



QEGSMAT
MULTI ACADEMY TRUST



Safeguarding Bulletin

Issue 4: January 2023

Water Safety

With cold weather upon us for a while yet, and with the increase in wild swimming across our region, this bulletin is to raise awareness of water and ice safety, for us, our students, and families.

The following information has been taken from the [Canal and Rivers Trust](#):

Plan your route – think about where you want to go and how long you want to be out for

Take a friend – it is safer to walk with others

Slow down – the colder it gets, the greater the likelihood of icy and slippery surfaces underfoot. It's easier to stay safe, spot potential hazards and avoid accidents near water when you reduce your speed

Tell someone where you are going – in case you are out for

much longer than you say, you can be found more easily

Stay away from the edge - Although you may be able to see the edges of bodies of water even in the snow, it may be slippery.

Check the weather – look at the forecast and see what's coming your way

Wear the right clothing – waterproofs, sturdy footwear, warm layers can all help your body cope with the wintry conditions

Take your phone (or even a whistle) – if you get into trouble, or see somebody else in trouble, you can call or whistle for help

Teach children not to go on the ice – it's important for children not to go on the ice on rivers or lakes under any circumstances

Try to keep to 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 away from water

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

If your dog does go into the water, don't jump in after it, instead:

- Encourage your dog to swim over to you where you can lift them out more safely
- If they are unable to do this, try to reach them with a line or long branch



Inside this issue:

Water Safety	1
Ice Safety	1
If you see someone in the water	1
Wild Swimming	2
Water Safety Signs	2


Ice safety advice

- Look out for the signs and warnings (these are over-leaf)
- All year round the shock of the cold water can really take your breath away and cause your muscles to cramp, making it very difficult for you to stay afloat
- There may be objects hidden under the water that could cause you harm
- The water may be deeper than you think. it's not always easy to get out – especially wearing heavy, wet clothes and helping someone else
- Staying on the surface is much harder when you are trying to help someone else, they may panic and


If you see someone in the water:

- Call 999 and shout for help
- Stay off the ice: Help from the land to the best of your ability. Try to keep your eyes on the person at all times, especially in moving water
- Shout to the casualty to keep still to maintain heat and energy, use a calm reassuring voice if possible: *Float To Live*
- Look for rescue equipment or anything that will extend your reach such as a rope, pole, branch or item of clothing.
- Reach or throw out to the casualty with it. Gently guide and move the person to the shore. Make sure that you are on stable ground.
- Keep the casualty warm and make sure they go to hospital.


Water Safety Code




Stop and think – spot the dangers



Stay together



In an emergency: **Float**



Call **999 or 112**

Wild Swimming/Outdoor or Natural Swimming

Wild swimming is essentially swimming outdoors in natural spaces, such as rivers, lakes or the sea.. Swimming outdoors is an excellent way to stay fit and connect with nature **but** some basic safety precautions must be taken. Each year a number of water-related accidents and deaths could potentially be avoided by following the advice below:

- Check the **current**
- Gauge the **depth**
- **Never swim in canals, urban rivers, stagnant lakes or reedy shallows**
- **Never swim in flood water and be cautious of water quality during droughts**
- Avoid contact with **blue-green algae**
- **Never swim alone and keep a constant watch on weak swimmers**
- **Never jump into water you have not thoroughly checked for depth and obstructions**
- Always make sure you know **how you will get out** before you get in (have your escape route planned!)
- **Don't get too cold** - warm up with exercise and warm clothes before **and** after a swim
- Wear **footwear** if you can
- Watch out for **boats** on any navigable river. Wear a **coloured swim hat** so you can be seen

If it's your first time in cold water without a wetsuit, arrive feeling really warm. Plan a good hearty walk to get you there, and put on lots of warm clothes before you arrive.

Cold water shock can be deadly so even if you're head to toe in neoprene it's better not to jump into open water. Instead, ease in and give yourself a few minutes to adjust to the temperature. Cold water triggers an involuntary 'gasp' response. You may find you're breathing more quickly or even feeling panicked. Allow these sensations to subside for a minute or two before actually swimming and splash water on your face before dipping your head under in a few times. You will get used to cold water after just a few swims but build up the amount of time you spend in colder water gradually. On windy days you will lose body heat more quickly.

If you feel very cold, are shivering, or notice your skin is going white or even blue then it is time to get out. Warm up by removing damp swimwear and putting on a dryrobe or towel. Sip a hot drink and try to keep moving by walking on the spot.

Information from: [The outdoor swimming society](#); [wildswimming.co.uk](#); [Countryfile](#);

Prohibition

Prohibition signs tell you not to do something.
Black and White on Red.

Hazard

Hazard Signs warn of potential hazards.
Black on Yellow.

Mandatory

Mandatory Signs give instructions to do something.
White on Blue.

Mandatory action – life jackets to be worn

Information

These are not safety Signs but give general information.
Black on White.