



# Water Safety Lesson 2

## Safe entries

<b>School:</b>	<b>Year/Class:</b>	<b>Term:</b>	<b>Teacher:</b>
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**Duration:** 30–45 minutes

**Equipment:** Floats of various sizes, noodles, balls, etc.

**Learning objective:** Understand different entries and why you should stay close to the incident.

### Set the scene

Imagine the side of the pool is a boat.

### Activity

You're on a boat trip; the boat has struck an object and is slowly sinking...

Find a way of getting into the water, and swim four widths without getting your head wet.

### Ask the pupils:

- What entry did you use? And why?
- What stroke did you use? And why?
- How would you get into the water if the boat was some distance above the water level?

Allow pupils to experiment with swivel entry and straddle entry.

### Teacher notes

- Emphasise the boat is some distance above the water level.

### Teach the straddle entry

- Chest and chin pushed forward.
- One foot on the poolside, the other slightly behind.
- Arms should be bent at the elbow and held at shoulder width height. Step off the side with the back foot.
- Keep leaning forward, legs apart. On entry, press the arms down on the water, looking forwards and upwards.
- Head must remain out of the water.

### Teach treading water

- A number of leg actions can be used – e.g. breaststroke, scissor kick, eggbeater, cycling action, running-type action.
- Hands should perform a sculling action, just under the surface of the water.
- Try to remain in one place, in an upright position, with the head above the water.
- The action should be minimal, with no more effort than is required to prevent sinking – to save energy.

### Practical challenge for pupils

- Choose the entry you're best/most able to do, then tread water for two minutes.
- Tread water for a further two minutes whilst holding one arm in the air.
- What happens to the body when you start waving?
- Think of three reasons why you should stay close to the scene of the accident/incident.

### Question answers

- The rescue boat will find you more easily.
- You'll find more things to support you near to the boat.
- You'll save energy and body heat by not swimming/waving excessively.

### Evaluation

Discuss the answers to the questions and the actions the pupils have taken in the challenge.