



# SWIM SAFE<sup>®</sup>



In partnership with





# Planning a trip to the coast or lake





# Choosing a safe location

- Always swim in safe place
- Always swim with an adult
- If you fall in, float, breathe, relax
- If someone else is in trouble call 999/112





# Have an adult close by

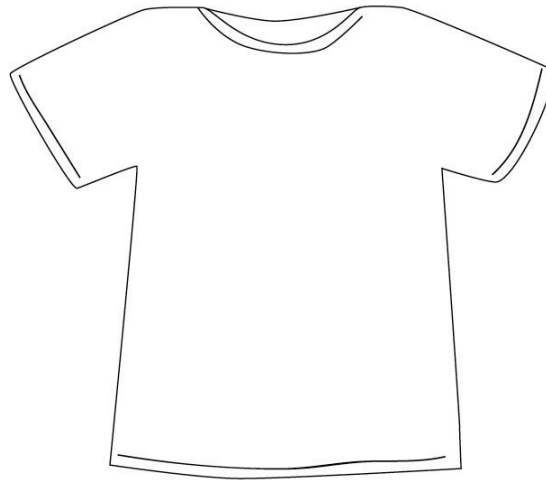
- Never swim alone
- Always swim where there are parents and / or other adults closely watching
- Choose a safe place to swim where you are supervised or where there are lifeguards / lake wardens
- Let an adult know you are going swimming
- Ask them to come into the water and join in the fun
- Make yourself bright and easy to see - wear a bright hat or top

<https://www.youtube.com/watch?v=qNXWRDXD3iE>





Design a water safety t-shirt





# Before you set off, what do you need to know?

- **What time is high tide or low tide - will this affect when and where you can swim?**
- **Is the area suitable to swim - what are the flags and signs telling you?**
- **Weather forecast**





# Before you set off, what do you need to pack?

- Swimming costume and a towel
- A wet suit if the water is cold
- A brightly coloured t-shirt or rash vest
- A brightly coloured swim hat
- Something that floats and you can attach to yourself
- Food and drink - swimming is thirsty work



# ACTIVITY 7

Write a checklist to help you plan a visit to the beach or lake - think about what you need to know about the area and what you need to pack







# How to get into the water safely

Once you've checked the location and packed everything you need, it's time to enter the water. Running into the sea or diving straight in is **NOT** the safest way of entering the water.

- **Wade in gently** allowing your body to adjust to the water.
- **Wading also helps you search the floor** for any hidden obstructions and feel for any sudden changes in depth.



# Wading Entry

- Always check the bottom and under the water for submerged objects
- Slide your feet carefully along the floor
- Turn your back to any waves
- Keep your feet on the floor as waves pass - do not jump

[Click here for a video demonstration](#)





# ACTIVITY 8 & 9

Well Done! Take on the  
end of session quiz and  
word play game

