

## SAFETY IN THE WATER WAYS

LIFE  
PROGRAMME

Personal Safety

We are really lucky in Lymm to have access to some beautiful water ways. These include Lymm Dam at the heart of the village and the Bridgewater canal that runs through it.

It is important to know that though beautiful that these hold their own risks and dangers.

### TASK:

With your partner discuss what you think some of the specific dangers are with these water ways. Make a list in your booklets.



## Cold Water Shock (This can be found in your booklet)

One of the main dangers of going into water out doors is cold water shock.

All waters around the UK are capable of causing this, even in summer. Most water around the UK is the same as a temperature as a swimming pool or below.

'Cold Water Shock' is a term used to describe the reactions our bodies take to entering cold water. Although they are designed to protect us they do sometimes work against us.

Your body goes through several stages during this process:

1. A sharp intake of breath as you enter the water (think about times when you have stepped into a swimming pool for the first time). This could lead to inhaling water as you enter the body of water.
2. This can lead to you losing control of your breathing and it becomes very rapid (hyperventilation).
3. Your blood pressure will rise as your body reacts to keep your blood warm by moving it quickly to the middle of your body.
4. As your muscles cool they lose their strength and endurance meaning you cannot swim as effectively. This can lead to swim failure and an inability to swim at all.



As well as the dangers from cold water shock and drowning there are other hazards to consider when it comes to dams and canals.



The water in dams and canals can be deceptively deep. Due to murky water it will be hard to judge where the bottom is and so you could get out of your depth very suddenly.



Dams and canals can have very steep sides. This means once you get in it can be hard to get back out. There is also the risk in dams of vents and machinery that can add to the risks.



There can be hidden dangers such as vegetation which you can become entangled in and debris such as shopping trolleys which can cause injury if you land on one.



In July 2021, during the heat wave we had, 13 people died of drowning in the UK water ways. Of these 6 were teenagers. It is therefore really important that you understand the dangers.

## TASK:

Complete the danger review section in your workbook. Check your answers with your partner to make sure you are 100% accurate in your understanding.





So what can you do should you find yourself in danger in open water (canal, sea, dam or lake)?  
The following videos give some advice that should help you if you find yourself in a dangerous situation.

Watch the following clips.  
Pay close attention as the information in them could help you should you get into difficulty







 RNLI

HOW TO

TEACH  
YOUR CHILD  
TO TREAD  
WATER

A video thumbnail for an RNLI instructional video. The video shows a person in a blue wetsuit and a yellow swim cap floating in a swimming pool. The text 'RNLI' is in the top left corner, 'HOW TO' is in the top right corner, and 'TEACH YOUR CHILD TO TREAD WATER' is centered in the main area of the video frame.