

TEACHER'S RESOURCE PACK

25 July

is World Drowning Prevention Day



World
Drowning
Prevention
Day 25 July

Anyone can drown,
no one should.



World Health
Organization



Do one thing. Improve one thing. Add one thing.

World
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Prevention
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Anyone can drown,
no one should.



national
water safety
forum

25th July is
World Drowning
Prevention Day
Let's all
DO ONE THING

RESOURCES & ACTIVITIES FOR SWIMMING TEACHERS

#DROWNINGPREVENTION

#RESPECTTHEWATER

#BEWATERSAFE

#LOVEWATERSAFELY

#FLOATTOLIVE



WHAT IS WORLD DROWNING PREVENTION DAY?

The day is a global opportunity to highlight the tragic and profound impact of drowning on families and communities and offer life-saving solutions to prevent it.

In April 2021, the United Nations (UN) General Assembly affirmed drowning as a preventable global public health issue and declared 25 July as World Drowning Prevention Day.

WHY HOLD A WORLD DROWNING PREVENTION DAY?

It is an opportunity to highlight the tragic and profound impact of drowning on families and communities around the world and offer life-saving solutions for prevention.

Globally, an estimated 235,600 people drown every year, and drowning is among the ten leading causes of death for children aged 5-14 years.

The latest UK figures show the number of child drowning deaths in England has significantly increased from 20 in 2019-20, to 41 in 2022-23. Tragically, a total of 125 children have accidentally lost their lives to drowning in the last four years.

The UK data also shows there was a rise in water-related fatalities for all recorded causes in 2023. And, of accidental fatalities, 83% were male, and more than half happened in inland waters.



WHAT IS THE THEME FOR WORLD DROWNING PREVENTION DAY 2024?

Each year there is a key theme to bring global focus and attention to an important aspect of drowning prevention, and they are centred on:

DO ONE THING, IMPROVE ONE THING, ADD ONE THING

WHO is inviting countries and partners to respond to the call to action for global drowning prevention. For example:



DO ONE THING

If you're not yet involved in drowning prevention, just do one thing to support.

.....



IMPROVE ONE THING

If you've already started to work in your area on drowning prevention, then improve one thing.

.....



ADD ONE THING

If you're deeply engaged with drowning prevention, add one thing – there's always more that can be done.

IN THE UK, THE KEY SAFETY MESSAGES THAT ALL ORGANISATIONS INVOLVED IN WATER SAFETY WILL BE CHAMPIONING ARE:

- ✓ **MAKE THE RIGHT CALL – CALL 999**
- ✓ **LEARN HOW TO HELP AND NEVER ATTEMPT A RESCUE**
- ✓ **LEARN HOW TO SURVIVE – FLOAT TO LIVE**
- ✓ **MAKE A PLEDGE – DO ONE THING (ONE CONVERSATION CAN SAVE A LIFE)**



Source: National Water Safety Forum 2024

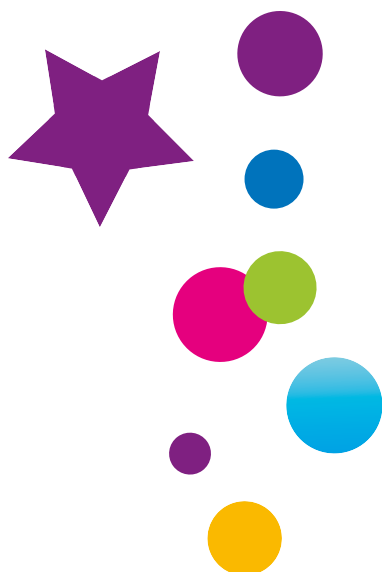
TO HELP, STA HAS CREATED THE FOLLOWING THEMED GAMES AND IDEAS YOU CAN USE IN YOUR LESSONS TO EDUCATE PARTICIPANTS IN SUPPORT OF THESE KEY SAFETY MESSAGES.



*If you see
someone in trouble,
MAKE THE
RIGHT CALL -
CALL 999*

ACTIVITY

Games: Remember the number 999



TEACHING PRACTICES

Create a lesson involving the **number 9**.

- Warm up: Throw objects in a pool and either individually, or in pairs / groups ask them to collect **9** objects. Make it a race if your group enjoys some competition!
- Main theme: Swim **9** times. You can do **9** widths / lengths / swimming styles. Get creative! (alter for the ability of your group)
- Float: Create **9** different float shapes or patterns e.g.
 - o Mushroom on back
 - o Pencil on front
 - o Star on back
 - o Mushroom on front
 - o Pencil on back
 - o Star on the front
 - o Log roll front to back
 - o Log roll back to front
 - o Participants choice

Songs: Who you gonna call – 999



Sing to "I'm a little teapot"

There's someone in the water,
something has gone wrong

Don't panic, stay calm, time to be
strong

Remember what you learned, the
number you should know

Pick up the phone, let 999 know

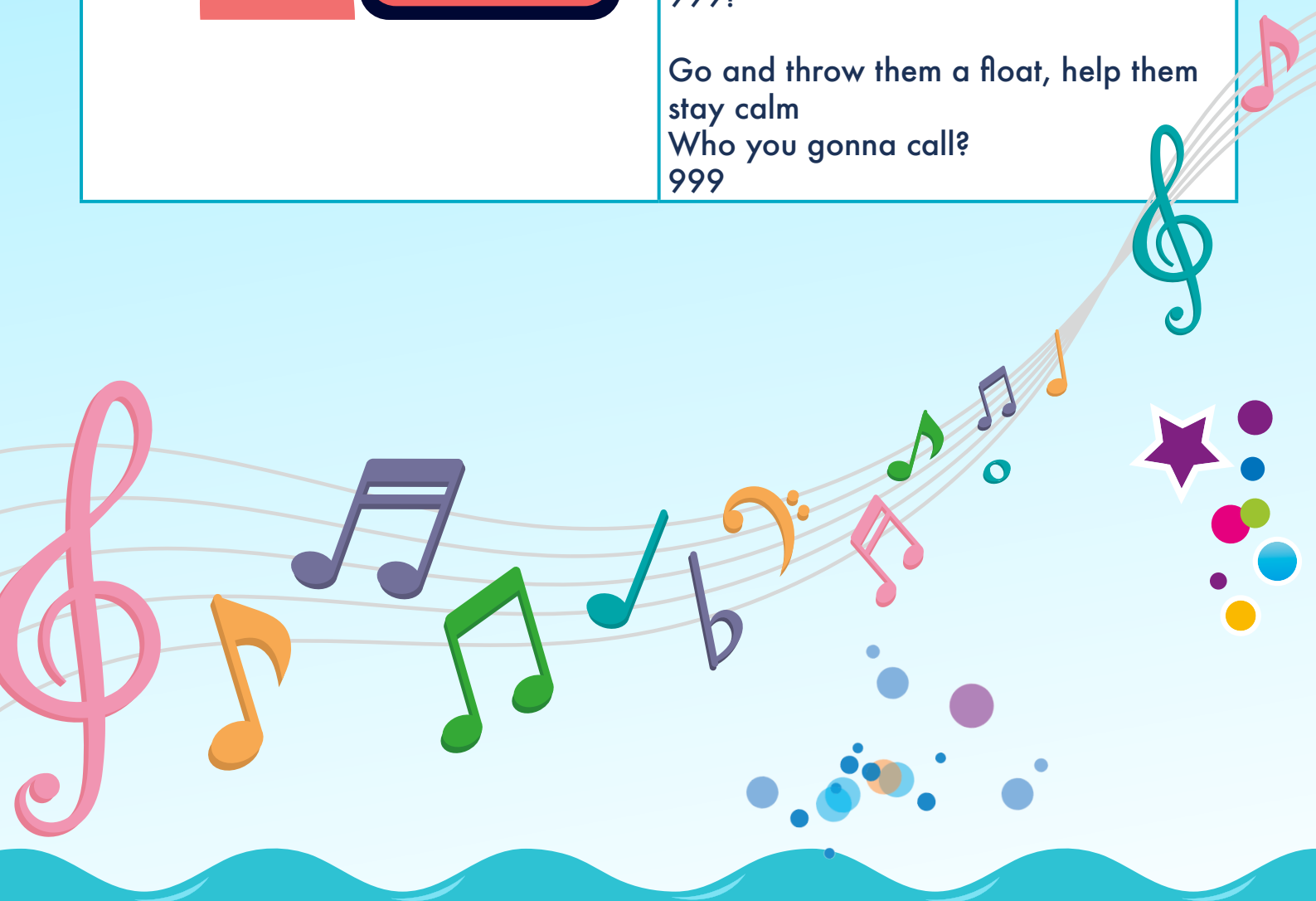
Ghostbusters "who you gonna call?"

If someone needs help, in the water
over there.

Who you gonna call?
999!

Go and throw them a float, help them
stay calm

Who you gonna call?
999





LEARN HOW
TO HELP

LEARN HOW
TO SURVIVE

ACTIVITY

Game 1: Help from friends



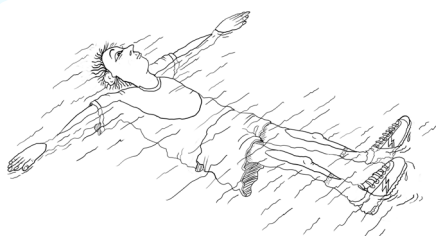
TEACHING PRACTICES

Participants go into pairs. One climbs out onto poolside whilst the other is in the middle of the water (either treading water or using buoyancy aids to assist). Teacher places objects poolside for each pair.

Participant then throws the object to their partner to see if they can float holding it, if they can't then whoever is poolside can be asked what they do next:

- Do you get in to save them? (No)
- Who should you call? (999)
- What should you tell 999 when you call them? (Name, where they are, what is happening)
- How can you help your friend from poolside? (Tell them to float and stay calm, tell them help is coming)

Then the participants switch positions, and the object is changed.



SCAN ME

RNLI:
FLOAT
TO LIVE

Game 2: Relay / Obstacle Race



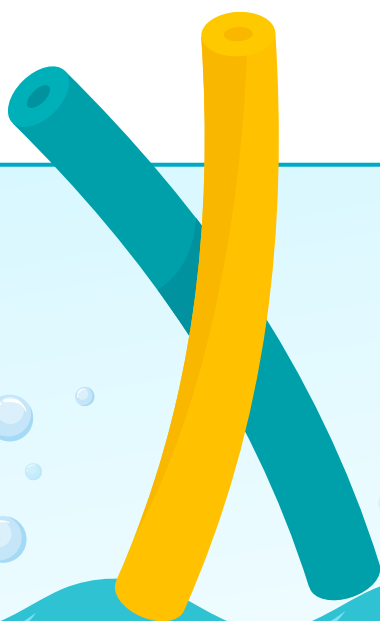
Set checkpoints down the length of a pool to teach aspects of water safety (adapt to the size/style of your pool):

- Checkpoint 1: Float (participants choice, must be on the back to ensure they can breathe)
- Checkpoint 2: Treading water (alter depending on ability, can use aids if needed and demonstrate the leg action)
- Checkpoint 3: Float again and shout for help (must be loud and clear)
- Checkpoint 4: At the end of the pool, have objects ready on poolside for participants to choose from. They can use an object to float for 5 seconds with
- Checkpoint 5: Climb out safely and state who to call in the event of a water safety emergency.

Game 3: Musical Floats

Teacher places different objects around the poolside. Children swim around the pool, when the music stops (or the teacher shouts) the participants choose an object and quickly find an object that floats. Keep repeating until participants have tested various objects for themselves.

Please ensure that participants aren't 'out' and getting cold by staying still. Keep participants entertained with activities.





Pledge to
'DO ONE THING'
for World Drowning
Prevention Day

ACTIVITY

Make a Pledge



I pledge to...

Share a Water Safety
message for World Drowning
Prevention Day

#DrowningPrevention



TEACHING PRACTICES

In line with World Drowning Prevention Day, at the end of a lesson, ask all participants to PLEDGE to DO ONE THING - tell their friends or family one thing they have learned from their water safety lesson today:

- Call 999 if you see someone in trouble
- Don't attempt to rescue someone yourself
- Float to live
- Throw the person in trouble something that floats

Take photos and videos, and with the necessary permissions share to your socials using the hashtags from page 2 (printable pledge cards available).



Make a Pledge



I pledge to...

Go Blue for World Drowning
Prevention Day

#DrowningPrevention



Encourage your participants to wear blue for the World Drowning Prevention Day activities.



STAnley's Water Safety Code

Learn how to #LoveWaterSafely



1. Spot the Dangers

Water may look safe but it can be dangerous; learn to spot and keep away from dangers.
Look out for flags and notices that may warn you of the dangers.

2. Don't Go Alone

Children should always be with an adult when in and around water, not by themselves.

3. Learn How to Help

In an emergency if you spot someone in trouble call 999.
Never enter the water to attempt a rescue, instead find something that floats and throw it to the person.

4. Learn How to Survive - Float to Live

If you fall into the water or become tired, always stay calm, float on your back and shout for help.

www.Sta.co.uk

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