



# SWIM SAFE<sup>®</sup>



In partnership with





# Outdoor Water Safety





# What are the differences?

What are the differences in swimming indoors compared to swimming outdoors?





# The differences

## Indoor pool

- Usually warm (typically 27-33°C)
- Clear water
- You can see the bottom of the pool and any obstacles
- Water is usually calm and still
- Not affected by weather
- Often lifeguard supervising
- Ladders to climb in and out

## Sea, lakes & rivers

- It can be cold (average of 15°C in the summer, but can be as low as 8°C)
- Not always clear due to sand or mud at the bottom
- Unable to see the bottom and can sometimes be very deep
- Affected by the weather - wind, rain, thunder, lightening and fog
- Tides, waves, rip currents
- There's not always a lifeguard
- No clear exit- slippery banks and steep sides
- Sea life





# Water safety tips

- Always look for warning and guidance signs
- Check the tidal activity when at the coast
- Take guidance from the lifeguards about the safest areas to enter the water, indicated by the red and yellow flags
- Make sure you can always touch the bottom
- Always swim parallel with the shore, not away from it
- Get out of the water as soon as you start to feel cold





# Preparing to swim in cold water

Swimming outdoors in cold water makes it more difficult to swim, breathe and stay alert







# Benefits of wearing a wetsuit and swim hat

- It keeps you warm
- A wetsuit will not keep you dry but will stop body heat escaping
- A wetsuit is made from a material called neoprene which is made up of lots of thin layers
- Thin layers trap the air keeping you warmer
- Average temperature of the sea or lake in Britain is 15°C
- Your average body temperature is 37°C
- The colder the water, the faster your body heat escapes
- Causes loss of heat and energy



# ACTIVITY 1

Fill in the missing words to complete the paragraph about why to wear a wetsuit and swim hat in cold water

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







# What happens if you're not prepared to swim in cold water?



# Effects of cold water

- Cold water shock - lasts between 60-90 seconds before your body adapts
- Gasp reaction
- Your heart rate will be very fast
- Gain control by floating on your back keeping your mouth out of the water
- Take slow deep breaths
- Once your body has adapted to the cold water it is important to stay warm. Learn how to do this in the next slides...



[https://www.youtube.com/watch?fbclid=IwAR3OxHji\\_I1FhgpgqNUAv47oWKJnPnen\\_abR3pa-38pSip0eKlpXcxvZPm\\_vY&v=IT-Qd3ffqpl&feature=youtu.be](https://www.youtube.com/watch?fbclid=IwAR3OxHji_I1FhgpgqNUAv47oWKJnPnen_abR3pa-38pSip0eKlpXcxvZPm_vY&v=IT-Qd3ffqpl&feature=youtu.be)







# HELP



[https://www.youtube.com/watch?app=desktop&v=bc5\\_e5obpM](https://www.youtube.com/watch?app=desktop&v=bc5_e5obpM)







<https://www.youtube.com/watch?app=desktop&v=pl-wmMHNOHs>



# ACTIVITY 2

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

swim

very fast

difficult

heat

rapidly

panic

legs

toes

swallow

Escape

“gasp reaction”

arms

mouth

breathing

fingers

huddle

