

WATER SMART

TEACHER TOOLKIT

SECONDARY LEVEL

Thank you for downloading this teacher toolkit. It contains all you need to provide secondary pupils with the water safety smarts to stay safe, whether they are at the beach with friends, walking along a tow path or on holiday with family.

ABOUT THE RNLI

The RNLI is the charity that saves lives at sea. Every day, people from all backgrounds get into danger in, on or around the water. Which is why we've put together a suite of water safety resources to equip pupils with the skills and knowledge to stay safe.

- Worldwide, drowning is the third leading cause of death for children aged 5-14.
- Each year, on average, 307** people from the UK and Ireland lose their lives to accidental drowning.
**Water Incident Database (WAID) and Water Safety Ireland (WSI)
- More than a quarter (26%) of all accidental drowning deaths that occurred in the last 5 years* were young people aged 10-29. ^

*2020-2024 inclusive ^ Source: rosipa.com

CROSS-CURRICULAR LINKS

Here are just a few ways in which water safety messaging can be integrated into the curriculum:

LITERACY - Develop oracy, writing and role-playing by exploring lifesavers' perspectives

MATHS - Learn about the body's reaction to temperature differences.

SCIENCE / TECH - Investigate forces and buoyancy.

PERSONAL SAFETY / HEALTH AND WELLBEING - Learn how to manage water-related risks.

GEOGRAPHY AND THE ENVIRONMENT - Learn how climate and seasonal changes present risks.

Find our full suite of over 40 curriculum-linked workshops at [RNLI.org/youth-education/education-resources](https://www.rnli.org/youth-education/education-resources).

THE DANGERS OF COLD WATER SHOCK

When someone falls into cold water (anything under 15°C), instinct says fight the water and swim hard. But cold water makes people gasp uncontrollably and speeds up the heart rate. So they'll quickly tire, inhale water and find movement and coordination more difficult. Watch the video below that demonstrates the **Float to Live** technique, and download and play our decision-making videos and workshop as part of an upcoming lesson.

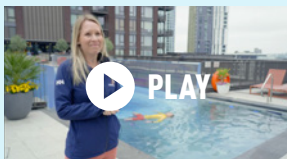
 **LEARN THE SCIENCE**

 **LEARN HOW TO FLOAT TO LIVE**

 **PLAN A DECISION-MAKING WORKSHOP**

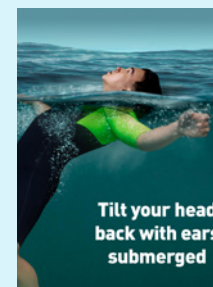
WHY WATER SAFETY KNOWLEDGE IS KEY

Competence is a key factor in children's ability to safely enjoy the water. Classroom-based water safety lessons improve the knowledge, understanding and confidence of children in respect to water-based risks.



THE WATER SAFETY CODE

Print our four-key-messages poster, which will help students to assess and manage dangers so that they know what to do in an emergency.



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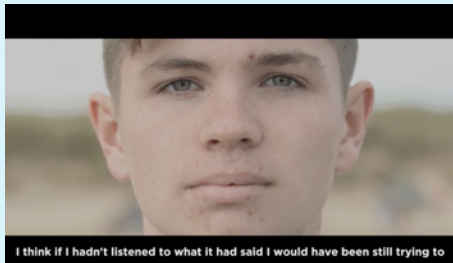
THREE WAYS TO MAKE YOUR STUDENTS WATER SMART

TEACHER TOOLKIT

1

PLAY THIS VIDEO IN A TUTOR SESSION

Evan survived getting caught in a rip current after putting the RNLI's Float to Live advice into practice.



EVAN'S STORY



2

SPREAD THE WORD IN THE SCHOOL NEWSLETTER

We've designed an engaging PDF that includes top safety tips. Sharing it in your school newsletter, or on your school's website, is a great way to spread the word far and wide.



3

DISPLAY OUR 'SPOT THE DANGERS' POSTERS IN THE CLASSROOM

Pin up our 'Spot the dangers' posters, and ask pupils who in the scene is safe and who isn't. There are three posters: *At the beach*, *At the river*, and *At the harbour*.



FURTHER RESOURCES

Find the resources you need on the website. Activities include decision-making videos, group discussions and quizzes to help share vital water safety messages and information about the RNLI.

