ROYAL
LIFE SAVING
SOCIETY UK

RLSS UK ROOKIE LIFEGUARD WATER SAFETY AWARD

WINTER SMART WINTER SAFE

WINTER CAN BE A BEAUTIFUL TIME OF YEAR,
WITH WHITE GLISTENING TREES AND TIME FOR SNOWBALLS!

THIS BOOKLET IS A FUN WAY TO LEARN HOW TO KEEP YOURSELF, FRIENDS AND FAMILY SAFE AROUND WATER, WHEN THE WEATHER TURNS CHILLY AND NEW DANGERS APPEAR. PLEASE SHARE THESE MESSAGES AND SAFETY TIPS WITH OTHERS TO HELP US PREVENT DROWNINGS ACROSS THE UK AND IRELAND.

GOING OUTSIDE IN WINTER

When going outside, the cold temperature and cold winds are two obvious hazards but before you go out, there are other tips to bear in mind:

Staying safe starts at home

1. BEFORE YOU GO OUT TO PLAY

Make sure you've had something to eat and drink to fuel your fun.

2. WRAP UP SAFE AND WARM

3. TELL AN ADULT WHERE YOU ARE GOING

4. TAKE SOME WATER TO STAY HYDRATED

if you're going to be out for a long time.

Wrap up safe and warm

1. WEAR LOTS OF LAYERS OF CLOTHES

(not just a t-shirt and a big coat)

2. WEAR A BRIGHTLY COLOURED COAT

So that cars and other people can spot you easily.

3. WEAR A HAT TO KEEP YOUR HEAD WARM

4. DON'T FORGET YOUR FINGERS AND TOES

Wear some nice thick gloves and socks.

5. WATERPROOF BOOTS AND COATS WILL KEEP YOU DRY

EFFECTS OF THE COLD

We all get a little chilly when we're out in the cold, but we need to make sure that we don't get too cold as this could cause frostbite and hypothermia.

What is frostbite?

Frostbite is when your skin gets so cold that it starts to become damaged.

Look out for these signs of frostbite:

- Your skin may turn pale or even greyish or bluish, and have a waxy look
- Your extremities (fingers, toes, nose, lips or ears) may feel numb
- Your skin may feel frozen or stiff, or may even feel itchy or burnt
- In serious cases, there may be blisters on the skin
- It might feel painful when your extremities start to warm up

What is hypothermia?

Hypothermia is when your body gets so cold that it is not able to work properly. People become hypothermic when their body temperature (not the outdoor temperature) drops from 37°C to 35°C.

Look out for these signs of hypothermia:

- You may start shivering
- You may feel tired or sleepy
- You may feel confused, not understand what's going on, or find it difficult to remember things
- You may slur when you talk
- Your skin might feel cold

Winter WATER SAFETY

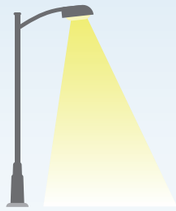
In winter, more people who are walking or running alongside water fall in and drown than in any other season.

Slippery paths, patches of ice and a lack of daylight can make being near water more dangerous than in the summer months. If you fall into the water, the cold temperatures make it difficult for you to control your breathing, to use your hands to climb out and can even cause you to have a heart attack.

So, follow our safety tips to make sure that your winter walks are enjoyable and safe.

KEEP BACK FROM THE EDGE

When walking alongside water keep back from the edge.



ONLY USE WELL LIT AREAS

Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.

KEEP DOGS ON THEIR LEADS

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.

TEACH CHILDREN NOT TO GO ON TO THE ICE

Teach children not to go onto the ice under any circumstances.

DON'T GO ON THE ICE TO RESCUE A DOG

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.

For more information visit **rlss.org.uk**

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SNOW, ICE AND WIND CHILL

- **Ice** is just frozen water. Water freezes when the temperature reaches 0°C or colder
- **Snow** forms if the cloud is below 0°C. When the cloud is cold enough, the water in the cloud turns into ice instead of rain and the tiny ice crystals stick together to make snowflakes
- **Wind chill** is the extra coldness that you feel when cold wind blows past your skin. The stronger the wind, the faster your body loses heat and the colder you feel

Walking on snow and ice

No matter how well the snow and ice are removed from pavements and car parks, there will still be areas that are slippery and icy.

TOP TIPS

1. WALK CAREFULLY AND REMEMBER THAT ALL WET OR DARK AREAS ON PAVEMENTS COULD BE SLIPPERY AND ICY
2. WEAR BOOTS WITH LOTS OF GRIP
3. BE EXTRA CAREFUL WHEN GETTING IN AND OUT OF CARS AND BUSES (NEVER JUMP)
4. ONLY WALK IN SAFE AREAS – CUTTING ACROSS PILES OF SNOW AND ICE COULD BE HAZARDOUS
5. NEVER WALK ONTO ICE ON A POND, LAKE, CANAL OR RIVER (THERE ARE ALWAYS WEAK AREAS THAT YOU COULD FALL THROUGH)

ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

STOP AND THINK

Look for the dangers. Always read the signs.

STAY TOGETHER

Never swim alone. Always go with friends or family. Only swim where there is a lifeguard.

In an emergency:

CALL 999 OR 112

Shout for help and phone 999 or 112.

FLOAT

If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in the water.

WINTER SAFETY

COLOUR ME IN!

DANGERS

Can you number the following dangers on the picture?

1. CALL FOR HELP OUT LOUD OR ON THE PHONE, NEVER GO ON THE ICE
2. ALWAYS USE A SAFE REACH RESCUE, NEVER GO ON THE ICE
3. NEVER FOLLOW ANIMALS ON THE ICE
4. IF YOU FALL IN, LIE ON YOUR BACK AND USE SOMETHING THAT FLOATS TO STAY ON THE WATER'S SURFACE
5. OBEY WARNING SIGNS
6. ICE IS THIN AROUND DRAINPIPES, TREES AND PLANTS
7. ICE IS ALWAYS THIN AROUND PLATFORMS AND AT THE EDGE OF RIVER BANKS

WHAT TO DO WHEN THINGS GO WRONG

Many drowning accidents happen in water when people fall through ice. Here's some information about how to stay safe.

NEVER WALK ONTO THE ICE

The ice could crack at any time!

Water under the ice is extremely cold, it will take your breath away if you fall in. You can't swim in ice cold water.

If you fall through, you could drown!

WHAT DO I DO IF...

Someone else falls through the ice?

Shout for help and call 999 (or 112) for the emergency services.

Stay off the ice

Don't risk falling in yourself

If they can't climb out, tell them to stay where they are

Throw something that floats for them to hold on to, like a life-ring or even a football

Wait for the emergency services, and encourage the person in the water to hold on

A pet falls through the ice?

Keep calm and call for help. Encourage your pet to swim to safety, towards you or shallow water.

Stay off the ice

Don't risk falling in yourself

You think that you might be getting frostbite?

Warm the area by wrapping it in warm clothing or placing it next to warm skin (for example, if it's your fingers that are cold, put your hands inside your jumper). Ask an adult to check the area to see if you should go to the doctor.

Never rub the affected area

Someone gets hypothermia?

Call 999 (or 112) for the emergency services

Remove any wet clothing

Cover them in blankets and spare clothing

If possible, wrap them in a waterproof layer as well (but make sure that this doesn't cover their face)

If they are able to swallow properly, give them warm (not hot) food and drink

Make sure that they go to hospital

WORDSEARCH

E	V	F	V	T	R	C	E	N	F	C	S	S	E	A
G	N	I	H	T	O	L	C	O	O	D	E	N	G	I
I	E	G	B	L	E	Y	O	C	M	M	P	O	S	M
F	Q	M	D	I	C	R	N	Q	V	P	H	W	R	R
E	X	A	E	H	P	G	Q	P	T	N	H	I	N	E
F	C	N	F	R	O	S	T	B	I	T	E	N	F	H
M	S	I	E	F	G	E	A	S	Q	V	J	D	Y	T
Q	P	T	Y	X	U	E	N	E	D	J	T	C	R	O
W	A	R	M	C	Q	O	N	N	T	H	A	H	E	P
W	C	B	S	Y	W	E	Z	C	E	I	H	I	T	Y
J	U	E	O	F	E	F	A	S	Y	M	Z	L	N	H
H	R	G	L	O	V	E	S	A	Q	I	W	L	I	V
Z	Z	A	O	G	T	K	E	C	R	N	W	O	W	F
B	K	K	L	B	C	S	Q	T	J	U	H	C	N	O
E	R	H	J	H	A	U	N	Z	Q	C	I	S	J	S

BOOTS
CLOTHING
COLD
EMERGENCY
FROSTBITE
GLOVES
HAT
HYPOTHERMIA
ICE
RESCUE
SAFE
SNOW
SNOWFLAKE
SNOWMEN
WATERPROOF
WINDCHILL
WINTER

COLD WATER HAS EXTRA DANGERS

Even if there is no ice, in winter the water is much colder than normal and you cool down much faster when you are wet, than when you are dry. When you are cold your muscles get weaker, slow down, and get tired more quickly. All these effects on your muscles mean that you can't swim as far as you can normally.

Many people drown because they don't realise that cold water reduces their ability to swim.

- YOUR NORMAL TEMPERATURE IS AROUND 37°C. WHEN YOU ARE COLDER THAN THIS, YOUR BODY CAN'T WORK PROPERLY
- IF YOUR TEMPERATURE DROPS TO 35°C OR COLDER, YOU WILL BECOME HYPOTHERMIC AND VERY ILL

STAT ATTACK!

WHAT CAUSES HALF OF ALL DROWNINGS AROUND ICE? → **HALF OF ALL ICE RELATED DROWNINGS INVOLVE THE ATTEMPTED RESCUE OF ANOTHER PERSON OR PET**

WHERE DO MOST DROWNINGS HAPPEN? → **MOST DROWNINGS (63%) HAPPEN AT INLAND WATERWAYS SUCH AS CANALS, RIVERS, RESERVOIRS AND LAKES**

IS IT POSSIBLE TO DROWN AROUND YOUR OWN HOME? → **YES. 10% OF DROWNINGS HAPPEN AROUND THE HOME, INCLUDING IN HOME SWIMMING POOLS, PONDS AND BATHS**

WINTER GAME - WHEN GOING OUTSIDE

Each player takes it in turn to say the line "when going outside in winter, I will wear..." and says an item of clothing. The next person has to say the items of clothing already listed in the correct order and add their own. This continues until someone forgets an item of clothing or the order.

EXAMPLE

Player 1: "When going outside in winter, I will wear warm socks."

Player 2: "When going outside in the winter, I will wear warm socks and a big coat."

Player 3: "When going outside in the winter, I will wear warm socks, a big coat and a woolly hat."

WATER SAFETY QUIZ

QUIZ 1 – GOING OUTSIDE

1. What three things should you do before leaving the house?
2. Name five things you should always wear when going outside in winter
3. Give three signs of frostbite
4. Give three signs of hypothermia

QUIZ 2 – OUT AND ABOUT

1. What are the four points of the Water Safety Code?
2. What is ice?
3. What is snow?
4. Give four tips for walking on snow and icy paths
5. Why should you never go on ice?

QUIZ 3 – WHAT TO DO WHEN THINGS GO WRONG

1. What should you not do if someone falls through the ice?
2. Who should you call if someone falls through the ice?
3. What type of objects could you use to throw from the bank to the person in the water?
4. What should you do if your pet falls through the ice?
5. What will happen to a person's body temperature if swimming in cold water?

FOR MORE GAMES VISIT: RLSS.ORG.UK

ARE YOU WATER SMART?

To be awarded the Water Safety Badge you must work through the Water Smart Booklet and must answer the questions from the quizzes.

NAME: .....

DATE COMPLETED: .....

INSTRUCTOR NAME: .....

SIGNED: .....