GET WISE

LAND-BASED WATER SAFETY PROGRAMME FOR JUNIOR CYCLE P.E.

WISE

WATER INSIGHT, SAFETY & EDUCATION

SÁBHÁILTEACHT UISCE NA hÉIREANN · WATER SAFETY IRELAND

Oide

Tacú leis an bhFoghlaim Ghairmiúil i measc Ceannairí Scoile agus Múinteoirí

Supporting the Professional Learning of School Leaders and Teachers

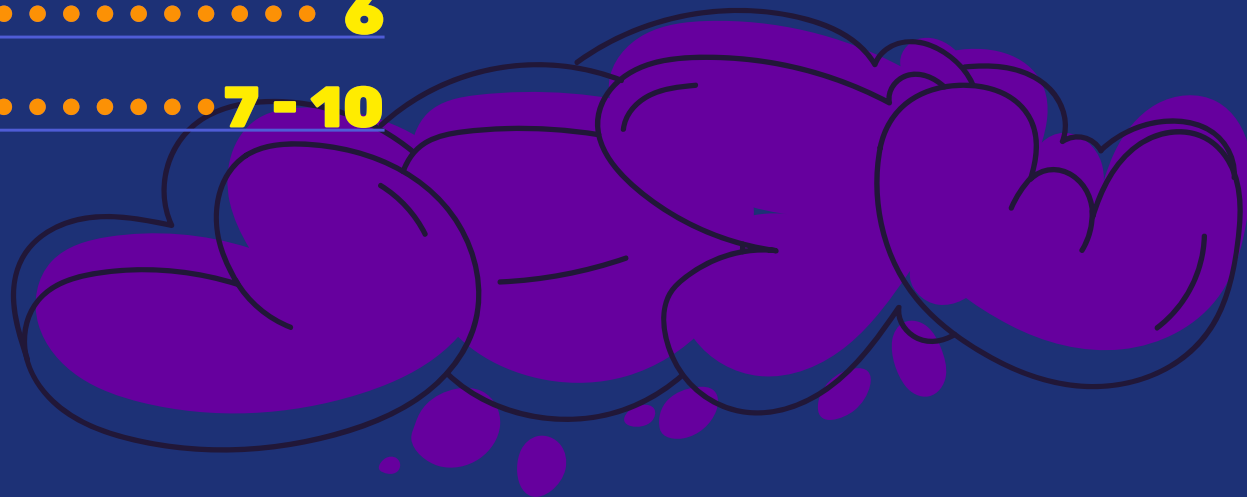**Rialtas na hÉireann**
Government of Ireland

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WATER INSIGHT, SAFETY & EDUCATION

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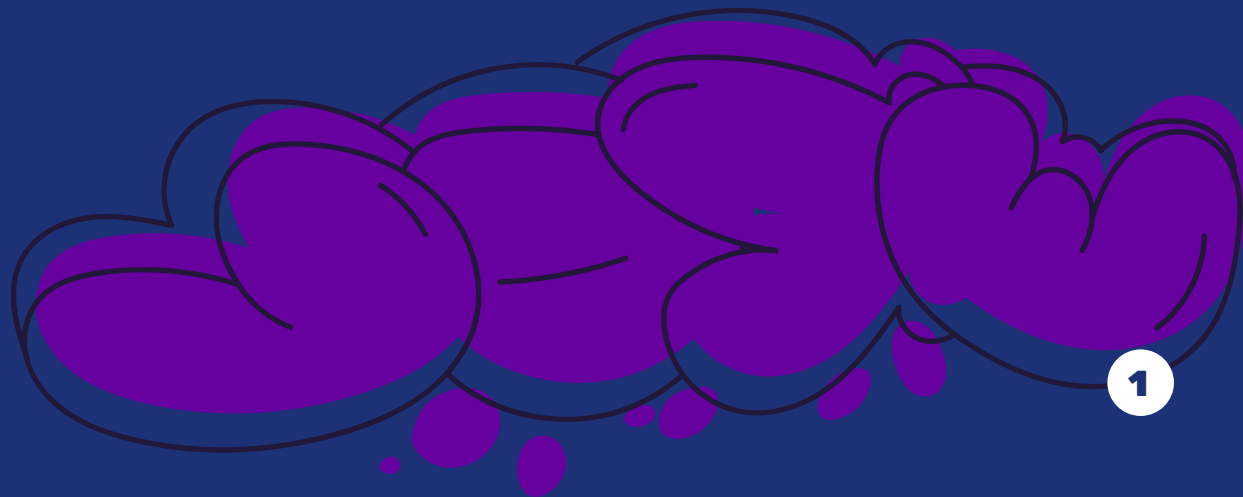
WATER SAFETY IRELAND

Developed by Water Safety Ireland, Get WISE is a land-based water safety programme for Junior Cycle. Using fundamental movements, students will explore non-contact rescue techniques, self-rescue skills and engage with simulated rescue scenarios.

EQUIPMENT
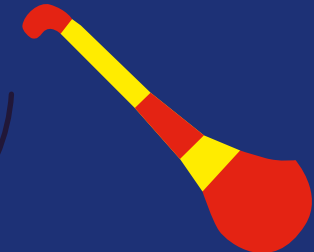
- **RINGBUOY***

- **STICK**

- **ROPE**

- **MISCELLANEOUS**
(Pool float, Noodle, T-shirts, Hurley, etc.)

*TO ACCESS RINGBUOYS, CONTACT YOUR LOCAL WATER SAFETY DEVELOPMENT OFFICER

VOICE CONTACT

TEACHING POINTS

Talk loudly and clearly:

1. **Call for help**
   "Help! Someone's in the water"

2. **Establish voice contact with the person in the water**
   "You're going to be ok."
   "Kick your legs"
   "Keep going, you're nearly there."

3. **Use your voice and hands to encourage them to swim towards shore**

ACTIVITY:

- **Suitable rescue technique for a competent swimmer (can swim, just panicked)**

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REACHING RESCUE

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TEACHING POINTS

1. Call for help (talking loudly and clearly) *"Help! Someone's in the water"*

2. Lie flat to stay secure on the shore and maintain voice contact

3. Extend object out to reach subject

4. Reassure subject and encourage them to grab the object with two hands.

5. Pull them in

ACTIVITY:

- Using a long item to reach the subject i.e. hurley, fishing rod, pole etc.

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THROWING RESCUE

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TEACHING POINTS
THROWING RESCUE

1. Call for help (talking loudly and clearly)

2. Alert the subject you are throwing out an object

3. Using suitable equipment, aim and throw underarm towards the subject

    a. Ringbuoy: Secure rope, throw beyond the person and pull in

    b. Ball/Float: Underarm throw, aim in front of the person

4. Instruct the subject to hold on with two hands and kick their legs

5. If you are operating from a height i.e., a pier, lie down flat as you pull the ringbuoy to stay secure

ACTIVITY:

- Using a long item to reach the subject i.e. hurley, fishing rod, pole etc.

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RESPONSE
IN A WATER-BASED EMERGENCY SITUATION

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"STAGED INCIDENT" SCENARIO

The aim of the Staged Incident Scenario exercise is to allow students to put their water safety knowledge into practice. Students should be given a role to act out such as Lifeguard or Subject in distress. Rescue equipment and miscellaneous items should be left around the environment in a staged scenario. Students are to be given 5 minutes per scenario to respond to the situation. If there are scenarios whereby not all students are involved, ensure to engage these students as observers. Teachers should allocate these students specific scenario participants to observe. In the debrief following a scenario, the observers would then be able to offer comments/suggestions. This is a very good way to have the non-participants actively involved as learners.

TEACHING POINTS

If you see someone in trouble in the water, do not get in.

1. Remind students to shout for help to get the attention of lifeguards and never enter the water themselves.

2. When calling emergency services, refer to the PHECC red card for sequence of information.

3. Encourage students to look around the environment before they act – Is there any rescue equipment available for them to use? Example: If there is a ringbuoy available, students should perform a throwing rescue.

4. Post activity discussion: This discussion is key to ensure students are given time to reflect on their decision making. Suggested questions to prompt this discussion: How did the lifeguards respond?
Was the correct rescue equipment used? Did the lifeguards use their personal safety techniques?

ADDITIONAL ACTIVITIES

"BEACH FLAGS" 90m sprints

To encourage reaction times and the ability to spot hazards

TEACHING POINTS

1. Batons/ Flags placed in the ground 15m away

2. Students lie face down with toes on start line [head facing in the opposite direction to the batons (flags)], heels or any part of the feet together, and hands placed fingertips to wrist, with one on top of the other, elbows extended with head up

3. On the command heads down, chins are placed upon hands

4. When whistle is blown, students stand and turn to race for a flag

5. Always one flag less than students competing

ADDITIONAL ACTIVITIES

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SAFETY FLAGS
TEACHING POINTS

Identify the "shore" and the "water" to students. Teacher will wave a flag (or shout) and the students have to respond flag by doing the actions associated with the flags meaning

√ **Red/Yellow** Flag: Students pretend to swim

√ **Red** Flag: Students stop swimming and exit water

√ **Black**/White Flag: Students pretend to surf

*Beach Lifeguard

ADDITIONAL ACTIVITIES

"LIFEGUARD SAYS" … (OPPORTUNITY FOR ROLE PLAY) TEACHING POINTS

- Flags to indicate swim zone/ surf zone etc.

- Swim – swim in circles doing any stroke.

- No swimming – freeze

- Move over in to the red and yellow flag zone – swim in to the designated area

- Signal for help – all students shout for help

- You have cold water shock – lie on the floor and do a star on your back to "float"

- Everybody is surfing – move into the surf zone and pretend to surf

- The water is too cold – H.E.L.P position and call for help (Heat Escape Lessening Position)

H.E.L.P

ADDITIONAL ACTIVITIES

LIFEGUARD OBSTACLE RACE

Each student must run a course (90m run, perform 2 x simple rescues, 90m run).

FASTEST TIME WINS

- Invite lifeguards, or local rescue teams to share their experiences and demonstrate rescue techniques
- Providing real-life examples and inspiring stories to reinforce the importance of water safety and rescue skills

RELAY RACE WITH A BATON

- Teams of 4 in a relay (90m each) passing baton to proceed to next person etc...

SPEED ROPE THROW

- Race between students as to who can coil up and throw the rope out the fastest.

CREATE A FITNESS PLAN FOR BLG

- What type of training do they need to do?
- What equipment does a BLG use that they need to train with? i.e. rescue board, swimming etc.

GUEST SPEAKERS, DEMONSTRATIONS

- Invite lifeguards, or local rescue teams...

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