Activity Sheet 1

Why wear a wet suit and a swim hat in cold water?

Fill in the missing words to complete this paragraph about the benefits of wearing a wet suit and swim hat in cold water

A wet suit is usually made from _____ which helps keep you _____ and improves your _____ (ability to float). A wet suit will not keep you _____ but acts as a barrier to stop body heat _____. More _____ will keep you warmer than _____ because several layers trap warm air between them and _____ you.

A swim hat is a _____, commonly made from silicone, latex or lycra, worn on the _____.

Normal, healthy body temperature is _____ and average summer air temperature is _____ and sea or lake will be approximately _____ in Britain in the summer months.

The colder the water the _____ your body's heat escapes and leaves you losing heat and _____.

faster	escaping	37°C
one thick layer warm	thin layers	skin-tight garment
15°C	neoprene	energy
buoyancy	15-20°C	head
dry	insulate	warm

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Activity Sheet 2

The effects of cold water

Fill in the missing words to complete this paragraph about the effects of cold water on your body

If you fall into cold water (below 15°C) your body will experience several extreme responses. The first response will be a _____ making you breathe _____ and you may take in water in your _____ . Your heart rate will be _____ . It is important to try and not _____ and to get control of your _____ and try not to _____ water.

The longer you are in the water, the more _____ you will find it to move your _____ , _____ , _____ and _____ , making it more difficult to _____ to safety. Therefore it is essential to retain your body heat. The Heat _____ Lessening Position will help you retain your _____ and strength. If you are with others, the _____ will help retain your body heat.

swim	very fast	difficult	heat
rapidly	panic	legs	toes
swallow	Escape	"gasp reaction"	arms
mouth	breathing	fingers	huddle

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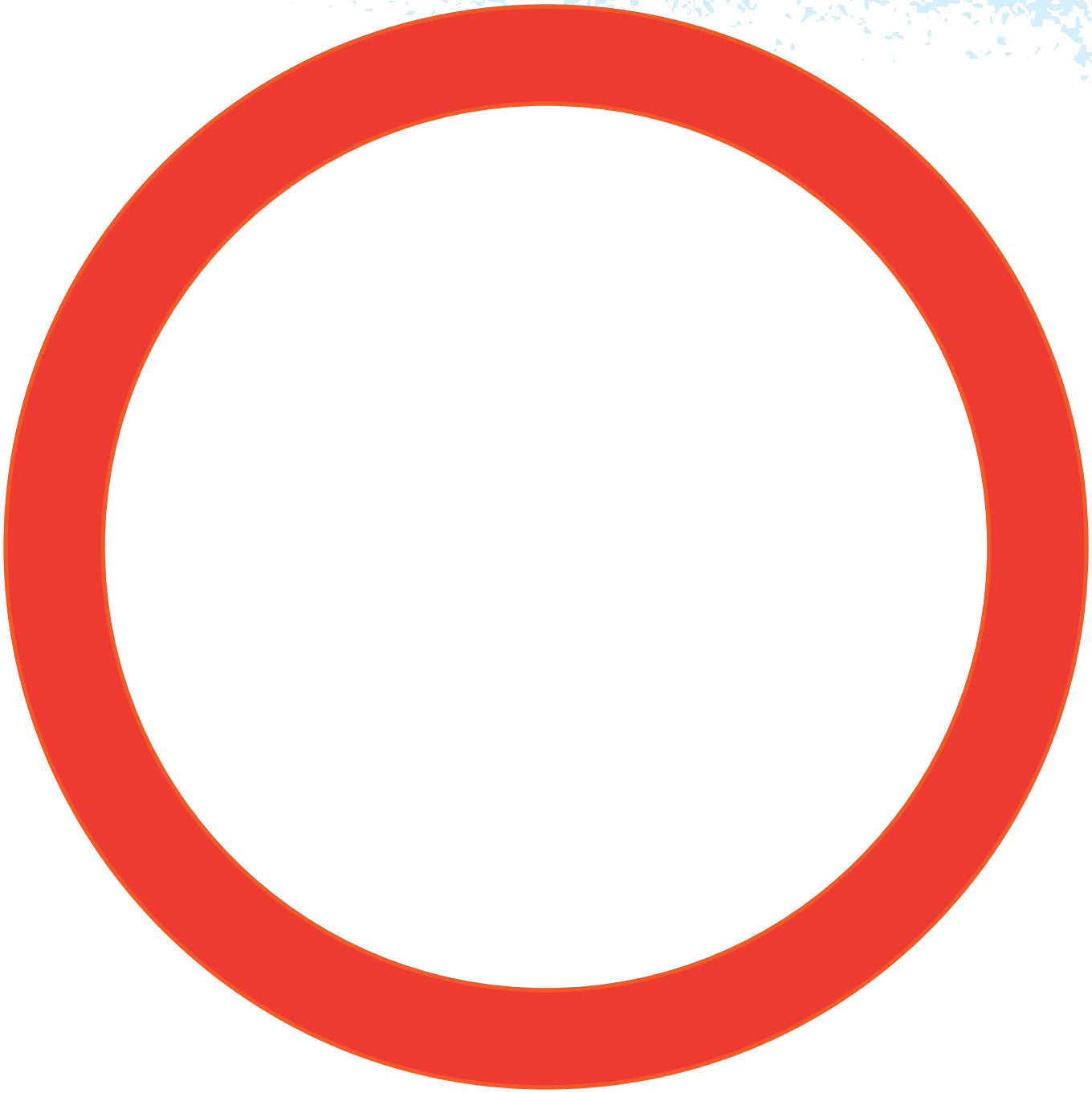
Activity Sheet 3

Design a sign



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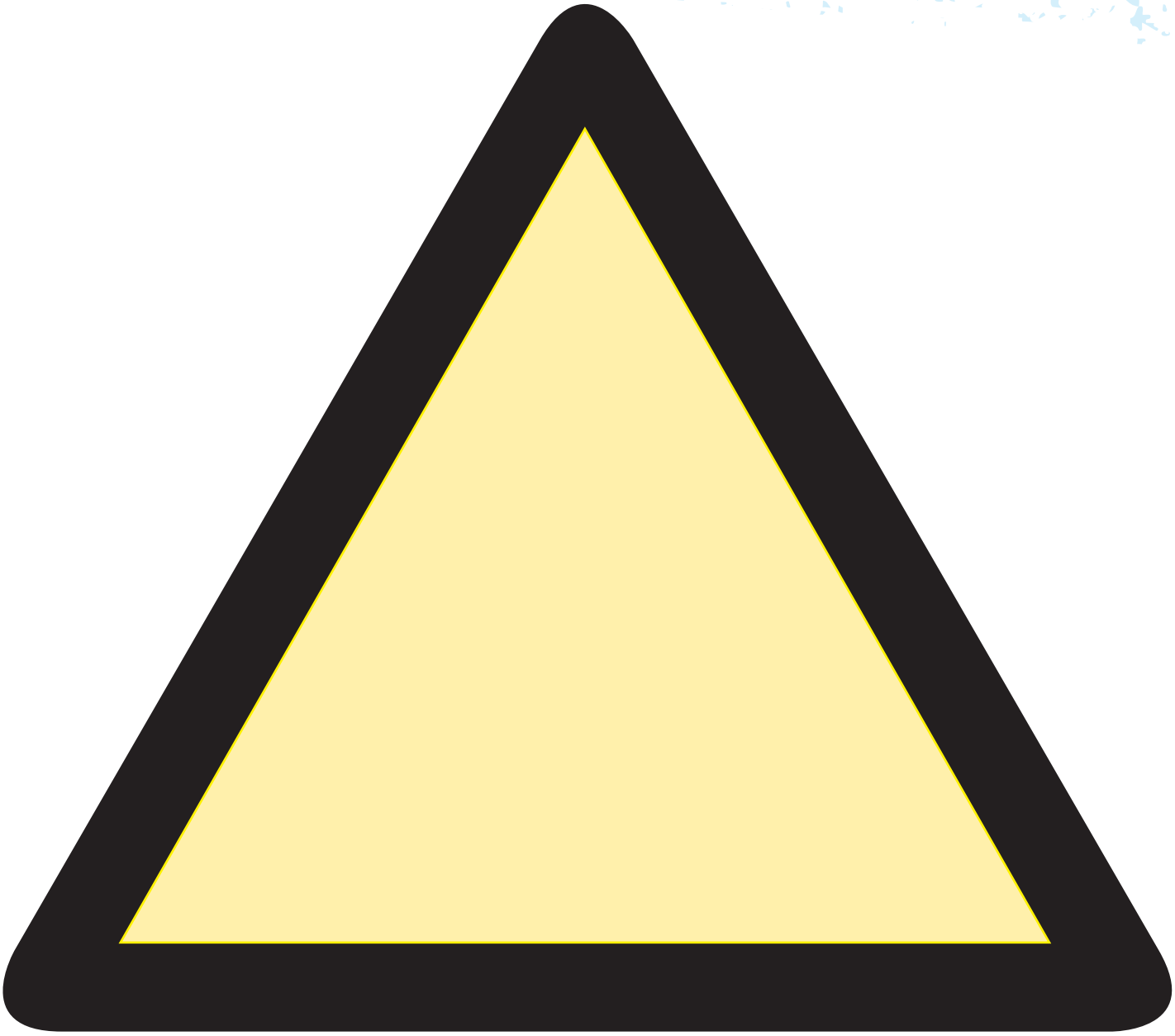
Activity Sheet 4

Design a sign



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Activity Sheet 5

Can you match these signs up to their descriptions?

	DO NOT USE INFLATABLES		SUDDEN DROP
	DO NOT DIVE		SWIM BETWEEN THE FLAGS
	DO NOT JUMP		DO NOT SWIM
	DO NOT SURF		SURFING
	DO NOT SWIM		SHALLOW WATER
	DO NOT USE MOTORISED CRAFT		LARGE SURF OR HIGH BREAKING WAVES
	DEEP SHELVING BEACH		DEEP WATER
	TIDES		STRONG UNDERCURRENTS
	SUBMERGED OBJECTS		WATER CRAFT ZONE
	STRONG WINDS		DO NOT USE INFLATABLES

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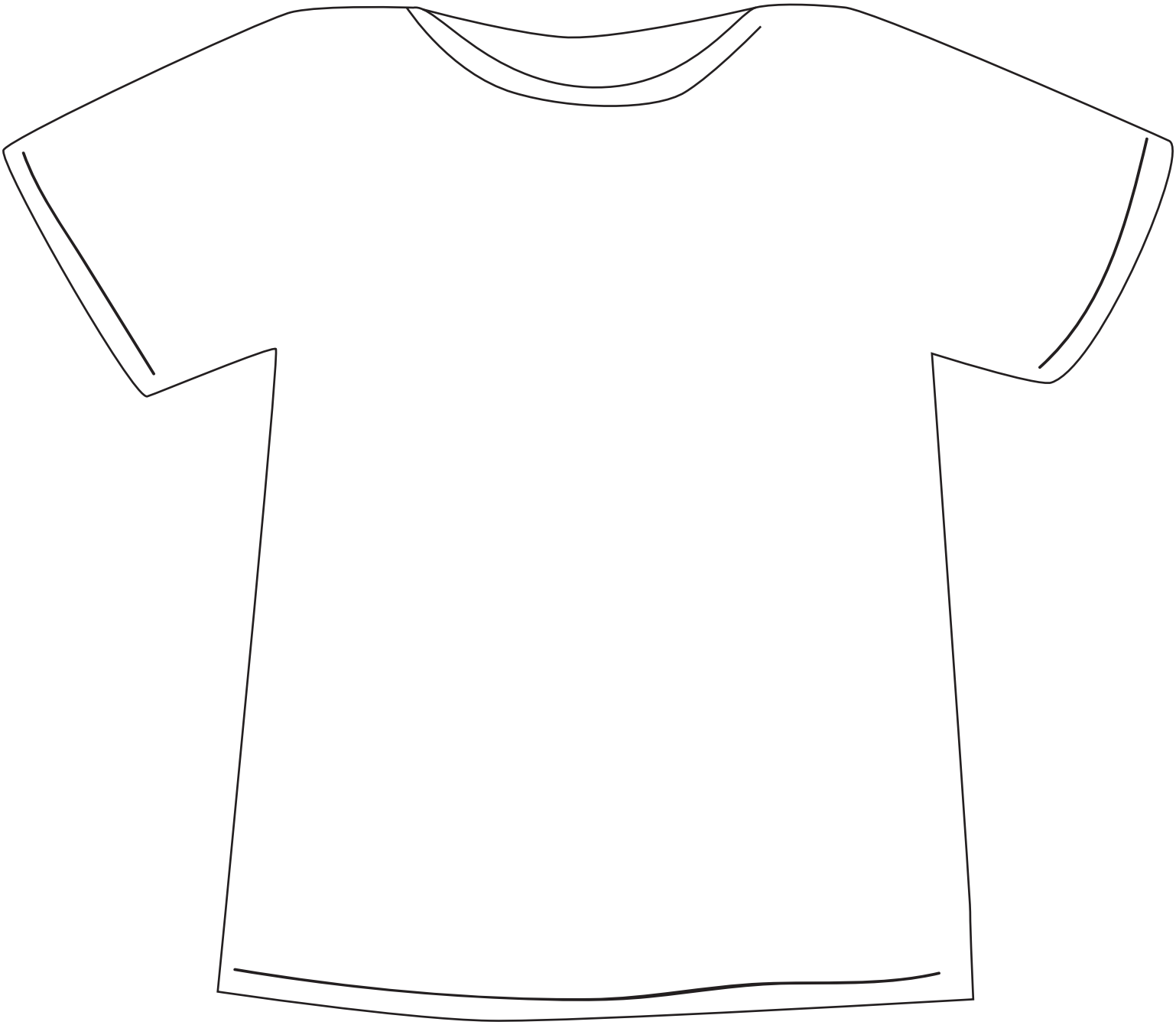
Activity Sheet 6

Design a T-shirt that explains what S A F E means



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Activity Sheet 7

Plan a visit to the beach or lake to go in the water and swim

Write a checklist to help you plan a great day on the beach or by the lake.

CHECKLIST

-
-
-
-
-
-
-
-
-

Have you looked at the weather? What do you need to bring?

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Activity Sheet 8

The following questions can be used as a quiz and/or as discussion points

1. Swimming indoors is different to swimming outdoors .
Can you give **three** differences you need to consider?

2. What colour flag(s) mean it is safe to enter the water and a lifeguard is on duty?

3. Give **two** reasons why should you wear a brightly coloured swim hat when swimming outdoors .

4. If you saw someone in danger while swimming outdoors, what number should you call and who should you ask for?

5. Give **two** examples of choosing a safe location to swim outdoors.

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6. How does a wetsuit help retain your body heat when in cold water?

7. If you are in cold water and you want to keep warm and safe, what positions would you take?

8. What do initials H.E.L.P stand for?

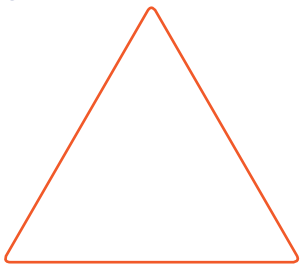
H

E

L

P

9. If a sign near water is this shape ▲ it is giving a warning of something potentially dangerous. Can you draw an example of a water safety sign you have seen and explain what it means?



10. If a sign near water is this shape ● it is advising you of a danger and informing you of what **not** to do. Can you give an example of a water safety sign informing you what **not** to do?

Activity Sheet 9

Wordplay

Cut out all the words below and put them into a bag, one person pulls out a word and has to describe it to the rest of the group without using the word itself

LIFEGUARD	TRIANGULAR SIGN (WARNING OR HAZARD)	WETSUIT
HUDDLE POSITION	RED FLAG	SWIM HAT
OUTDOOR SWIMMING	WADING ENTRY	HELP POSITION

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Activity Sheet 10

Wordsearch

Find all the words commonly used in a Swim Safe session. Once you have found them make a note of why they are important words.

L	I	F	E	G	U	A	R	D	B	G
R	N	D	Q	B	O	E	B	A	Z	X
C	O	L	D	K	K	M	D	S	W	L
Y	G	H	J	M	T	L	U	D	A	M
P	S	A	F	E	D	F	H	J	D	H
O	U	Q	E	V	A	R	T	J	I	F
I	H	U	D	D	L	E	G	K	N	E
T	L	I	O	P	K	L	N	X	G	R
R	D	F	P	P	L	E	K	U	T	V
S	D	W	L	E	R	V	D	M	H	B
Q	I	R	E	D	F	L	A	G	J	N
W	E	U	H	J	Q	W	D	F	B	K

Lifeguard Help Wading Cold
Huddle Adult Red flag Safe

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