

Keeping yourself safe in the sun!!

- **Keep hydrated – water stations at lunch & break**
- **Water allowed in lessons**
- **Stay in the shade outside where you can**
- **Limit or no sports at lunch and break**
- **Wear light clothing – no ties today; PE for rest of week or uniform with no tie – your choice**
- **Hall open for indoor space at break and lunch**
- **Wear hats and sunscreen**
- **Sports day postponed**
- **Open water safety – be safe see below**

Water Safety - Spot the dangers!



Water may look safe, but it can be dangerous so its important to learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.

The dangers of water:

- there may be hidden currents
- it can be difficult to get out (steep slimy banks)
- there may be hidden rubbish, e.g. shopping trolleys, broken glass
- there are no lifeguards
- it is difficult to estimate depth
- it is very cold
- it may be polluted and may make you unwell

Go together!

- Children should always go with an adult, not by themselves.
- An adult can point out dangers or help if somebody gets into trouble.

Learn how to help!

You may be able to help yourself and others if you know what to do in an emergency.

- If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Police at inland water sites and the Coastguard at the beach.



What's happening in the news?



Let's have a look at the poster

Open Water



How can we enjoy water safely?

Let's look at the story



As the weather gets warmer, more people are spending time at beaches, rivers, lakes and other open-water locations. Drowning Prevention Week, which begins on 13th June, aims to raise awareness of water safety and help people recognise potential risks around water. Safety organisations are encouraging everyone to learn simple ways to stay safe so they can enjoy being in and around water responsibly.

Learn more about this story [here](#).
Watch the useful video [here](#).

Resource



Read through the information below about staying safe in water and the Water Safety Code.

What is the Water Safety Code?



Look at the photo...



Stop and think – spot the dangers



Stay together



In an emergency: Float



Call 999 or 112

What can you see?

Do you think the people here are enjoying the water safely? How?

Can you spot anything that might need extra care or thought?

1. **Stop and Think** - Before going near water, take a moment to consider dangers and remember there will be dangers that you cannot see.
2. **Stay Together** - Always stay with other people when you're near water.
3. **Float** - If you fall into water, stay calm, float on your back and control your breathing.
4. **Call for Help** - If someone is in trouble, do not enter the water, shout for help or call 999.

Why do you think the Water Safety Code is so important?
Can you think of a way to help you remember the Code?

Reflection



Water can be a wonderful place to play, explore, exercise and relax. However, even places that look calm and safe can contain hidden risks, which is why understanding how to stay safe is so important.



Main question

How can we enjoy water safely?

 **Listen**  **Think**  **Share**

- Look at the poster image, what can you see? The poster shows the Great North Swim, an organised outdoor swimming event in Windermere in the Lake District.
- Do you like being in and around water? Which waterfronts or swimming areas do you enjoy visiting? What attracts people to these places?
- Spending time in and around water is great for physical health and relaxation. However, water environments come with serious hidden risks. How can we enjoy water while still taking care of our personal safety?
- Think about how the safety set up at an organised event like the Great North Swim compares to an unsupervised river, lake or beach. What are some differences? Why are these important to consider?
- Is it ever easy to tell someone they are being unsafe in and around water? Why might someone hesitate to stop a friend from doing something unsafe? What are some different ways you can encourage those around you to stay safe in and around water?
- Share what you already know about water safety and why it is important.
- Read through the information found on the resource about staying safe in water and the Water Safety Code. Why are safety rules important? How do risks change depending on where you are?
- Watch the short video together which explains the Water Safety Code. Do you think that understanding risks helps us to enjoy things rather than stopping us from doing them completely?

Reflection: Water can be a wonderful place to play, explore, exercise and relax. However, even places that look calm and safe can contain hidden risks, which is why understanding how to stay safe is so important.

Useful Weblinks

- > **News story:**
www.rlss.org.uk/app-eal/drowning-prevention-week-2026
- > **Useful video:**
<https://www.youtube.com/watch?v=3OBCFEEZe1U>

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss