

LOWER SECONDARY

AGE: 11-14

INTRODUCTION

DELIVERY



STOP AND THINK



STAY TOGETHER



FLOAT



CALL 999/112

SAFETY PLANNING ACTIVITY

LEARNING OUTCOME:

1

I recognise the need for safety planning when taking a trip to a waterside location and am aware of how to access the information I need.
I know to inform an adult where I am going / when I'm back and to carry a mobile phone to call for help if needed

Time: 30 mins | Format: Classroom activity | Maximum participation: 35



Lifeboats



INTRODUCTION

This activity helps to reinforce the need for appropriate planning before taking a trip to a waterside location – particularly when planning to enter the water. Students can select one of the given day trips on the list provided to write a plan for the trip.

RESOURCES REQUIRED

- ✓ Safety planning worksheet
- ✓ Safety planning destinations worksheet

LOW TECH OPTION

- ✓ Internet access is needed for the research element of this activity

DELIVERY

- Allow students to select one of the trips on the support slides.
- Once they have chosen an outing from the list, they should investigate and plan for this trip, ensuring that they have covered all the elements they need in order to mitigate against problems. Internet access is required for this activity.
- They should think about time of year (do they need warm clothes or sun protection?), the activities they will be participating in, any required safety equipment and any other attendees/young siblings they need to watch. They should also think about any precautionary actions they should take to help ensure their safety and the safety of others.
- Options to select from are as follows:

Destination	Month / time	Weather	Who are you with	What will you be doing	Any other information
1. Country park	January late afternoon	Snowing	Younger sister and pet dog	Tobogganing and walking in the snow	The park is very large with a river running through it and a few fishing lakes which are frozen over



DELIVERY

Destination	Month / time	Weather	Who are you with	What will you be doing	Any other information
2. Coast	October Early morning	Light rain Quite breezy	Group of three friends	Mountain biking the coastal paths	You suffer from asthma. Parents are not at home
3. Canal	July Late evening	Warm	A friend	Walking home	The canal is lined with pubs and restaurants. During warmer months, diners and drinkers sit outside to enjoy the mild weather. Some parts of the route aren't very well lit
4. Beach	August Late afternoon	Warm but breezy	Younger brother	Rockpooling	The beach is very busy. Your younger brother has only just learnt to swim
5. Beach	September Early morning	Cool and windy	Group of three friends	Bodyboarding	The beach has lifeguards present One of the group has never bodyboarded before

- Once they have completed the **Safety planning worksheet**, students should swap papers with the person next to them. Run through each day trip option as a class and discuss responses to each. Some hazard considerations and preventions are listed on the next page but this list is not exhaustive.

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SAFETY PLANNING ACTIVITY



Lifeboats



DELIVERY

SOURCES OF INFORMATION

Students can be signposted to the following sites to help with this activity:

- Historic weather data can be researched online at: metoffice.gov.uk/public/weather/climate-historic
- Surf reports and forecasts can be found at: magicseaweed.com
- For specific information regarding water-based activities, visit rnli.org/safety/choose-your-activity which provides information on safety for a range of sports and directs users to other reliable web sources if needed. The following agencies can also be used for reference:
 - Royal Life Saving Society (rlss.org.uk)
 - Swim England (swimming.org)

Trip	Possible hazards	Equipment and safety measures
Destination 1: tobogganing in country park	Cold, dog running onto icy pond, falling into freezing water	Take warm clothes and a fully charged mobile phone, inform your parents/guardian where you are going and when you intend to be home. Ensure your dog is kept on a lead and never follow your dog into the water.

CONTINUED →

DELIVERY

Trip	Possible hazards	Equipment and safety measures
Destination 2: mountain biking along coastal path	Asthma attack, puncture, cliff fall, collision with another person	Ensure bike is in good working order. Make sure you wear a good quality cycle helmet. Carry a puncture repair kit in case you get a flat tyre. If you are asthmatic, take your asthma pump and any other medication you might need. Ensure you inform a family member where you are going and the route you are taking. Make sure you plan a safe route in advance and do not venture off designated tracks or stray too close to the edge. Take a fully charged mobile phone and check weather and wind conditions before you leave.
Destination 3: walking along a canal towpath in the city	Unexpected immersion in cold water Trip and fall in the dark	It is not advisable to walk alone along towpaths at night when visibility is low. If this journey is an emergency, ensure you are wearing sensible walking shoes and stick to the towpath (staying away from the edge). Take a torch or use a mobile phone torch to light the way where it is dark. Tell a parent / guardian when you leave and what time you expect to be home. Ensure you don't take any new or unknown routes and concentrate on what you are doing at all times (don't talk or play on your phone as you walk or you could trip and fall). Ensure your phone is fully charged before you leave so you can contact someone in the event of an emergency.
Destination 4: rockpooling on a beach	Cut off by tide Cut feet on rocks Slip and fall into deeper water	<p>Ensure you check weather conditions and tide times before you leave. If you can't find the information yourself then ask a lifeguard or someone with local knowledge before exploring. Always head to an RNLI lifeguarded beach and never enter the water unless between the red and yellow flags.</p> <p>As soon as you get to the beach, agree a meeting point with your brother in case you become separated. If the beach runs a children's safety scheme, using wristbands or tickets then take part. Visit the lifeguard hut on arrival and they will be able to tell you if there is a scheme running on that beach.</p> <p>As it's a sunny day, remember the 5 S's of sun safety...</p>

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DELIVERY

Trip	Possible hazards	Equipment and safety measures
Destination 4: (continued)	Cut off by tide Cut feet on rocks Slip and fall into deeper water	<ol style="list-style-type: none">1. Sun lotion – slop on sun lotion. A minimum of SPF 15+ and no less than four stars2. Sun hat – slap on a broad-brimmed hat that shades your face, neck and ears3. Sunglasses – wear wrap-around sunglasses with UV protection to shield your eyes4. Shoulders – slip on a tee shirt or UV suit and remember to keep shoulders covered.5. Shade – seek shade during the hottest time of the day, between 11am and 3pm <p>To avoid cutting your feet on the rocks make sure you are both wearing aqua socks/water shoes. Shoes will also protect your feet against jellyfish or weever fish stings.</p> <p>As your sibling is not an experienced swimmer, make sure they are wearing a suitable buoyancy aid. Tell a parent/guardian what time you will be home and where you will be rockpooling. Make sure there is sufficient charge in your mobile phone so that you can alert the Coastguard if you are in trouble.</p>
Destination 5: bodyboarding in the sea	Getting caught in a rip tide after falling from your board	<p>Check your equipment before you enter the water. Always ensure that you never go in the water alone when bodyboarding and that you never go out further than you can swim back. Check the conditions and tides and don't go out into conditions you cannot handle. Always tell someone where you are going and when you will be back. Follow safety advice on the RNLI website (rnli.org/safety/choose-your-activity/bodyboarding) or Surfing England.</p>