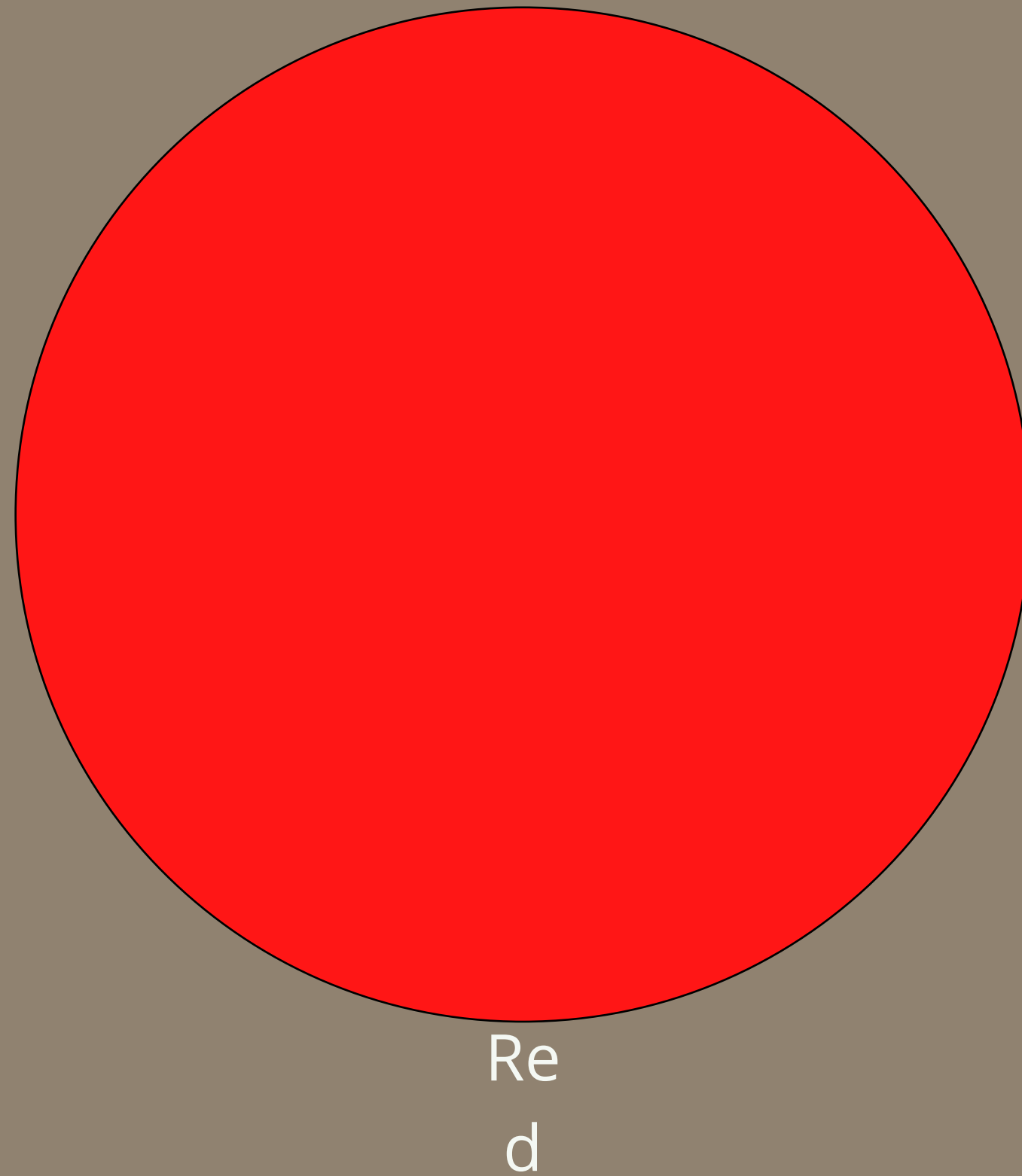


Red

# Quiz

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Answer: C



# Quiz

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Where is the safest place to swim?

A



Bath

B



Swimming Pool

C



River

# Quiz

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Answer: B



Swimming Pool

# Quiz

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Hypothermia is when the body gets:

A



Too cold

B



Too hot

C



Too Small



# Quiz

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Answer: A



Col  
d

# Quiz

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How can you help someone drowning?

A



Jump in

B



Use a stick to reach out

C



Throw leaves

# Quiz

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Answer: B



Use a stick to reach out

# Quiz

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You can tell the depth of the water by:

A



Read the signs or ask a lifeguard

B



By the colour

C



By jumping in

# Quiz

---

Answer: A



Read the signs or ask a lifeguard

# Quiz

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Lifejackets keep you safe when you are:

A



Flying

g

B



Climbing

C



Boating

# Quiz

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Answer: C



Boating

# Quiz

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Lifejackets keep you safe in:

A



Fire

B



Water

C



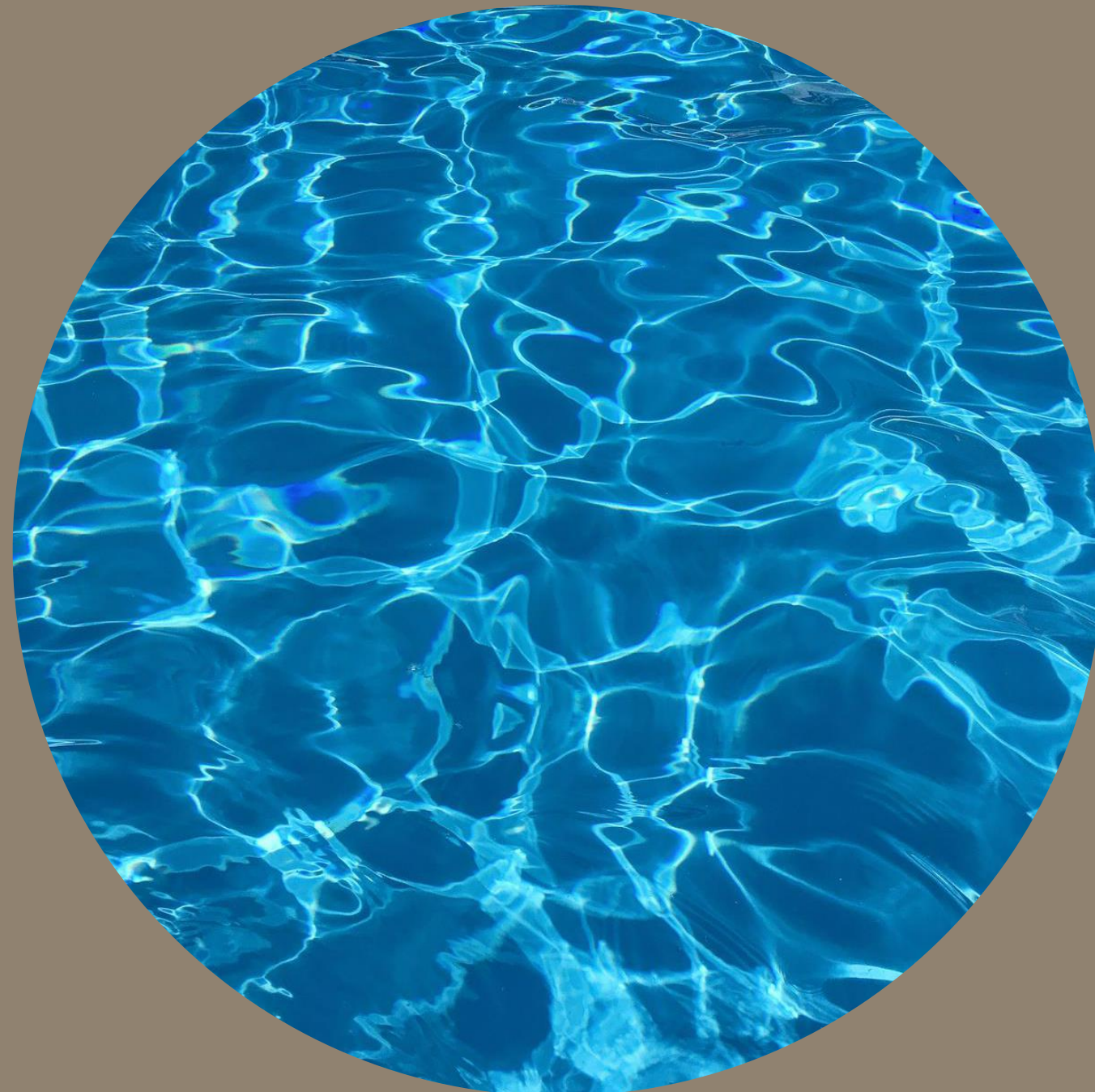
Air



# Quiz

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Answer: B



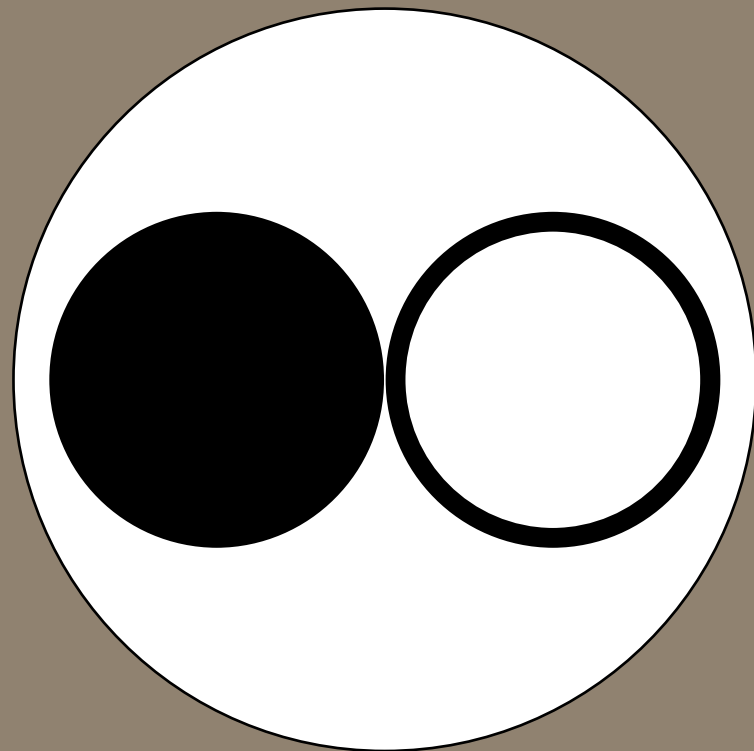
Water

# Quiz

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The flag for safe to swim is:

A



Black and white

B



Blue and yellow

C



Red and Yellow

# Quiz

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Answer: C



Red and Yellow

# Quiz

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Running on poolside is:

A



Always allowed

B



Never allowed

C



Only if you're running late

# Quiz

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Answer: B



Never allowed

# Quiz

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Swimming hats should be worn for:

A



Hygiene and safety

B



Fashion

C

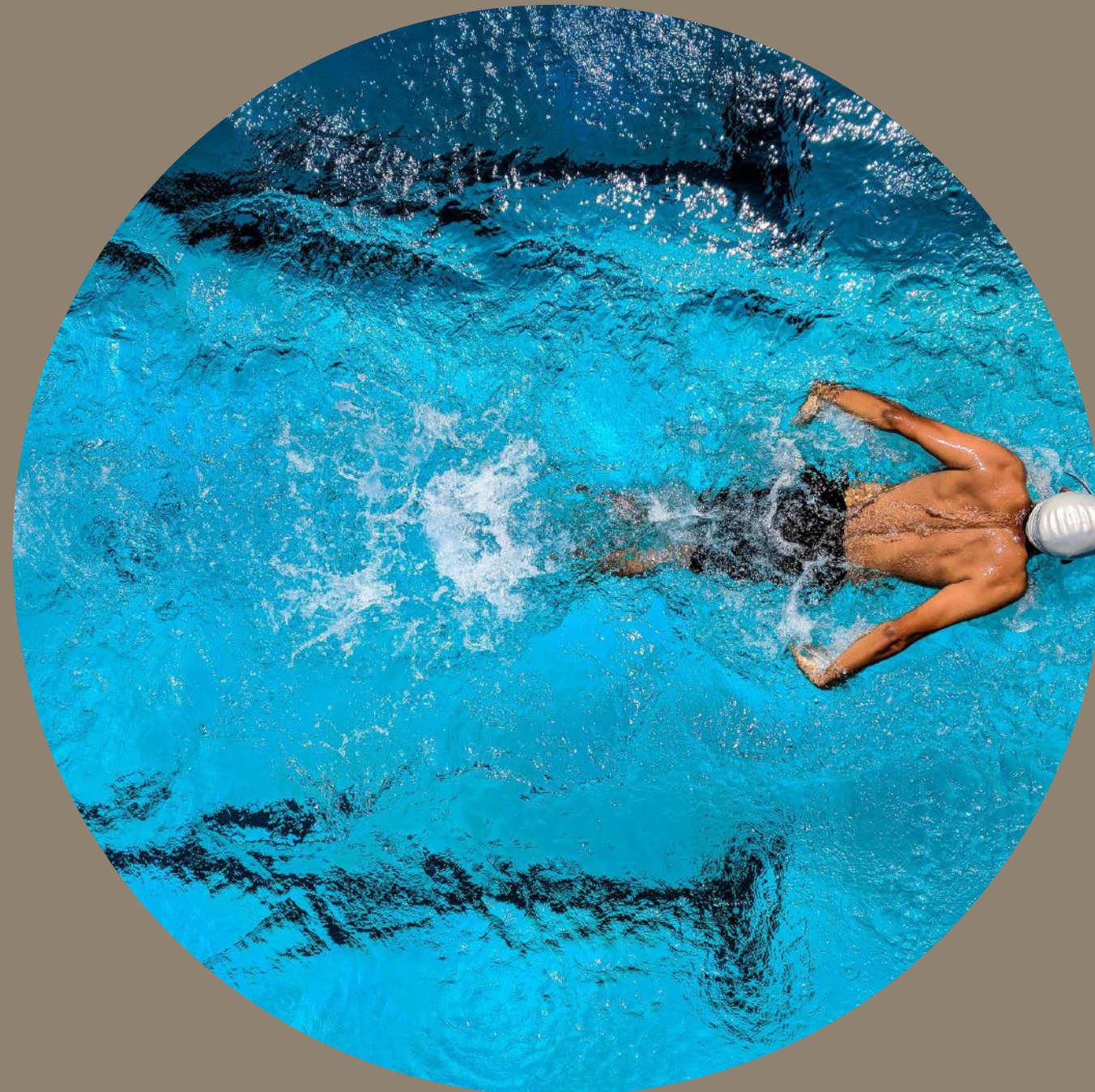


Keep your hair dry

# Quiz

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Answer: A



Hygiene and safety

# Quiz

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Why do rivers move fast?

A



Fast fish

B



Strong currents

C



Cold water



# Quiz

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Answer: B



Strong currents

# Quiz

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It is not safe to play on ice because:

A



You can fall through it

B



Could ruin my trainers

C



Could get too cold

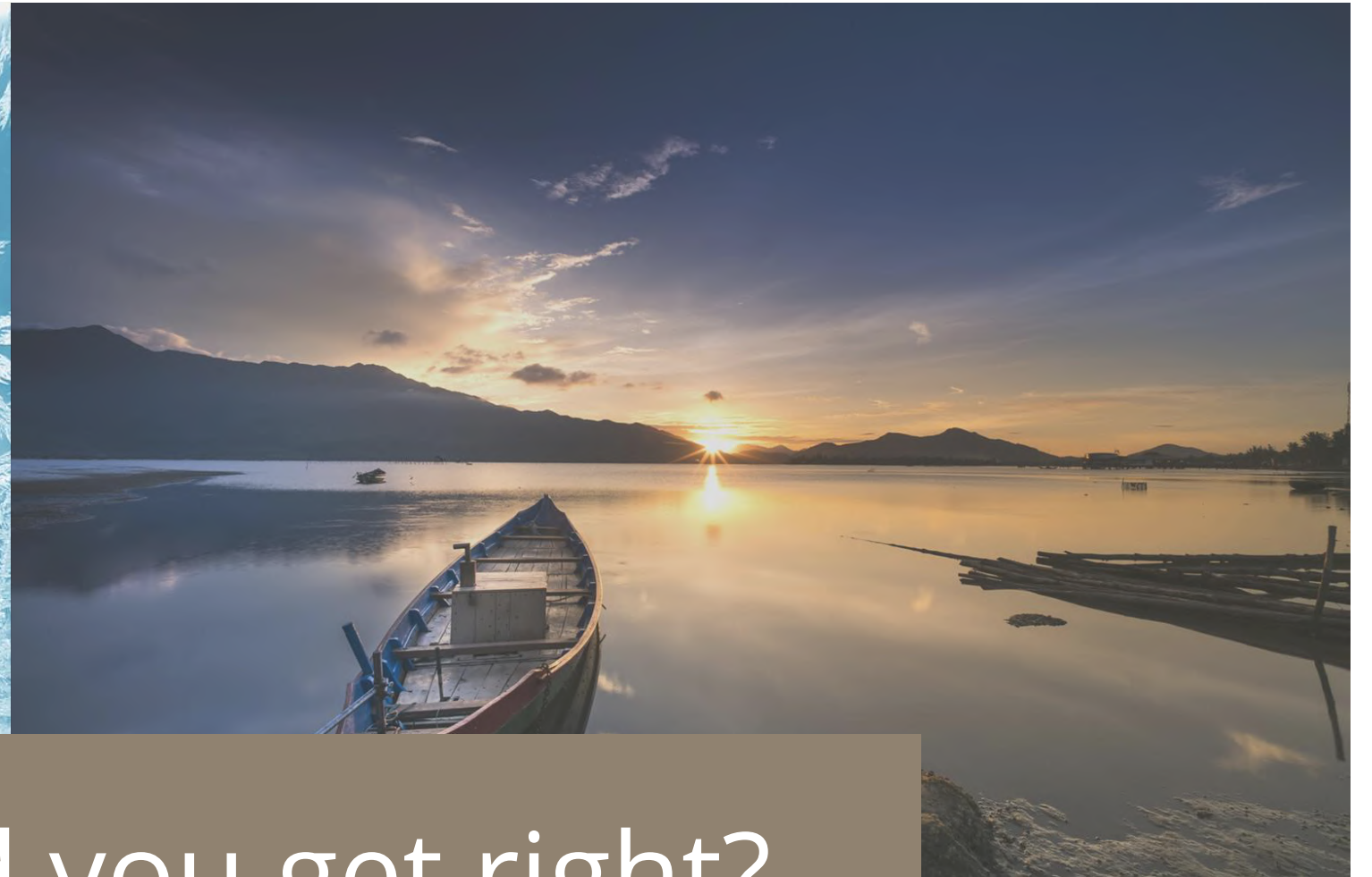
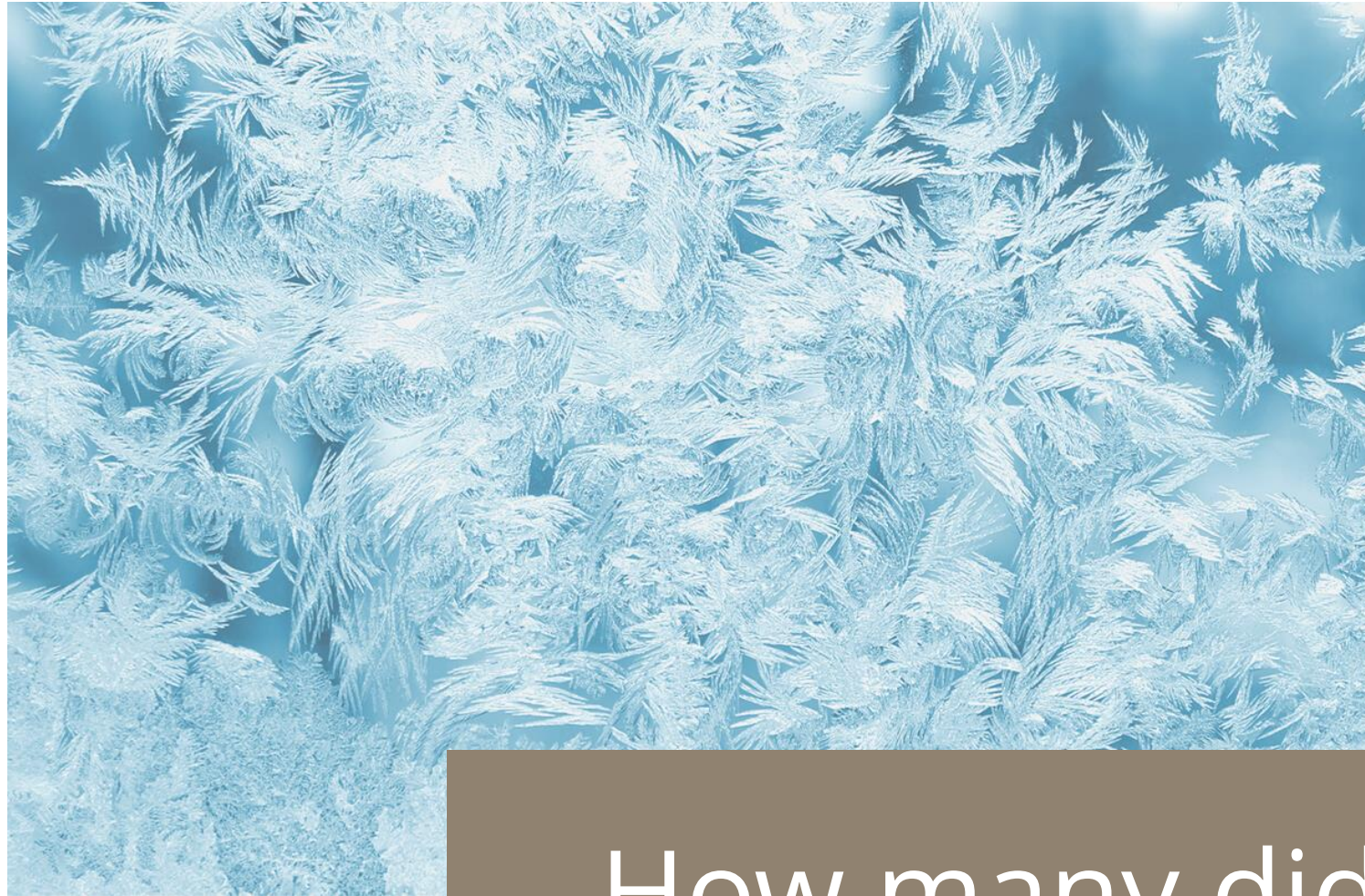
# Quiz

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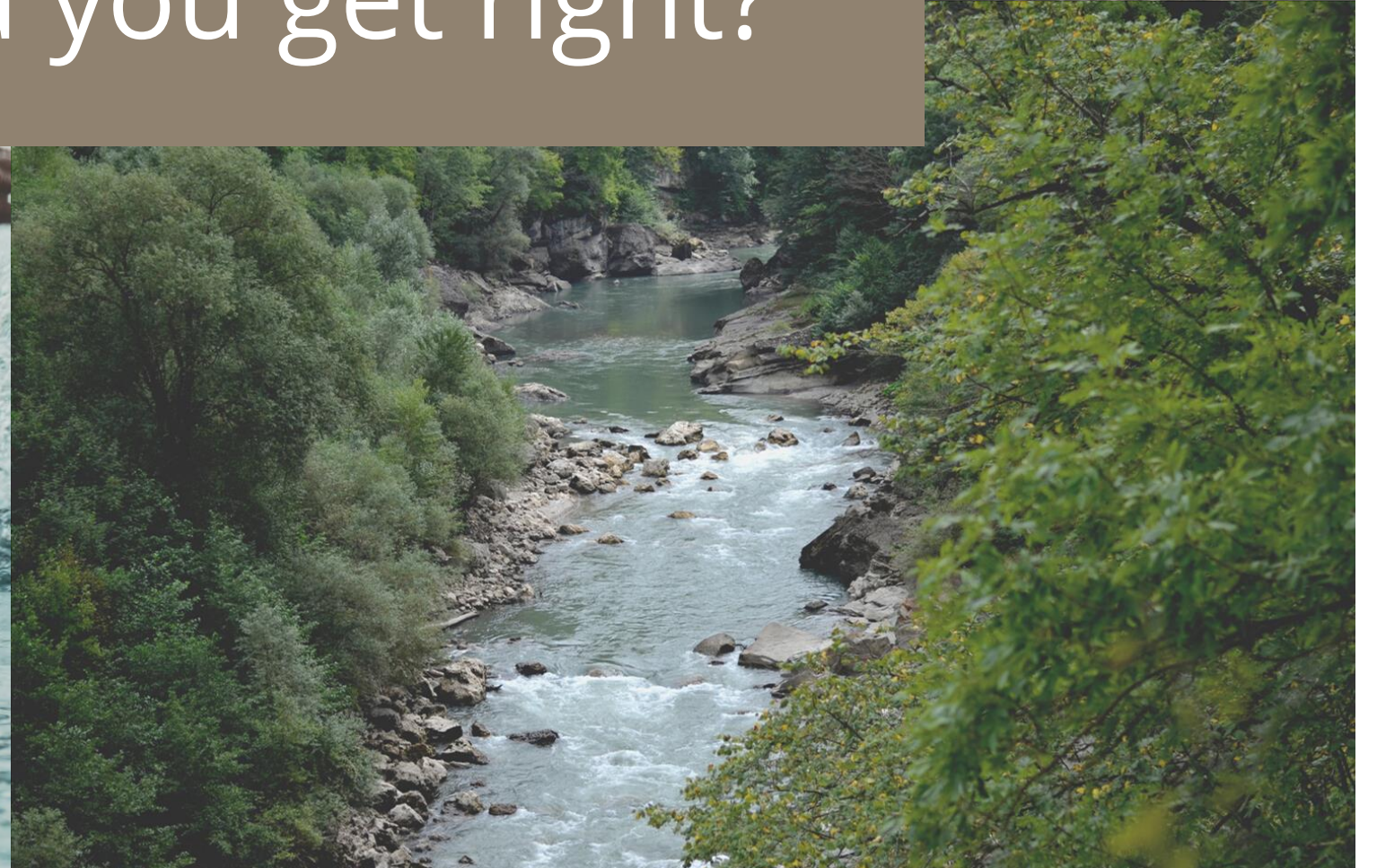
Answer: A



You can fall through it



How many did you get right?



Thanks for  
listening,  
we're  
looking  
forward to  
seeing you  
at the pool!

