

Winter Water Safety

Key Stage 2

Today's Session

We are going to talk about:

- Open water
- The dangers of water and ice
- How to stay safe near water
- What to do in an emergency
- Calling 999



Open Water

You might find water in lots of different places.

Most incidents occur in open water such as rivers, lakes and canals.

What steps can you take to stay safe when you are around open water?



Staying Safe in Winter

Frozen Water

Water can freeze when the temperatures are really low. We might see this frozen water as ice, snow or frost.

Water can freeze at 0°C (Celsius)

Cold-Water Shock

Cold-water shock is where a person suddenly lands in cold water. It can cause muscle spasms and increased blood pressure. It may make a person take a sudden gulp of water.

What can you do to avoid cold water shock?

The Dangers of Water and Ice

Open water is very **cold**. Going into very cold water can seriously affect your breathing and movement

There may be hidden **currents**

It can be **difficult** to get out (steep slimy banks)

It can be **deep**



The Dangers of Water and Ice cont

There may be **hidden** rubbish e.g. shopping trolleys, broken glass

There are **no lifeguards**

The water may be **polluted** and could make you ill

Walking on ice might be:

- tempting
- appear fun
 - daring
- **However frozen water can easily break**

How to Stay Safe near Water

Never go on the ice under **ANY** circumstances

- Never attempt to walk on what you think may be solid frozen water

Wear warm clothing

- Always wear sturdy shoes or boots as paths could be slippery

Keep away from the edge of the water

- Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

Always walk with an adult or a group of friends

- Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

What to do in an Emergency

If you fall through the ice:

If you're struggling in the water

- **Lean back** - like you are lying in bed
- **Float**
- Shout for help
- If you can, swim to safety

If someone else falls through the ice:

- **DO NOT** go on the ice! **DO NOT** go in the water!
- Shout for help and **call 999 (or 112)** for the emergency services
- Keep an eye on the person and keep talking to them
- Throw something that floats for them to hold on to, like a life-ring or even a football
- **Wait** for the emergency services, and **encourage** the person in the water to hold on

Calling 999 in an Emergency



Don't be scared about calling 999 - the emergency services are there to help you and are used to taking calls from children. They will guide you and offer their support as you wait for help to arrive.

To help emergency services understand where you are and what has happened, speak as clearly and calmly as you can. Try not to rush your words or the operator won't be able to understand you.

Don't hang up until the operator tells you to. The operator needs to have all the info they need to get to you as quickly as possible.

What have we learnt?

Can you name 2 different types of open water?

Can you name 3 ways to stay safe near water?

Will you be able to tell someone else what you have learnt today?

