

# WATER SMART

## TEACHER TOOLKIT

### UPPER PRIMARY

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

#### ABOUT THE ROYAL NATIONAL LIFEBOAT INSTITUTION

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, over 300\*\* people from the UK and Ireland lose their lives to accidental drowning.
- RNLI crews and lifeguards aid almost 40,000\* people a year, on average.

\*Based on the period 2019-2023.

\*\*Water Incident Database (WAID) and Water Safety Ireland (WSI)

#### WHY WATER SAFETY KNOWLEDGE IS KEY

Water 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.



#### CROSS-CURRICULAR LINKS

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

**LITERACY** - Explore historical rescue figures. Develop writing, storytelling, and role-playing.

**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 our cold water impact workshop to include in an upcoming lesson.

 [LEARN THE SCIENCE](#)

 [PLAN A COLD WATER IMPACT WORKSHOP](#)

#### THE WATER SAFETY CODE

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

 [PRINT](#)



Tilt you head back with your ears submerged. Relax and move your hands to help you stay afloat.

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### THREE WAYS TO MAKE YOUR PUPILS WATER SMART

1

#### 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'.



DOWNLOAD

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.



DOWNLOAD

3

#### SING ALONG TO THE SEASIDE SAFETY SONG

Our Storm Force gang make it easy to remember what to do if you get into trouble in the sea. Watch and learn to sing their catchy seaside safety song.



PLAY

#### FURTHER RESOURCES

Find the resources you need on the website. Activities include videos, group discussions and worksheets. Use them to bring to life the water safety code and information about the RNLI.



FIND RESOURCES