

5th June 2023

Hot Weather Reminder and Water Safety

Dear Parents and Carers,

I hope you all had a relaxing half term and managed to enjoy the sunshine.

With the summer holidays fast approaching and the hot weather predicted to last, the temptation to cool off in open water is a real attraction to young people. Warnings have been issued after at least 31 water deaths have sadly happened during the heatwave across the UK.

Below are some water safety tips for yourself and for you to share with your child.

Water safety for River and Cannels:

The heat of the sun cannot reach the depth of water outdoors, so it will be very cold underneath the water's surface. If you fall in to cold water, you may experience cold water shock. This means you will:

- Find it hard to breathe
- Gasp for air
- Muscles may cramp
- Find it difficult to think
- Suffer heart pain (your heart works harder when you're cold) This is caused by the cold temperature which makes the heart work faster, due to the restricted blood flow.

Rivers, lakes, canal, and beach environments can be a great day out, but only if you follow these rules:

1. Always go with an adult
2. Pay attention to warning signs
3. Do not enter fast flowing water
4. Know how to call for help.

Be aware of:

- Slippery and unstable edges
- Calm water may have strong currents
- Dangers in the water e.g. rubbish, rocks, rusty metals, tree branches
- Safety equipment around the area
- Unknown depths of water
- Avoid water that is frozen, do not play on the ice.

How to Stay Safe in and Around Open Water

What to do if you end up in cold water:

- Float for 60-90 seconds (lean your back in the water and keep your airway i.e. nose / mouth clear so you can control your breathing and to keep calm). You will be in a better position to swim to safety or call for help (RNLI).

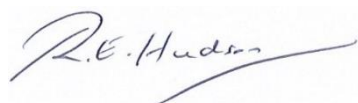
What to do if you see someone struggling in water outdoors

Never get in the water yourself and stay back from the edge.

1. Ask if they need help (if they don't answer or say yes, call for help)
2. Find help from an adult or coastguard nearby if you are by the beach
3. Or call emergency services if no one is around (UK 999/111)
5. Find anything that can float (e.g. water bottle, football etc.) and throw or reach it to the casualty and from the water's edge.

Please share these tips with your child to ensure that they remain safe around water during these warmer months. Please can we also remind students to ensure they have a drink with them each day and apply suntan lotion to protect their skin in the hot weather.

Regards,



Rachel Hudson
Headteacher