



Water Safety Lesson 3

Heat Escape Lessening Position (HELP) and Huddle position

School:	Year/Class:	Term:	Teacher:
----------------	--------------------	--------------	-----------------

Duration: 30–45 minutes

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

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

Set the scene

Imagine the pool is an area of open water, for example: sea, lake, canal etc.

Activity

You are on a boat trip and the boat has capsized. Everyone is thrown into the water.

Recap on heat loss

Ask the 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 cold night.

Teach the HELP

Recognised as being the most effective way to prevent heat loss. The HELP can be adopted whenever floating objects are available, as these are used to support 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.

Teacher notes

- Emphasise how cold the water is.
- Squeeze in to cover the underarms, with elbows in, covering the ribs.
- Curl up the legs to cover the groin area and the back of the knees, squeezing the legs together.

HELP

- Hold something that floats against the chest (e.g. a ball, plastic container or float).
- Keep the head out of the water.
- Keep the legs together and lift the knees (to retain body heat).
- Keep the arms pressed against the upper body (to retain body heat).
- Keep the body straight, leaning slightly backwards.

Huddle position

- Use groups of four or five.
- Using a large floating object, pupils huddle together as close as possible around the object, for example: lifebelts.

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 for two 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.

- Hands are placed under the lifebelt and held firmly with elbows tucked into the body.
- The legs are pressed together tightly, the the head clear of water.
- Stay as close as possible.

If pupils keep still in the HELP and hug their debris, or life jacket, they could/can survive up-to four hours. If they fidget and lose heat, this could be cut to two hours! If they swim off, they'll 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 pupils have taken in the challenge.