

SUMMER SAFEGUARDING BULLETIN 1

Introduction

The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

Every year, young people in Greater Manchester die from swimming in open water. Although taking a cooling dip on a hot day looks very inviting, it is important that young people are aware of, and recognize the dangers of open water swimming.



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What are the dangers of open water swimming?

- ◆ There is no supervision.
- ◆ The cold water temperature can claim your life in minutes - even if you are a strong swimmer.
- ◆ It's difficult to estimate the depth of the water. It may be much deeper or much shallower than expected.
- ◆ There are often no suitable places to get out of the water due to steep slimy banks or sides.
- ◆ There is no way of knowing what lies beneath - there could be weeds, pipes, shopping trolleys, sharp metal or broken bottles.
- ◆ Swimming in open water can lead to a variety of serious illnesses.
- ◆ There may be hidden currents. Flowing water or swimming in the sea can be especially dangerous.
- ◆ Alcohol and swimming don't mix – perception and capability are both affected by drinking.

Beach & Open Water Safety Tips
Many of us travel to the beach in the warm weather - how fun!
Make sure to follow these tips to ensure that everyone stays safe near the beach and/or ocean!

- Never leave kids unsupervised near ANY body of water, and ALWAYS ensure there's a Water Watcher on duty.
- Remind children they're NOT to go near any body of water without permission from an adult.
- DO NOT rely on water wings or any other inflatable flotation device to save a child in a water emergency.
- Have children wear a properly-fitting life jacket if needed.
- DO NOT allow your children to engage in any horseplay, breath-holding games or dunking in the water.
- Only swim in designated areas with a lifeguard present, and avoid areas with high waves or rip currents.
- Adhere to all posted rules, warnings and flags, which may indicate the presence of unsafe swimming conditions or deep water.
- Enter the water feet first - DO NOT dive in!
- Always swim with a buddy, who can signal for help if you need it.

britishswimschool.com/water-safety

Respect the water

- ◆ Swim somewhere safe - the swimming baths.
- ◆ Obey the warning signs around reservoirs, lakes, canals, rivers and at the beach.
- ◆ Value your own safety first – jumping into the water for fun, or to rescue pets or belongings, can be highly dangerous.
- ◆ Know what to do if you see someone in difficulty in the water – if there's a life-guard on duty you should alert them or dial 999 and ask for the fire service if inland or the coastguard if by the sea.
- ◆ Enjoy organised water sports in a safe environment - with the correct equipment and a qualified instructor.



If you see someone in difficulty in the water remember 'call, tell, throw':

- Call 999 and ask for fire if inland or the coastguard if by the sea. Explain your location clearly and describe any landmarks.
- Tell the struggling person to try to float on their back.
- Throw them something that floats.

**Stay safe.
Stay out of
the water.**

Cold water shock
can seriously affect
your breathing and
movement.

**DO NOT
SWIM**

**COLD
WATER
CAN KILL**

CALL 999 IN THE EVENT OF AN EMERGENCY