



Birmingham
City Council

Keeping
Birmingham
At the **Heart**
Of **Water Safety**



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LIFE SAVING
SOCIETY UK



Canal &
River Trust



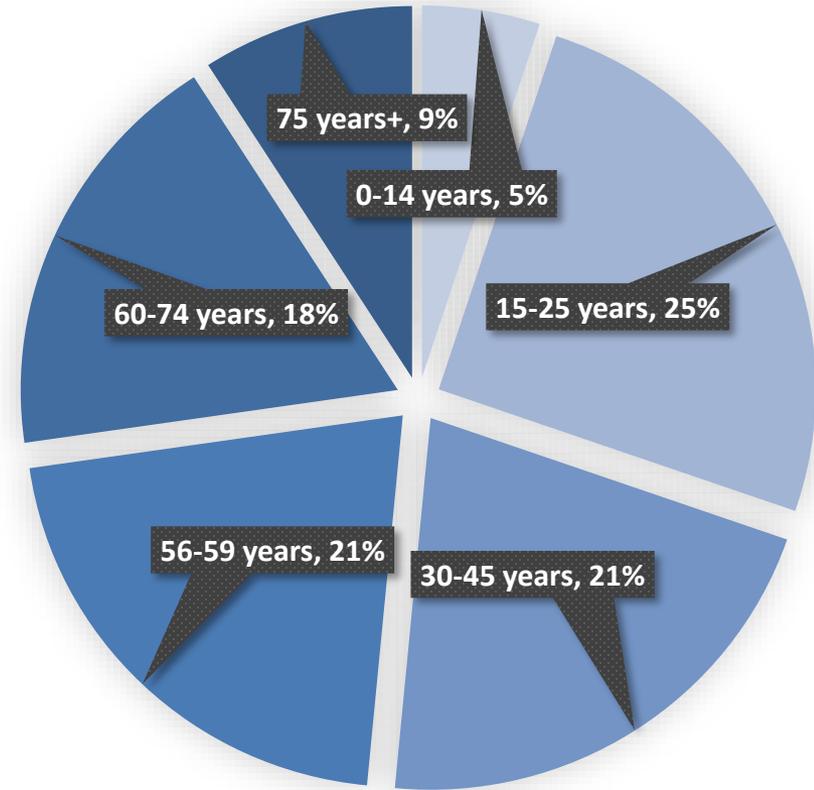
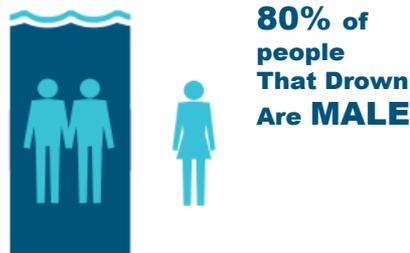
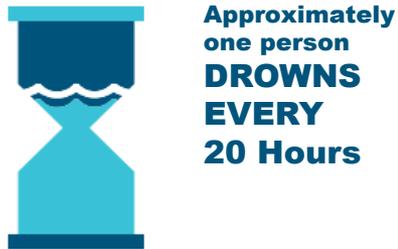
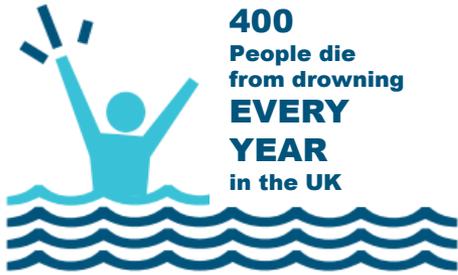
Lifeboats

Workshop Objectives

By the **end** of the workshop you will be able to:

- Identify why people drown.
- Identify where people are most likely to drown and why.
- Understand the effect of taking risks around water.
- Understand the effect Cold Water Shock can have on the body.
- Identify Rip Currents and understand how to escape from these.

Drowning Information





Play Your Cards Right

Where do people drown?

Flip through the cards and decide whether you think the statistics get higher or lower



**PUDDLES, DITCHES
& DRAINS**




NEXT



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What would you do?

Stupid Idea?

How deep was
the water?

What mistakes did he make?

Was the water
warm?

Was it safe?

Why Did he go in?



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The POWER Of WATER

Always cold Always moving Never predictable



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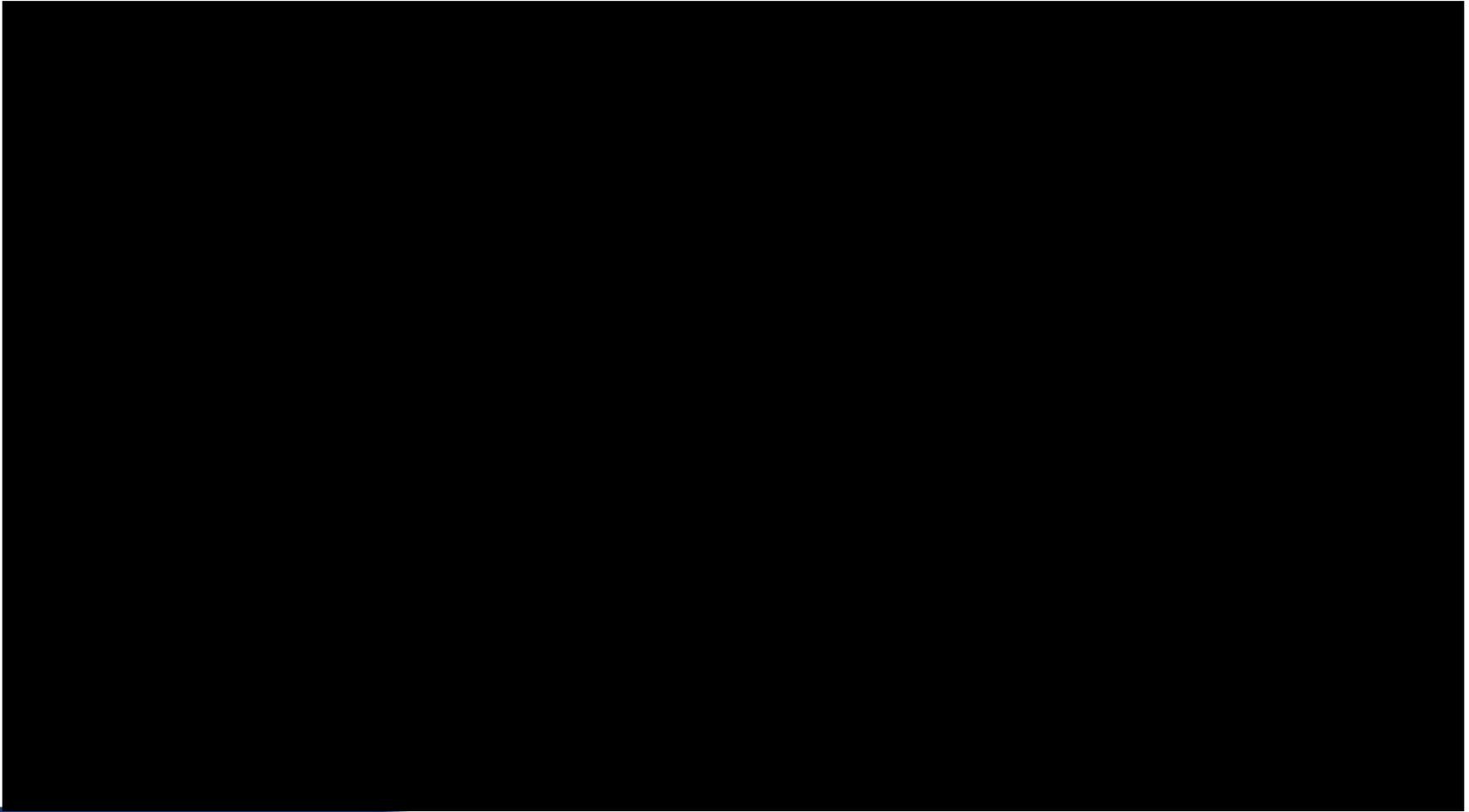
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RIP
CURRENTS

Rip Currents



What is a rip current?

- Rip currents are where the water that has been washed onto the beach by the waves flows back out to sea

What is the danger of a rip current if you swim into one?

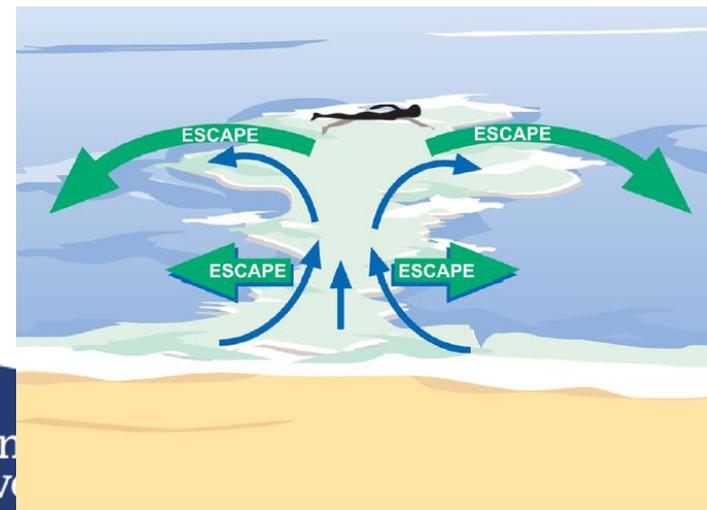
- You could get swept out to sea

Are rip currents always in the same place?

- No. Some rip currents always appear in the same place, some move around the beach, others appear and disappear depending on the waves and tide

How can you escape a rip current?

- Swim parallel to the beach until you are out of the rip, then swim towards the beach



Rip Currents

To spot rip currents look out for:

- Darker deeper channels of water
- Churned up sea bed
- Debris floating out to sea (seemingly against the waves)
- Change in the shape of energy of the waves
- Rips often flow along cliffs or piers extending into the sea



Dye release experiment to expose a rip current

1. Watch the first video, you have 6 seconds to identify where the rip is
2. Watch the second video to find out if you were correct



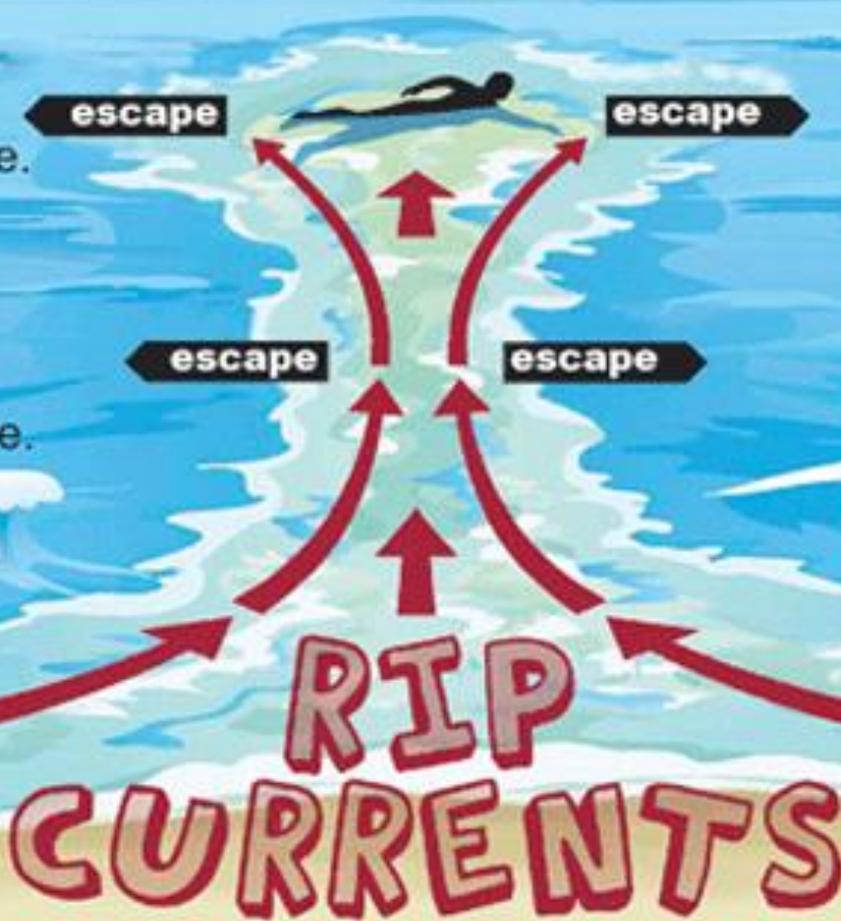
(www.scienceofthesurf.com)

Rip currents don't pull people under, they pull them away from the shore.

If you get caught in a rip current, don't fight it; swim out of the current and then toward the shore.

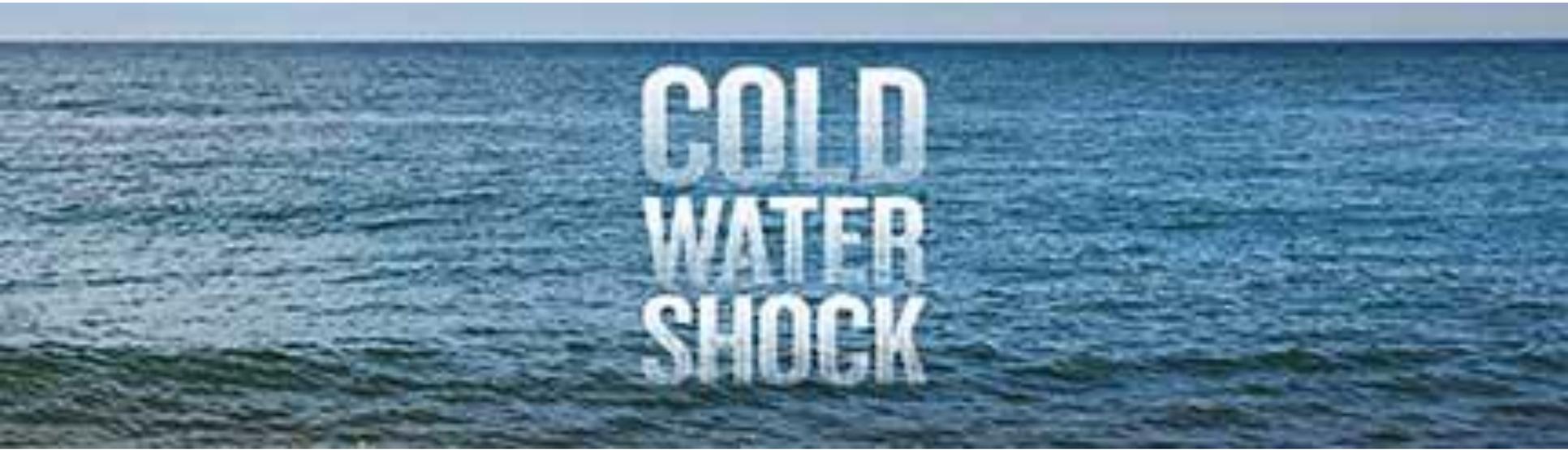
If you can't escape, tread water and wave or call for assistance.

Powerful currents of water moving away from the shore.



Before going into the water, stop and ask a lifeguard about rip currents—how to recognize and safely respond to them.

Strong enough to sweep the strongest swimmer out to sea.



COLD WATER SHOCK



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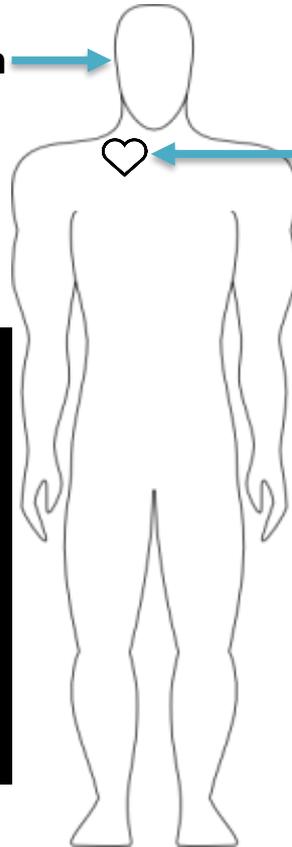
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When the cold first hits you

Summary

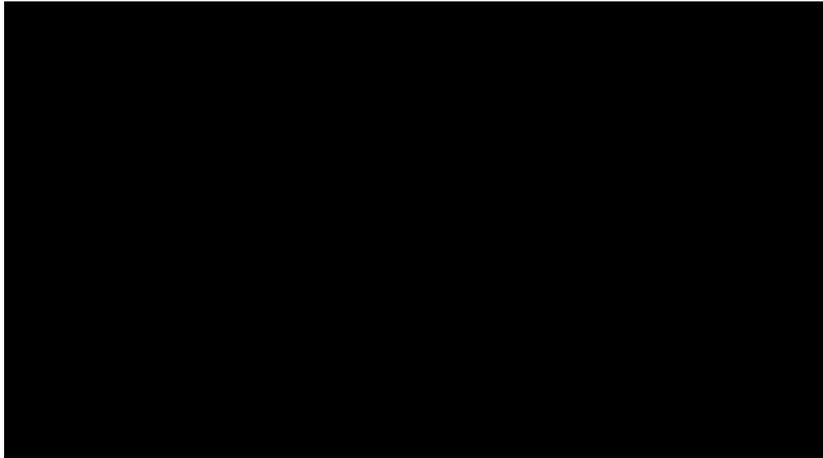
Big gasps followed by hyperventilation

- Causing dizziness and panic
- If you inhale water you'll start to drown



Increased blood pressure and heart rate

- Can trigger heart attacks in people with medical conditions

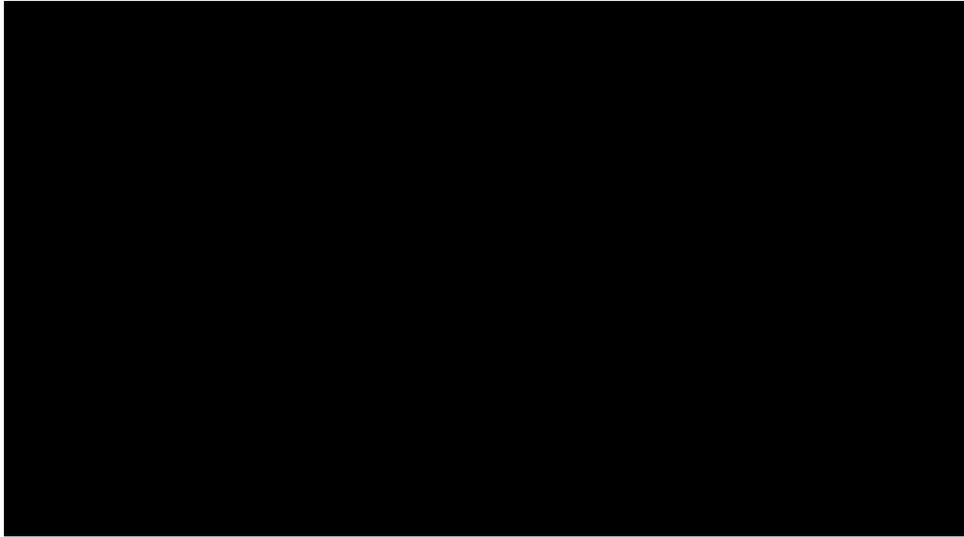
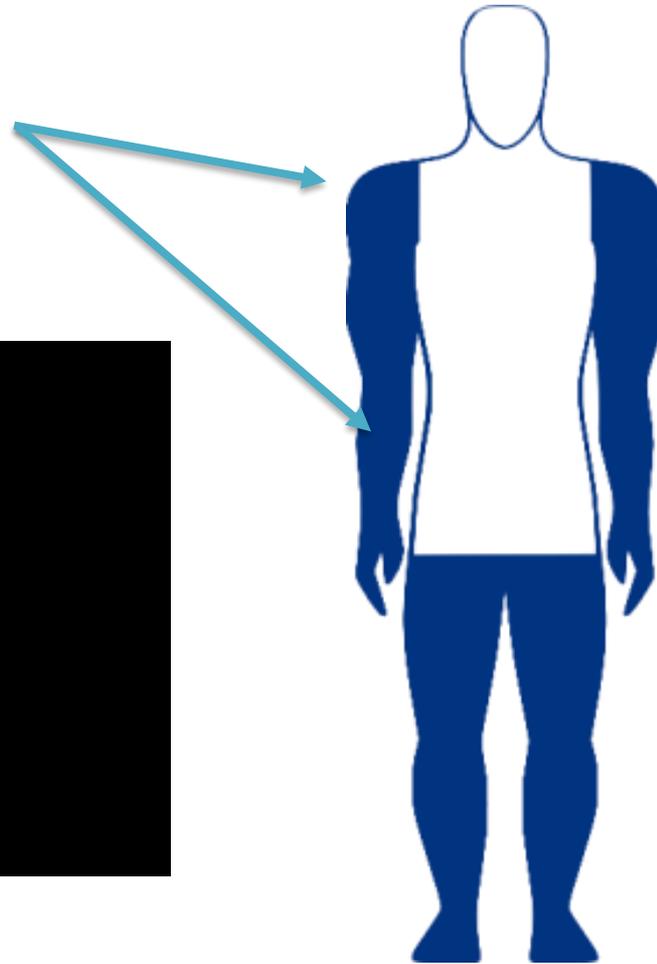


Next up, muscle cooling

Summary

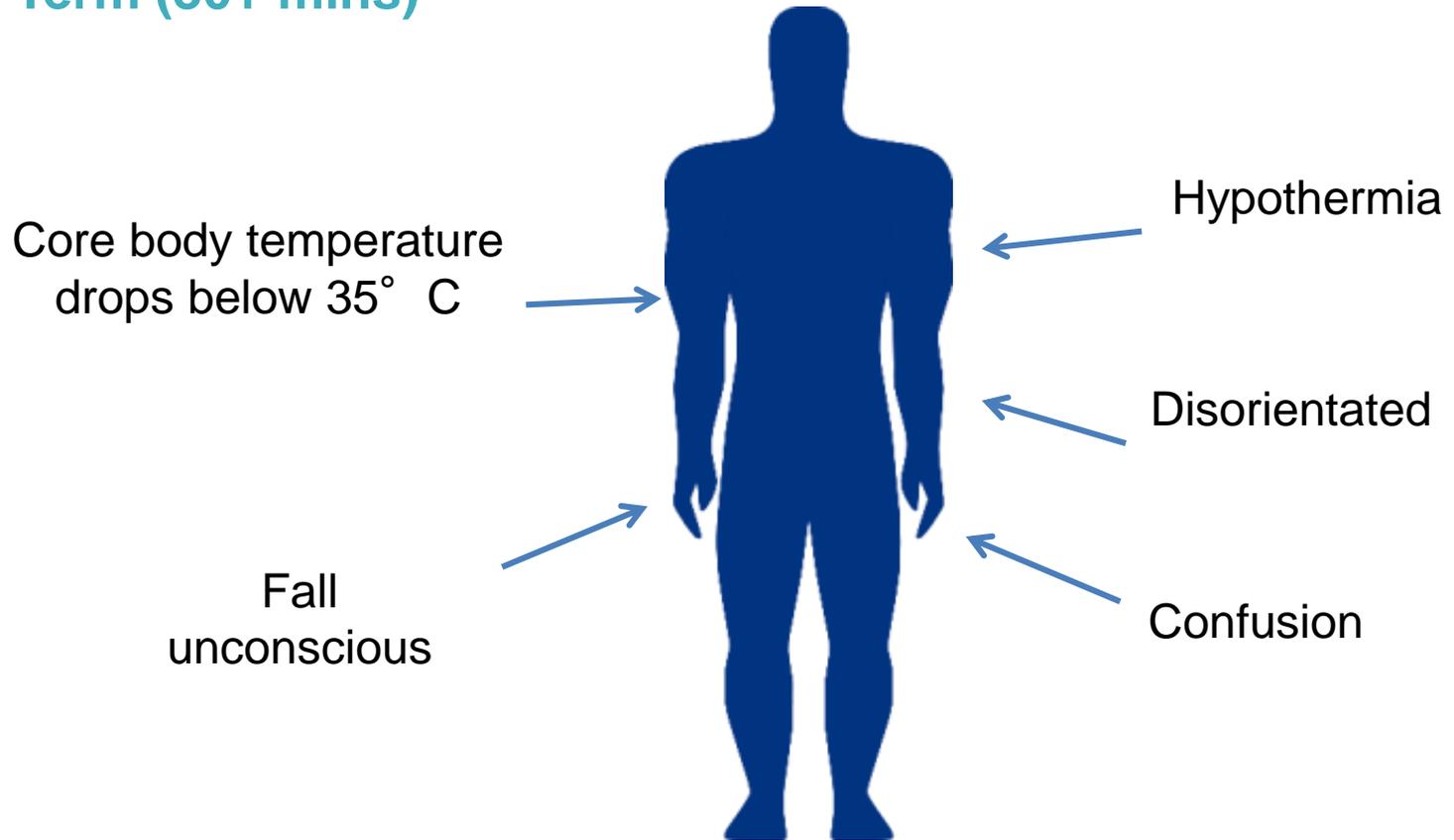
Muscle cooling in your arms and legs

- Loss of strength
- Loss of endurance
- Loss of coordination
- Loss of ability to swim = drowning



Finally, hypothermia

Long Term (30+ mins)





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Websites

You can visit the following websites if you'd like any further information or to download more of our free water safety resources

www.rlss.org.uk/water-safety

www.rnli.org/education

www.canalriverexplorers.org.uk

Evaluation

Click the link below and tell us how many children you have delivered this presentation to:

<https://goo.gl/forms/gDa5zUEcypMGK3cx2>