Water safety lesson 3
Heat Escape Lessening Position (H.E.L.P) and Huddle Position

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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:** 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.

**Re-cap 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 H.E.L.P.**  
Recognised as being the most effective way to prevent heat loss. The H.E.L.P can be adopted whenever floating objects are available, as these are used to support floatation.

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

- H.E.L.P  
  Keep head clear of the water, lower limbs should be pressed together tightly. Upper arms are held close to the sides of the body and are used to cuddle the floating object. Body is suspended straight downwards or 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. Hands are placed under the lifebelt and held firmly with elbows tucked into the body. The legs are pressed together tightly, keep the head clear of water.

Teach the Huddle position. This assists in conserving heat by people huddling together. The effectiveness will depend on the type of floating support available.
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<td>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.</td>
<td>If pupils keep still in the HELP position 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.</td>
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Please note these times are intended to be only an indication and to make a point to the pupils.

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<td>Discuss the answers to the questions and the actions the children have taken in the challenge.</td>
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