RLSS UK
QUALIFIED TRAINER
ASSESSOR
2022

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Trainer/Assessor

(It’s not my day job)

With other volunteers I run a Lifesaving Club at the Meadows Leisure Centre in Maghull Sefton.

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There are other Lifesaving Clubs in the Liverpool and District Area

Why be safe around water?
Drowning

- Drowning is defined as “experiencing respiratory impairment due to submersion / emersion in a liquid”.
- Outcomes
- How deep does the water need to be to drown in?
- How long?
- “I will know when some is drowning – I will hear the screams for help?”

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  - **Death**
  - **Morbidity**
  - **No morbidity**

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- How long?

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- How long? **A few seconds**

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- “I will know when some is drowning – I will hear the screams for help?”

Drowning is silent.

Why do people drown? - The drowning chain

1. **Lack of education** – **not knowing about, ignoring or misjudging danger**

2. **Lack of safety advice** – **unrestricted access to danger**

3. **Lack of supervision** – **no adequate supervision**

4. **Inability to cope** – **not being able to save yourself or be rescued**

Drowning Prevention Week

Enjoy Water Safely

10 Drowning Facts

AROUND 44%
OF ACCIDENTAL DROWNINGS
happen between May and August.

ONLY 30%
OF PARENTS SURVEYED
said they were 'very confident' that their child knows how to stay safe in and around water.
(March 2022)

OVER 80%
of those who drown accidentally are male.

80% OF BLACK CHILDREN AND 95% OF BLACK ADULTS
do not swim.

62.4%
of accidental drownings happen in inland water.

AROUND TWO-THIRDS
of UK adults surveyed have never had any formal training or education in water safety.
(March 2022)

MORE THAN 46%
never intended to be in the water.

Accidental drowning takes an average of **402 UK AND IRISH CITIZENS EACH YEAR.**

LACK OF CONFIDENCE AND COMPETENCE
in water affects survival rates.

PEOPLE AGED 16 TO 30
account for 23% of drowning fatalities.

Drowning is preventable.
Even one drowning is one too many.

The drowning chain
All these links were in place for Cameron

1. **Lack of education** – **not knowing about, ignoring or misjudging danger**

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How does someone who can swim drown in non pool environments?

Why do you think these, and many other strong swimmers, drown every year?

There are lots of hazards to be aware of, particularly at places such as rivers, lakes, quarries, and the beach…

…but cold water might be the biggest killer of all the hazards.

Cold water shock.

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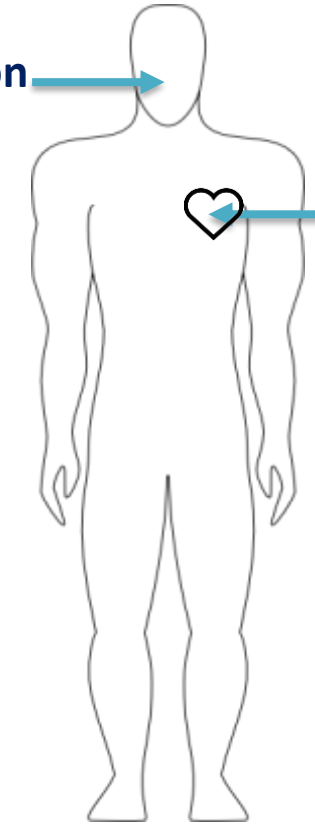
When the cold water first hits you

Summary

Big gasps followed by hyperventilation

- Causing dizziness and panic
- If you inhale water you'll start to drown



Increased blood pressure and heart rate

- Can trigger heart attacks in people with medical conditions

Lasts for 0 – 3 minutes

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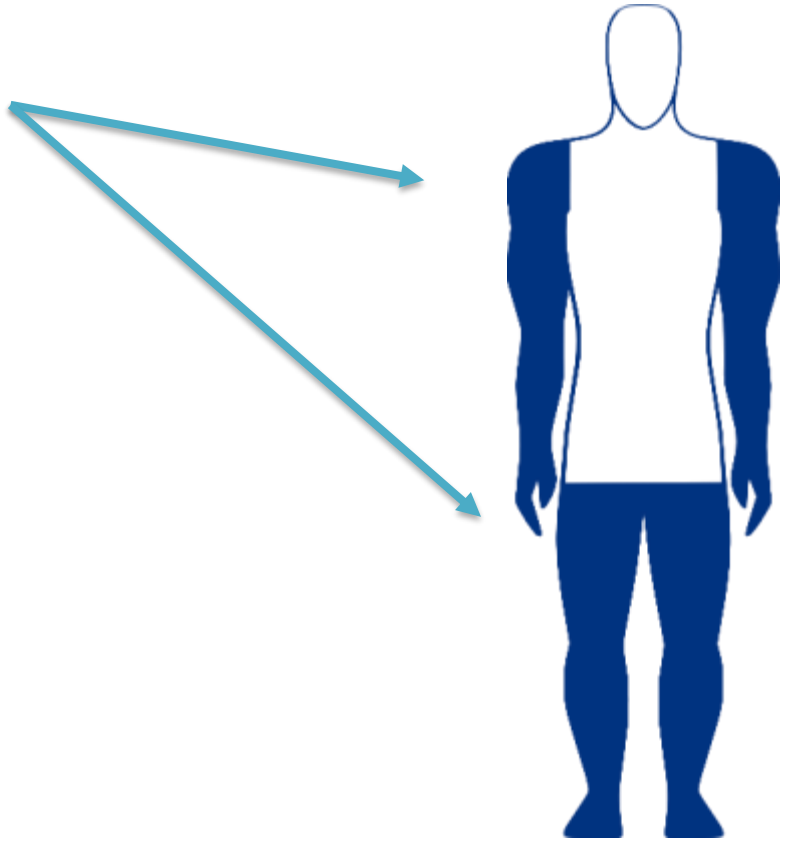
After the gasping, muscle cooling

Summary

Muscle cooling in your arms and legs

- Loss of strength
- Loss of endurance
- Loss of coordination
- Loss of ability to swim = drowning



3 – 30 minutes

What to do when you go into cold water.

- **Enter** the water **slowly and carefully.**
- **Acclimatise** yourself
- **Get onto your back and float** until the effects of the cold water shock pass (0-3 mins). This keeps your **air way clear of the water.**
- If you are pushed into cold water get onto to your back to keep your air way clear of the water.
- If there is a risk of falling into cold water (i.e. boating, kayaking etc **wear a buoyancy aid** even if you are strong swimmer).
- Get out of the water or to a point of safety if you can If you cannot remain still, float on your back and wait for help. Signal for help if see someone who might be able to help (one arm wave and shout help).

Cold water is a killer!

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General Safety Around Water

ROYAL LIFE SAVING SOCIETY UK

Spot

Spot the Dangers

Look for dangers whenever you're near water

Advice

Take Advice

Read the signs

Ask lifeguards and adults

Friend

Go with a Friend

Always go with friends or family, it's more fun, and they can help in an emergency

Emergency

Learn what to do in an Emergency

Call 999 (or 112) and shout for help

Never go into the water to help someone

Safety Around the Home

ROYAL LIFE SAVING SOCIETY UK

Who is most at risk around the house?

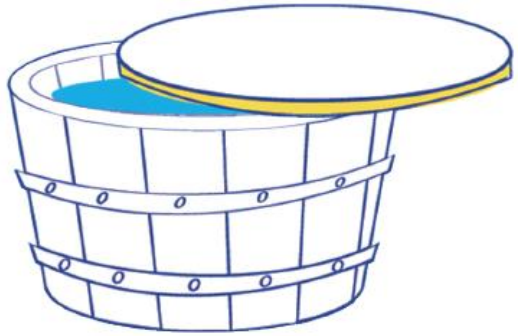
- Young children, elderly, those with medical conditions

What sources of water around the house pose risks?

- Ponds, water features, paddling pools, home swimming pools
- Water butts, buckets
- Baths, sinks

Safety Around the Home

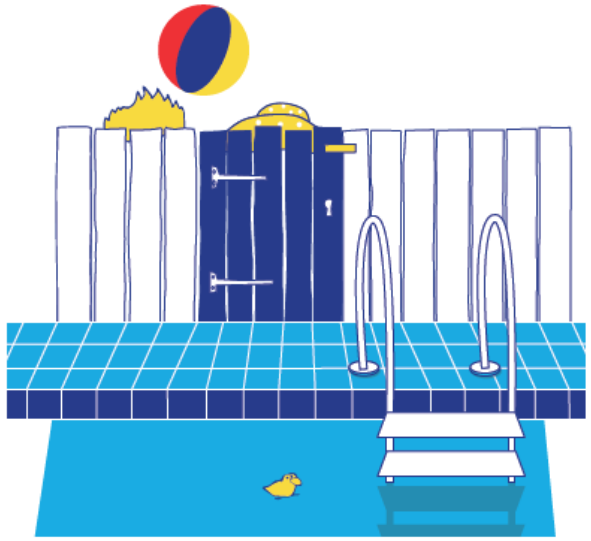
- Constant supervision is the only way to guarantee children's safety
- Supervise bath time (consider having a shower instead)
- Restrict access to ponds, water features and home pools – consider fencing and other robust options
- Empty paddling pools and buckets as soon as they are not in use
- Think about safety at other houses, such as grandparents and family friends



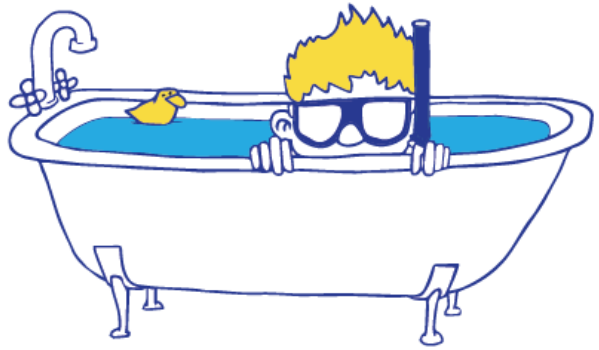
Always cover hot tubs and water tanks.

Always empty your paddling pool.

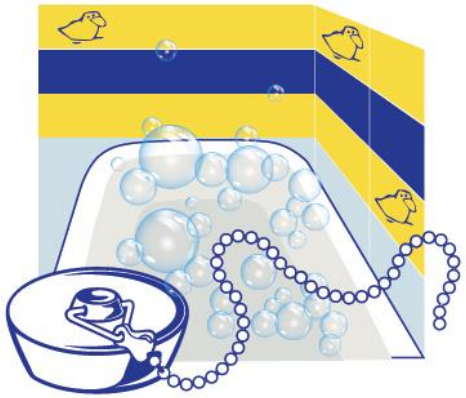
Always keep the bathroom door shut.



Always use self-closing gates, fences and locks around ponds and pools.



Always supervise bathtime.



Always pull out the plug.

Always supervise children near water!

Two links of the drowning chain broken

Access and Supervision

Enjoy water safely at HOME

- Around **700 people drown in the UK and Ireland every year**, and **many more suffer injury**, **some life-changing**, **through non-fatal experiences.**
- **More people die from drowning in the UK and Ireland than from domestic fires or cycling accidents.**
- **Drownings around the home are easily preventable**

Swimming Pool Safety

Additional hazards at holiday, hotel, spa, and resort pools:

- No Lifeguards or Lifeguards trained to lower standards
- Slower response from the emergency services
- More unsupervised/unregulated pool activities and equipment
- Unrestricted access to the pool (for children and strangers)
- Unregulated behaviour (from other guests)
- Access to alcohol
- Weather risks including sun burn
- Poor water quality
- More irregular freeform designs

Water safety around holiday swimming pools

Top water safety when around residential pools

- **You are your family's lifeguard** - Children and weak swimmers should always be closely supervised by an adult and weak swimmers should stay within the pool's recommended safety depths even if they are wearing arms bands.
- If the pool has a **lifeguard, they are not babysitters or childminders**. **You are responsible for your child.**
- **Take time to check** the depth, water flow and layout of pools
- **Control access** to the pool
- **Never enter the water after drinking alcohol**
- Know what to do in an emergency – Know how to perform CPR and learn some basic lifesaving skills (RLSS Save a life course)

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Inland Water Sites

Over half of drownings occur at inland water sites which include rivers, lakes, quarries, reservoirs and canals.

That's over **200 drownings** every year!

Many of these drowning occur because people **assume that swimming or jumping into open water is similar to using a swimming pool. NO IT'S NOT!**

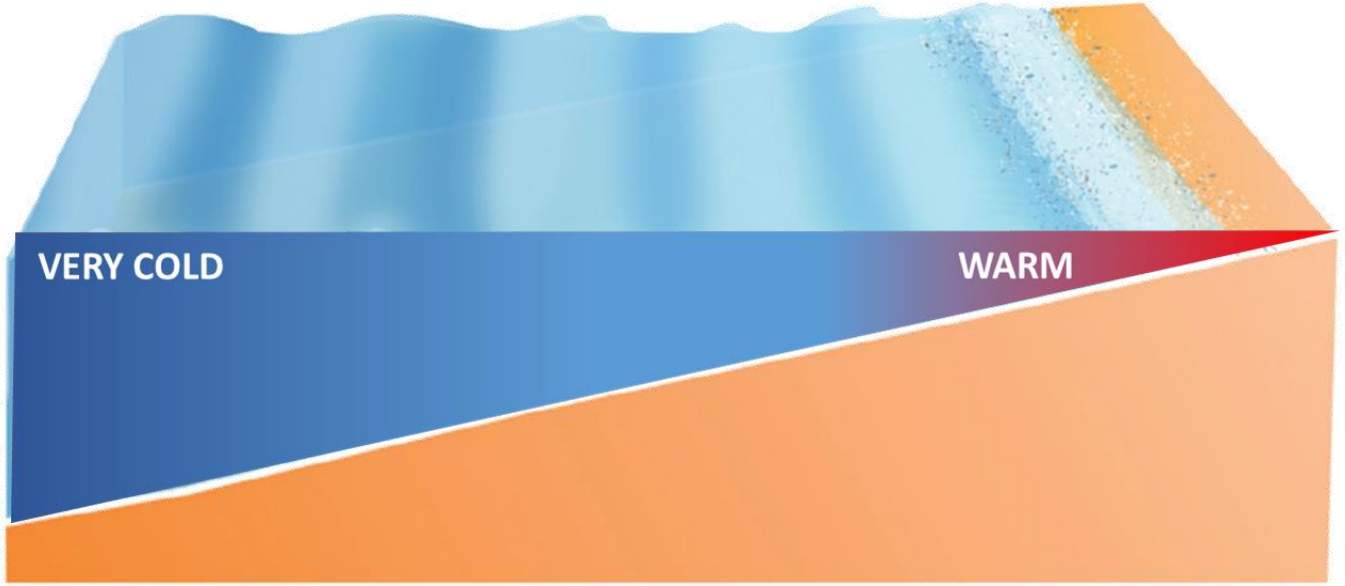
Open water can be used safely, but there are a lot more things to consider when going into open water compared to a swimming pool

Open Water

Even during the summer the open water sites stay very cold, particularly the deeper water just a few metres from the shore.

If you want to swim, try to enter from somewhere shallow, and swim parallel with the shore so you can stand up if you start to feel tired or if you inhale water.

If you're going into deeper water, or jumping in, it's a good idea to go with an organised group with rescue cover, get used to the temperature first, and wear a wetsuit.



Canal

Hazards:
4 to find!

Reveal All

Reset

Menu

Exit

Canal

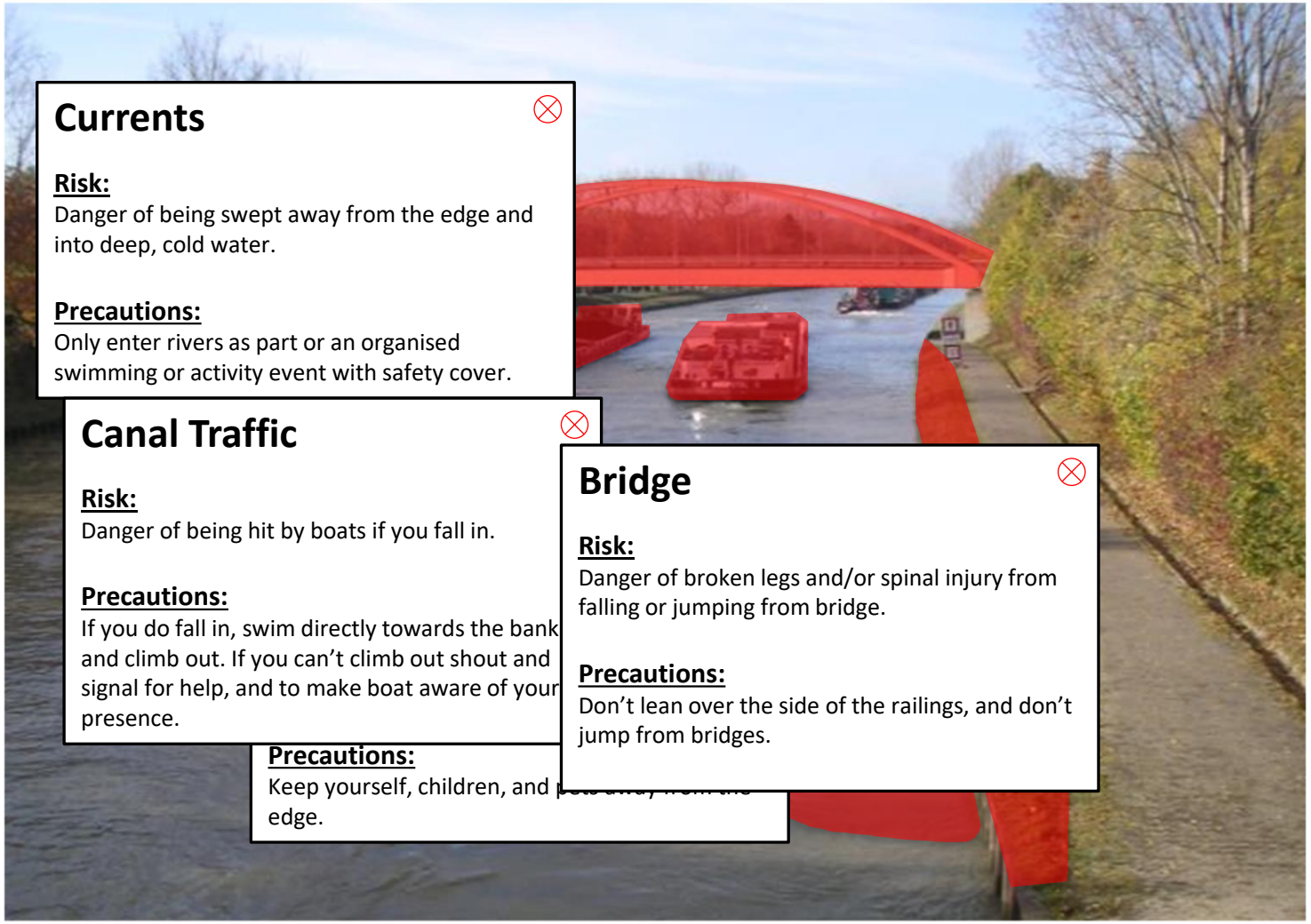
Hazards:
4 to find!

Canal Traffic

Currents

Bridge

Bank



Reveal All

Reset

Menu

Exit

Lake

Hazards:
4 to find!

Reveal All

Reset

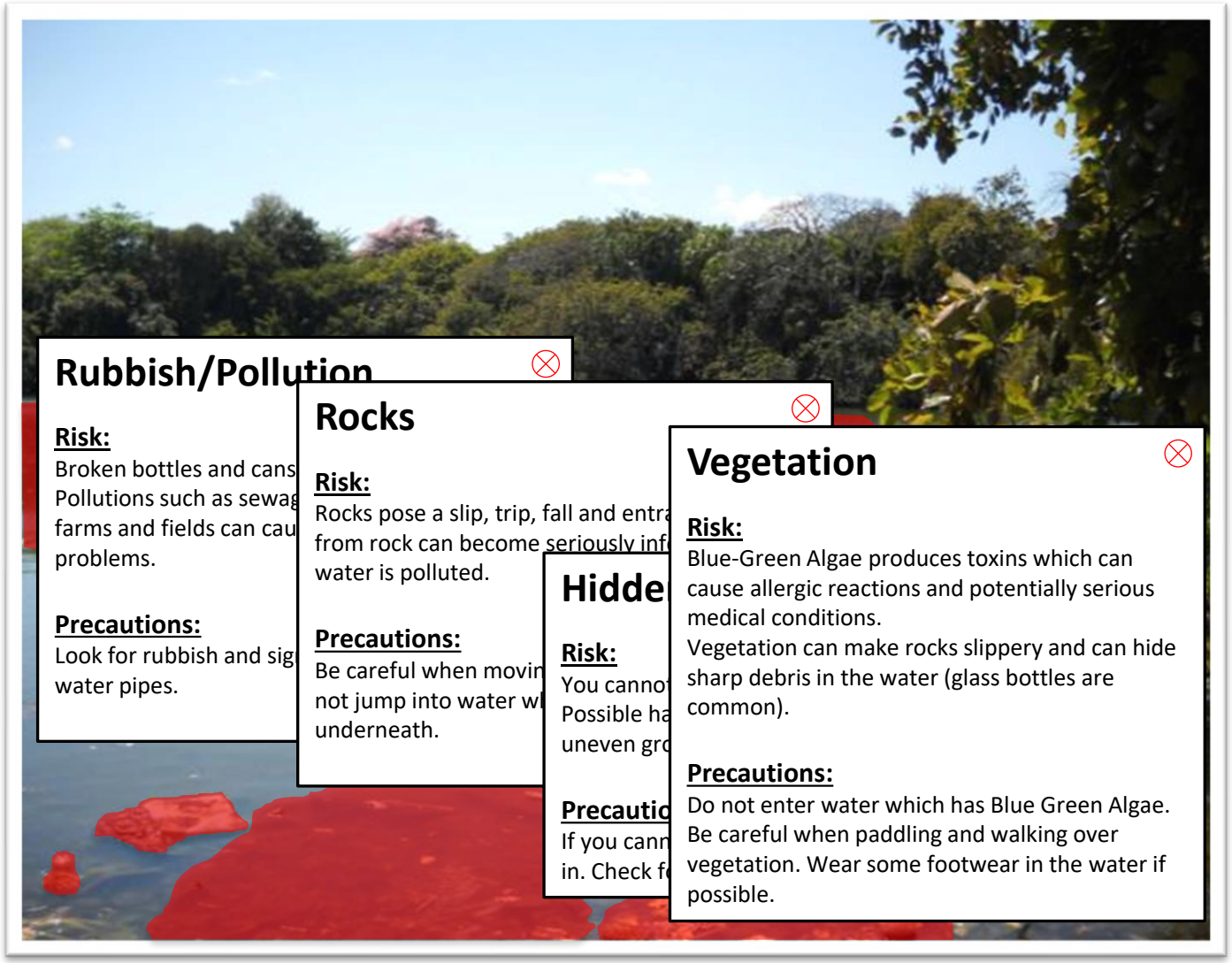
Menu

Exit

Lake

Hazards:
4 to find!

- Rocks
- Vegetation
- Rubbish/ Pollution
- Hidden Features



Reveal All | Reset | Menu | Exit

Quarry

Hazards:
6 to find!

Reveal All

Reset

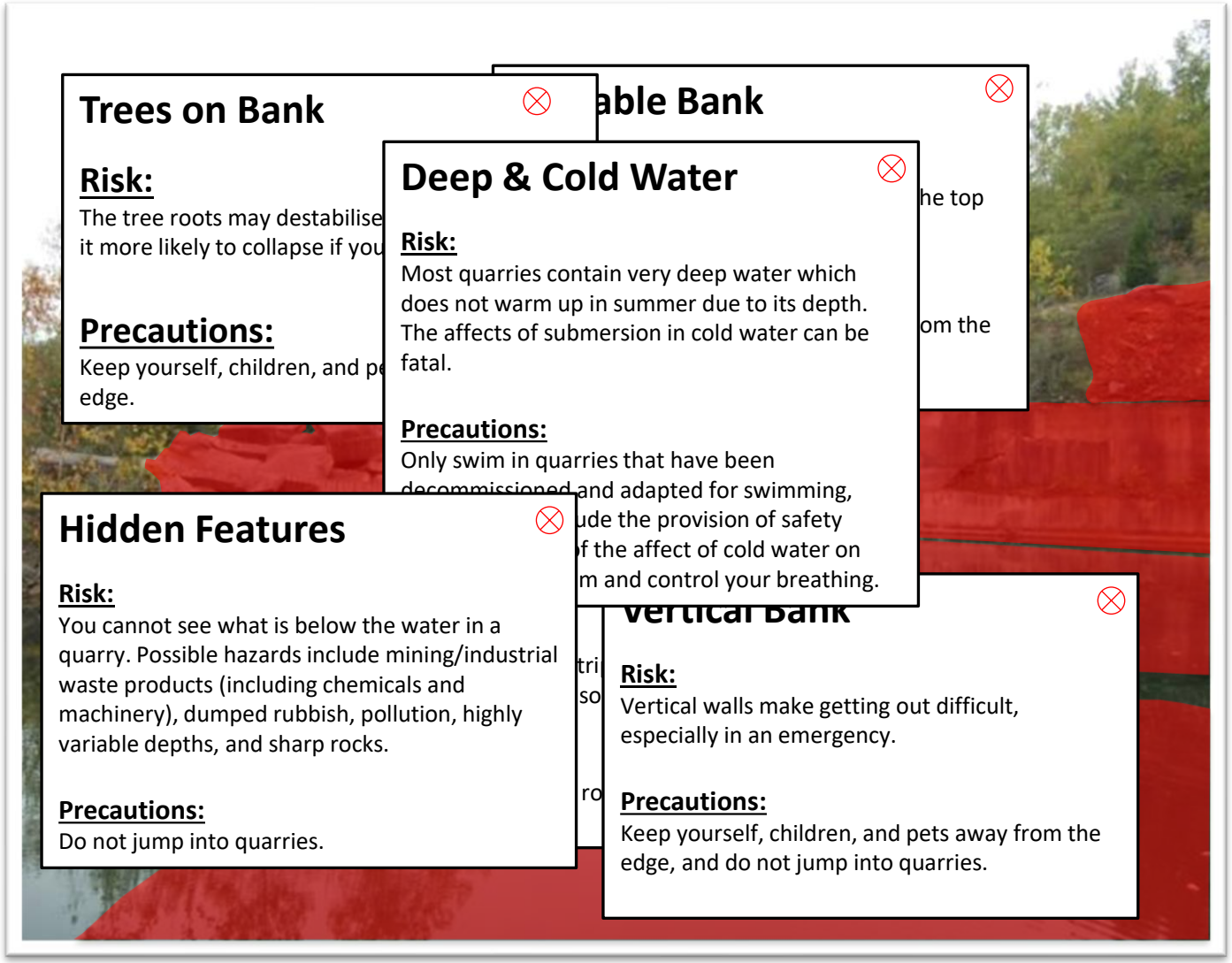
Menu

Exit

Quarry

Hazards:
6 to find!

- Rocks
- Unstable bank
- Underwater current
- Hidden features
- Shear face
- Trees on bank



Reveal All | Reset | Menu | Exit

Reservoir

Hazards:
3 to find!

Reveal All

Reset

Menu

Exit

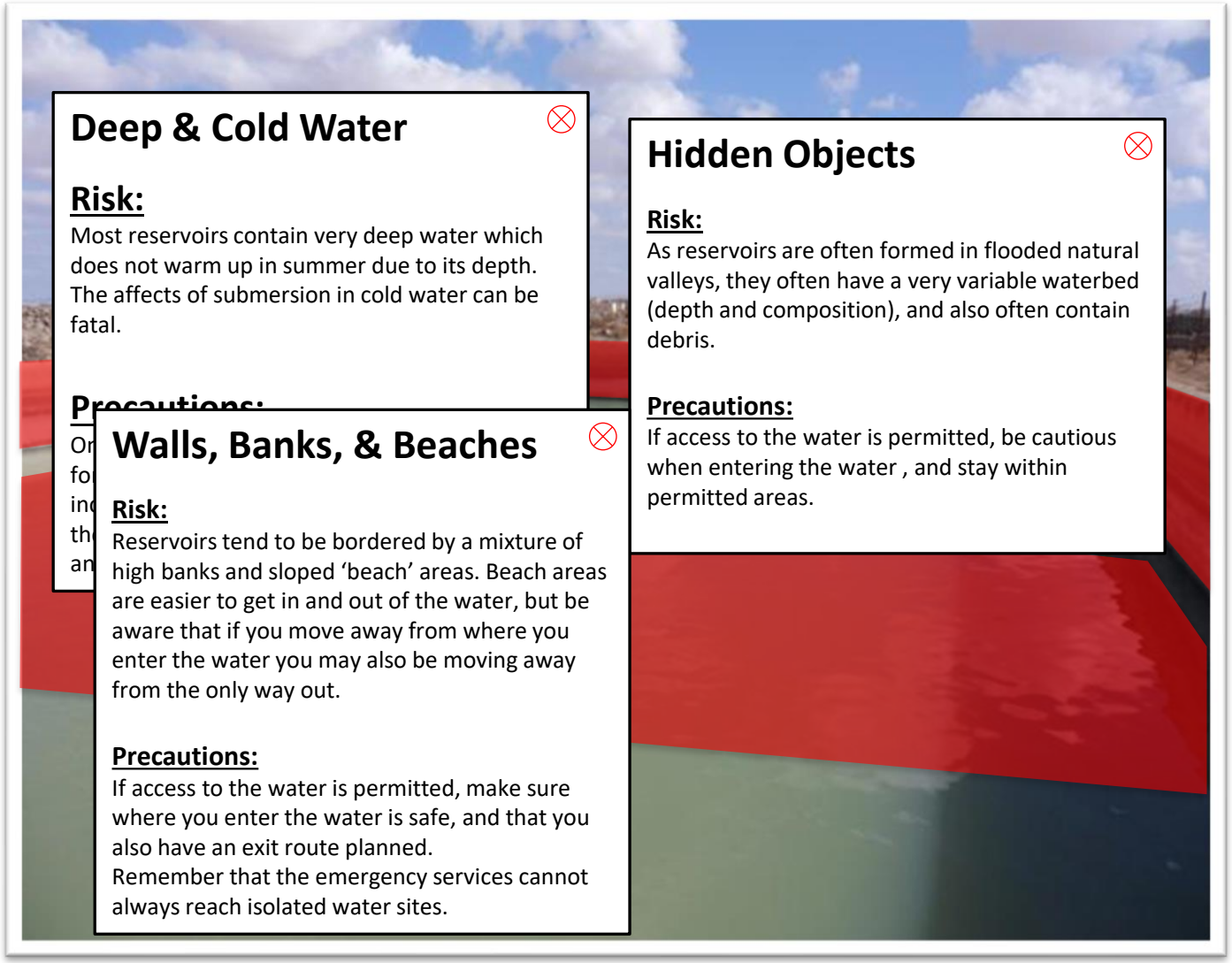
Reservoir

Hazards:
3 to find!

Hidden objects

Cold water

Shear Wall



Reveal All

Reset

Menu

Exit

River

Hazards:
8 to find!

Reveal All

Reset

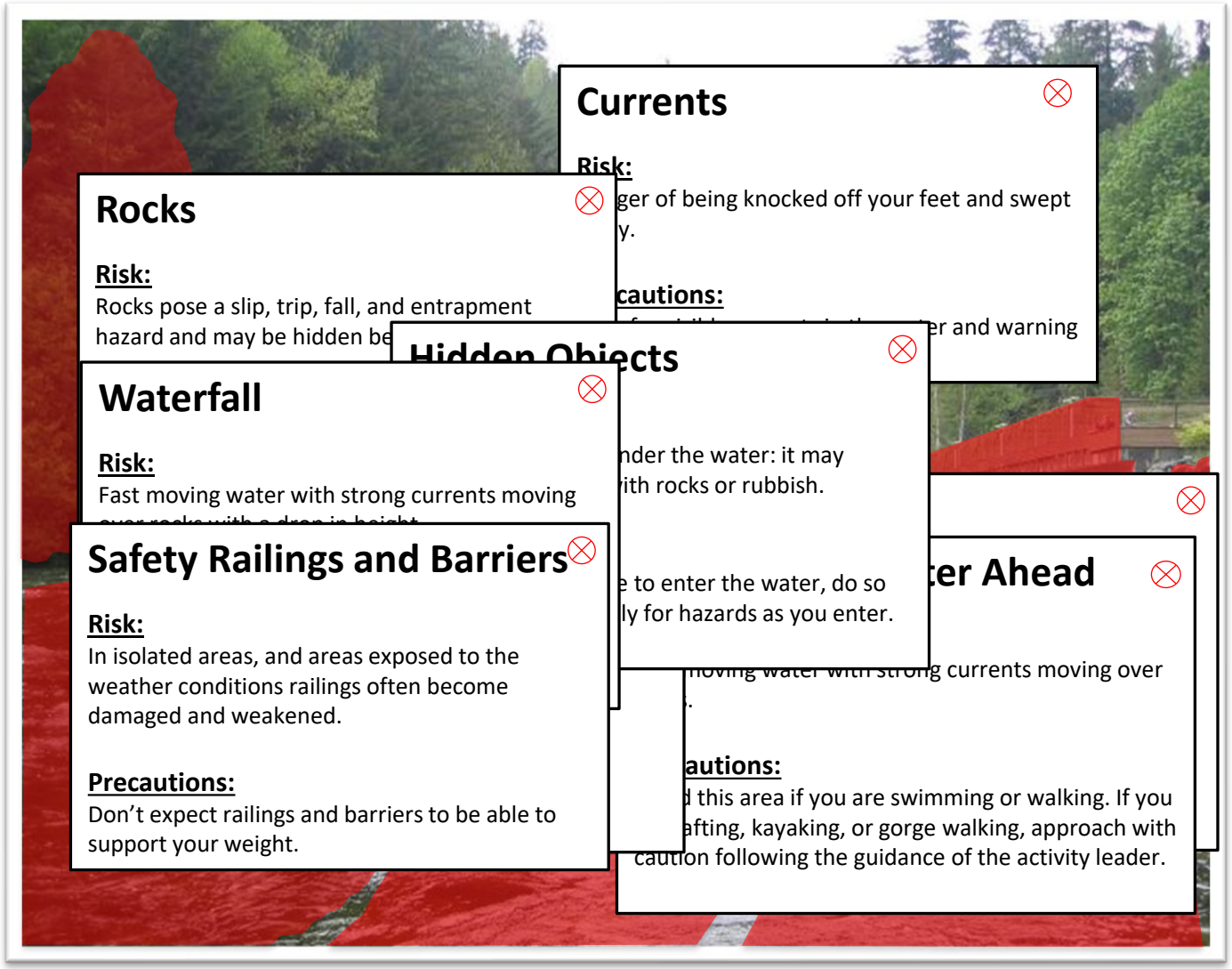
Menu

Exit

River

Hazards:
8 to find!

- Hidden objects
- Cold water
- Currents
- Rocks
- White water
- Waterfall
- Railings
- Trees on bank



Reveal All | Reset | Menu | Exit

The Beach - Rip Currents

What is a rip current?

- Rip currents are where the water that has been washed onto the beach by the waves flows back out to sea

What is the danger of a rip current if you swim into one?

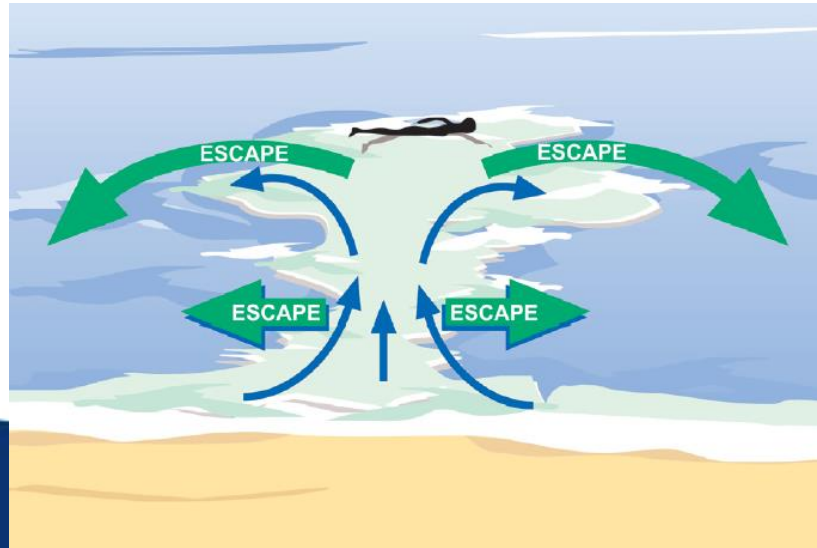
- You could get swept out to sea

Are rip currents always in the same place?

- No. Some rip currents always appear in the same place, some move around the beach, others appear and disappear depending on the waves and tide

How can you escape a rip current?

- Swim parallel to the beach until you are out of the rip, then swim towards the beach



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The Beach - Rip Currents continued

To spot rip currents look out for:

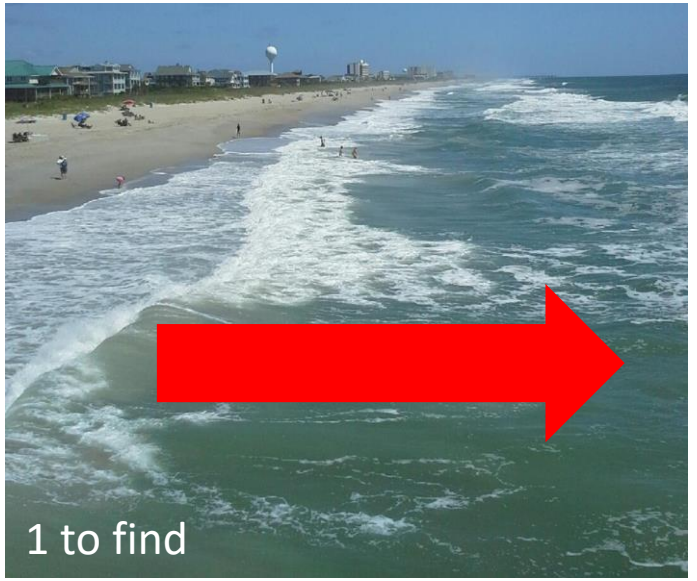
- Darker deeper channels of water
- Churned up sea bed
- Debris floating out to sea (seemingly against the waves)
- Change in the shape of energy of the waves
- Rips often flow along cliffs or piers extending into the sea

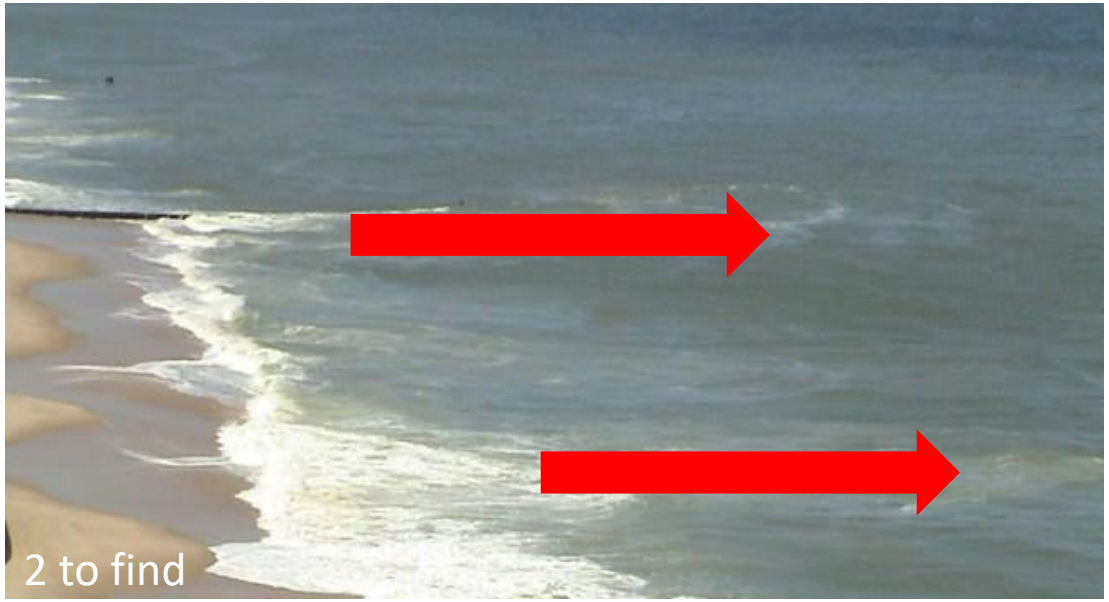
Can you spot the rips in these increasingly difficult examples?

(click or touch where you think the rip current is, some pictures have more than one)

Can you spot the rips in these increasingly difficult examples?

(click or touch where you think the rip current is)



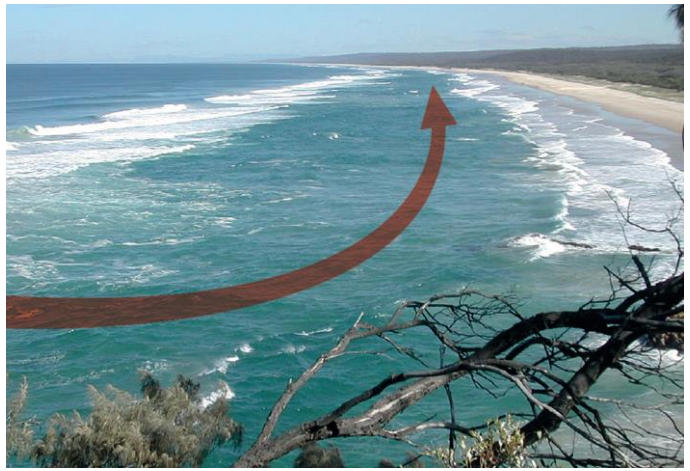


Longshore Currents

Longshore currents run along the beach.

When you're in the sea these currents can carry you along the beach away from where you got into the water, and may **even carry you to an area where you can't get out or towards a rip current.**

Longshore currents can be difficult to spot, but look for the waves coming in at an angle to the beach, and groynes on the beach which are used to stop the sand washing up the beach with the longshore current.



Tides

- **2 high and 2 low, high and low times change every day**.
- **The change** in water level can be **many metres** (**6m** today in Liverpool)
- **Fastest up a shallow shelving beach.**
- **The water can use channels to come in behind you** and cut you off from the beach and **happens very quickly**.
- The tide comes in at approximately the following rate after low tide using Liverpool today as an example:

Time after low tide (hours)	Fractional change in height	Change in height (m)	Total change depth (m)
1	1/12	0.5	0.5
2	2/12	1.0	1.5
3	**3/12**	**1.5**	**3.0**
4	**3/12**	**1.5**	**4.5**
5	2/12	1.0	5.5
6	1/12	0.5	6.0

Rapid rates of change at the 3rd and 4th hours = large volume of water movement

After short pause the tide turns and goes out

Time after high tide (hours)	Fractional change in height	Change in height (m)	Total change depth (m)
1	1/12	0.5	0.5
2	2/12	1.0	1.5
3	**3/12**	**1.5**	**3.0**
4	**3/12**	**1.5**	**4.5**
5	2/12	1.0	5.5
6	1/12	0.5	6.0

Find information about the tide times online or on signs at the beach. Remember they change every day. If in

Offshore Winds

Offshore winds blow towards the sea.

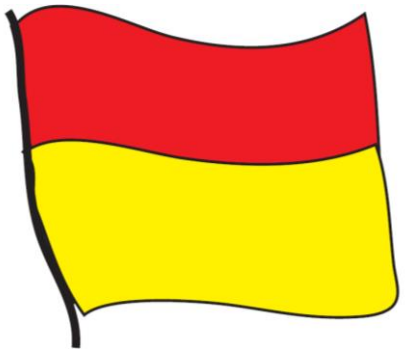
The wind can blow people on inflatables out to sea, and surface chop can make it difficult to swim back towards the shore.

Surface chop is when water blows off the tops of waves, blowing droplets into your face, making seeing and breathing difficult.

Orange windsock or flags can indicate the wind direction.

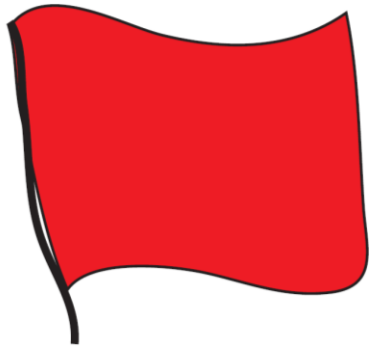
Beach Flags

What do the Beach Flags mean?



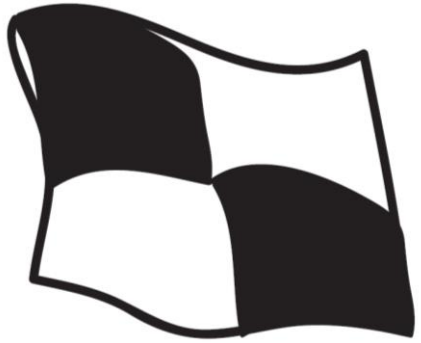
1. Red & Yellow

Lifeguarded area
Safest place to swim



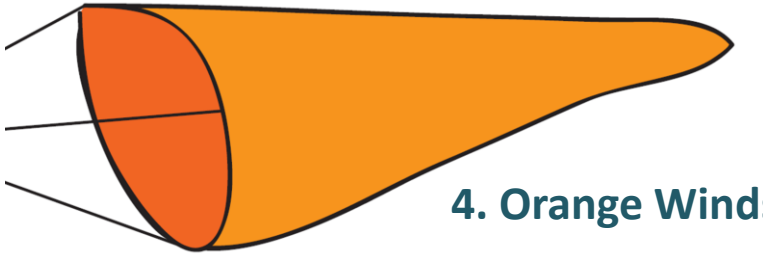
2. Red

Danger
No swimming



3. Black & White

Water sports area
No swimming



4. Orange Windsock

Direction and
strength of the wind

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Summer WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off.

Here are our top tips if you plan on going for a paddle:

LOOK OUT FOR LIFEGUARDS

IT'S COLDER THAN IT LOOKS

DON'T GO TOO FAR

IT'S STRONGER THAN IT LOOKS

BRING A FRIEND

www.rlss.org.uk

ROYAL LIFE SAVING SOCIETY UK

The drowning chain

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3. **Lack of supervision** – **no adequate supervision**

4. **Inability to cope** – **not being able to save yourself or be rescued**

Thank You for listening

- I hope this presentation is useful to you?

- More information from www.rlss.org.uk about water safety and lifesaving clubs in your area.