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| Setting the scene – imagine the pool is an area of open water i.e. sea, lake, canal | | **Teacher Notes** |
| Emphasize the coldness of the water |
| Activity | You are on a boat trip and the boat has capsized. Everyone is thrown into the water.  Re-cap on heat loss:  Ask pupils to show you what they would do with their arms on a cold day  Ask pupils what they do when getting into bed on a freezing night  Teach the H.E.L.P position, recognised as being the most effective way to prevent heat loss. The H.E.L.P position can be adopted whenever floating objects are available, as these are used to aid in floatation.  Teach the Huddle position. This assists in conserving heat by people huddling together. The effectiveness will depend on the type of floating support available.  Practical challenge for pupils  Choose an entry that you are best at, tread water for one minute, whilst waving one arm. Swim 10 metres pick up a floating object and adopt the HELP position for 2 minutes. You see some friends holding onto a larger object join them and adopt the Huddle position for two minutes. Swim to the side and climb out. | Squeeze in to cover armpits, with elbows in to cover ribs. Curl up to cover the groin and the back of the knees, squeezing the legs together.  **H.E.L.P position**   * Keep head clear of water * Lower limbs pressed together tightly * Upper arms held close to the sides of the body and are used to cuddle the floatation object * Body suspended straight downwards or leaning slightly backwards   **Huddle position**   * Groups of four or five * Using a large floating object, pupils huddle together as close as possible around the object i.e. lifebelts * Hands are placed under the lifebelt and held firmly with elbows tucked into the body * Lower limbs pressed together tightly * Keep head clear of water   If they keep still in the HELP position and hug their debris or life jacket that could survive up to four hours. If they fidget and lose heat this could be cut to two hours. If they swim off they will be lucky to last half an hour and usually less than that.  **Please note these times are intended to be only an indication and to make a point to the pupils**. |
| Evaluation | Discuss the answers to the questions and the actions the children have taken in the challenge. | |

Water Safety Lesson Plan 3: H.E.L.P (Heat Escape Lessening Position) & Huddle

School: Class/Year: Term: Teacher:

Duration: 30–45 minutes

Equipment: Floats of various sizes, balls, plastic bottles, etc.

Learning objectives: Recognise and understand the different positions that are the most effective way to prevent heat loss