TRUE OR FALSE?

LEARNING OUTCOME: I know that dangers are present even for strong swimmers. I can identify where is/isn’t a safe place to swim, including recognising beach flags and safety signs.
INTRODUCTION

This short true or false quiz tests students on some key stats and also helps deliver the meanings behind the beach flags. If your school has a voting system facility, you may wish to use it for this task.

DELIVERY

• Run through slides 2–9 and ask students to select whether they think each statement is true or false.
• Discuss each correct answer once students have made their guess. Supplementary information for each question is detailed below.
• Once they have answered the cold water shock question, show students the following videos 
youtube.com/watch?v=fgASxPh-xqU or RNLI.org/news-and-media/2017/may/25/respect-the-water-2017-b-roll
which demonstrate how to act if you find yourself unexpectedly immersed in cold water.
• Slides 10–15 cover beach flags and their meanings. This is a matching task, requiring students to link the correct flag with its meaning. If you prefer your group to tackle this alone, print slide 11 for each student and give them a minute to match the flags before running through the correct answers on slides 12–15.

ADDITIONAL INFORMATION TO SUPPLEMENT ANSWERS

Question 1:
Since the RNLI was founded in 1824 over 140,000 lives have been saved. In 2016 alone nearly 30,000 people needed help from RNLI lifeboat crews and lifeguards. There were 8,851 lifeboat launches and crews spent 60,300 hours on service with approximately 3,526 of these spent in darkness.

60,300 hours is the equivalent of 2,500 days a year on service, which means that on average every day last year 7 crew members were involved in lifeboat launches.
**Question 2:**
Sudden immersion in cold water has immediate and uncontrollable effects on the body, no matter who you are. First you gasp for air, then your breathing rate and heart rate will rapidly increase. All these responses contribute to a feeling of panic, increasing the chance of inhaling water directly into the lungs. This can all happen very quickly: it only takes half a pint of sea water to enter the lungs for a fully grown man to start drowning.

Anything below 15°C is defined as cold water and can seriously affect your breathing and movement, so the risk is high most of the year. The average UK and Ireland sea temperatures are just 12°C. Rivers such as the Thames are colder with an average temperature between 11°C and 13°C even in the summer. Cold water shock causes the blood vessels in the skin to close, which increases the resistance of blood flow. As a result the heart has to work harder and your blood pressure goes up. Cold water shock can therefore cause heart attacks, even in the relatively young and healthy.

**Question 3:**
Astonishingly over half of the 190 people who sadly lose their lives at the UK and Irish coasts every year never expected to enter the water. Many were involved in accidents while out walking, running or taking part in a leisure activity.

**DIFFERENTIATION**
High achievers can work on creating their own set of true and false questions to test their classmates. They should refer to the RNLI website at rnli.org for reliable information and stats they can use.