



No maximum number
depending on adequate
supervision



One session, could easily
be divided up and spread
over several weeks

Aim: To teach boys the danger of water in different areas such as at the swimming pool or at the seaside, and to try and help them to keep themselves safe when having fun in the water

Equipment:

- Template
- Pens, colouring
- Large sheets of paper

A very good source of information for this is the Royal Life Saving Society, who will be more than happy to send your group posters, leaflets, etc. that can be used to try and help make children more aware of the dangers associated with water. Their website is www.lifesaversdirect.co.uk/gallery/. Alternatively, catalogues can be obtained from Lifesavers on 01789 773994 or by email to: lifesavers@rlss.org.uk.

There is a now a 'Water Safety Code' which is directed at younger children which consists of 4 strategies.

1. Spot the dangers
2. Take safety advice
3. Don't go alone
4. Learn how to help

Spot the dangers

First of all work through the "Spot the Dangers" template on spotting the hazards. Explain to the boys that in real life the hazards may not be as clear cut but it is important for them to be able to spot them when they arise.

Take safety advice

- Explain to the boys about the flag system that operates on most beaches whereby different flags tell swimmers and surfers alike what they can and can't do, and also about what is happening with the water. Red = danger don't enter the water, red over yellow = lifeguard patrolled area, black and white quartered = surfing only. (If you live near to a beach it may be possible to invite a lifeguard to come and give a talk to the boys as they will have more expertise in the area.)
- The boys may like to create a poster, which could highlight one or more dangers.
- Ask the boys to make a list of and discuss the different places where they may be able to get safety information from when they are in and around water e.g. notice boards, lifeguards and so on.

Don't go alone

This area of the code leaves little for discussion, as it is fairly clear-cut, but talk to the boys about why they think that is so important, covering issues such as having someone to call for help or someone to administer first aid.