## Water safety lesson 1

### Introduction to swimming in cold water

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<th>School:</th>
<th>Year/Class:</th>
<th>Term:</th>
<th>Teacher:</th>
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**Duration:** 30–45 minutes  
**Equipment:** Floats of various sizes, noodles, balls, etc.  
**Learning objective:** Understand the effects cold water has on the body

### Set the scene

- The pool is an area of open water e.g. sea, lake, canal  
- You’re on a boat trip and the boat has capsized. There are a number of your friends on the boat, some are very good swimmers and swim in competitions, some have just learnt to swim.  
- Everyone is thrown into the water. What’s your first reaction?  
- What happens to your body? Why?  
- Do you think the very good swimmers will have a better chance of survival than those who have just learnt to swim? Why?  
- It is very important to keep your head out of the water. Why?

### Practical challenge for pupils

- Complete an obstacle course.  
- Give the pupils the opportunity to go round, over, through equipment.  
- The challenge is to perform the course keeping the head **dry** throughout.

### Evaluation:

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

### Teacher notes

- Emphasize the feeling of being thrown into cold water  
- Ask questions and listen to the pupils answers.  
- Experience ‘cold shock’ which affects the breathing and coordination.  
- Keep the head above water.  
- Heart, lungs and other organs get cold and eventually stop.  
- No – cold water shock.  
- There is no fat on the top of your head to keep in the warmth.  
- The heat from the body escapes from our heads.