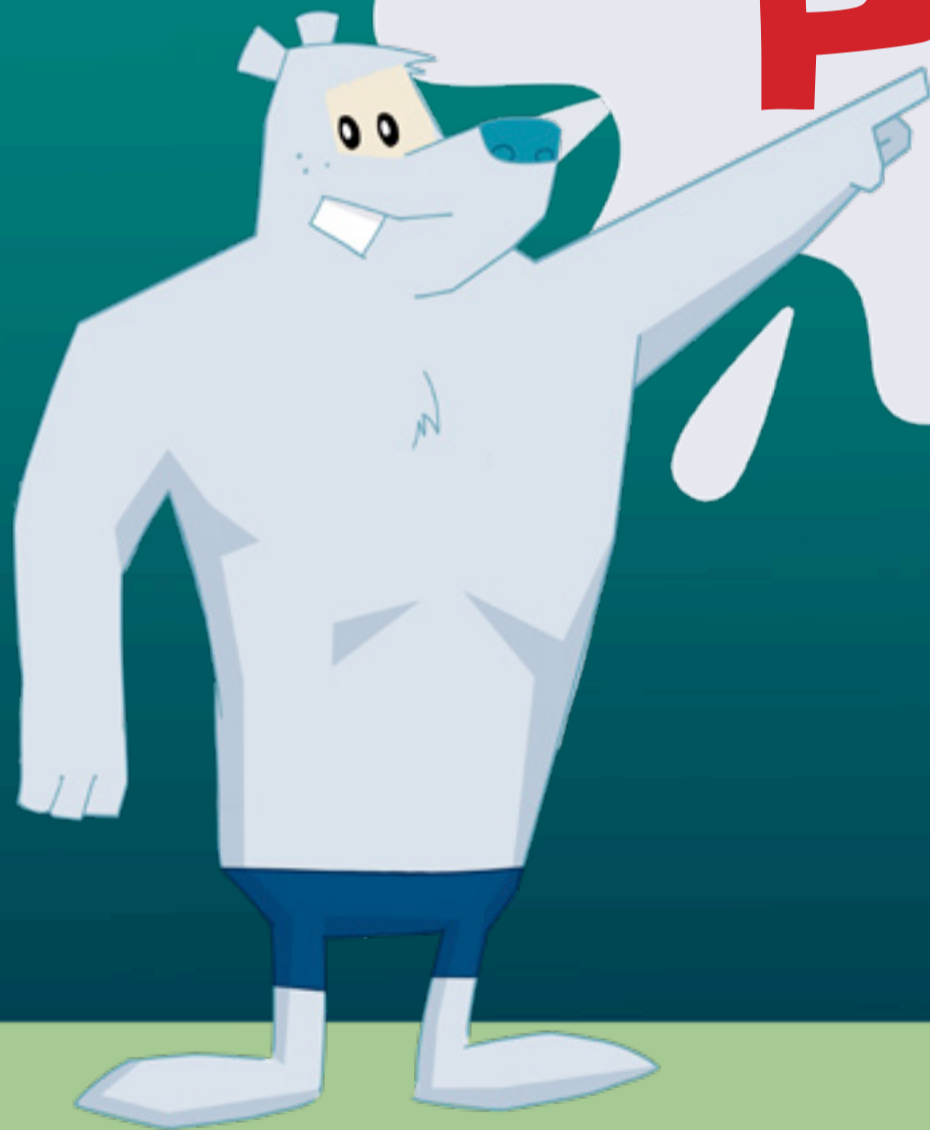




FOR FIFTH AND SIXTH CLASSES

WELCOME TO
PAWS

PRIMARY
AQUATICS
WATER
SAFETY



THE INSIDE STORY ON STAYING SAFE AROUND:

HOMES, FARMS, POOLS, BEACHES, BOATS, INLAND WATERWAYS

A WARM WELCOME TO PAWS!

HELLO THERE!

If you've taken part in the PAWS (Primary Aquatics Water Safety) programme, you'll know the basics about water safety. Now that you're older, it's time to find out even more about keeping yourself and others safe around water.

The important thing to remember is that it's easy to have fun and stay safe. If you remember the rules and are sensible, you can enjoy yourself whether you're swimming, on a boat or simply at the beach or by a river.

Get to know all the information and test your friends on how much they know. Then prove to your teacher you're safety smart.

If you are, your class will become the proud owners of an exclusive PAWS 4 Water Safety Certificate!



SHOCK FACT!

DROWNING IS THE SECOND LEADING CAUSE OF INJURY AND DEATH TO CHILDREN IN EUROPE.

HOME'S SAFE, RIGHT?

STAY WATER SAFE AT HOME

Well, that's not always true. It's a fact that many kids have drowned at home. And the simplest things can be the reason. Things like:

PADDLING POOLS

SOMEONE CAN DROWN IN JUST A FEW CENTIMETRES OF WATER. AND SOMETIMES THIS HAPPENS WHEN WHAT SEEMS LIKE FUN - LIKE JUMPING OR SITTING ON SOMEONE - TURNS INTO A TRAGEDY. SO...

NEVER HOLD ANYONE'S HEAD UNDER THE WATER.

IF SOMEONE SAYS STOP, THEN STOP.

KEEP AN EYE ON YOUNGER KIDS. WHEN IT COMES TO WATER, THEY'RE CLUELESS - SEE FROG VS SMALL KIDS ON PAGE 4!

MAKE SURE AN ADULT IS AROUND AND LOOKING AFTER EVERYTHING AND EVERYONE.



SHOCK FACT!

FOR EVERY CHILD WHO DIES FROM DROWNING, ANOTHER FIVE RECEIVE EMERGENCY CARE FOR NON-FATAL SUBMERSION INJURIES.

SHOCK FACT!

EVEN NON-FATAL DROWNING INJURIES CAN CAUSE BRAIN DAMAGE. THIS LEADS TO LONG-TERM MEMORY PROBLEMS AND LEARNING DISABILITIES.

BATHS

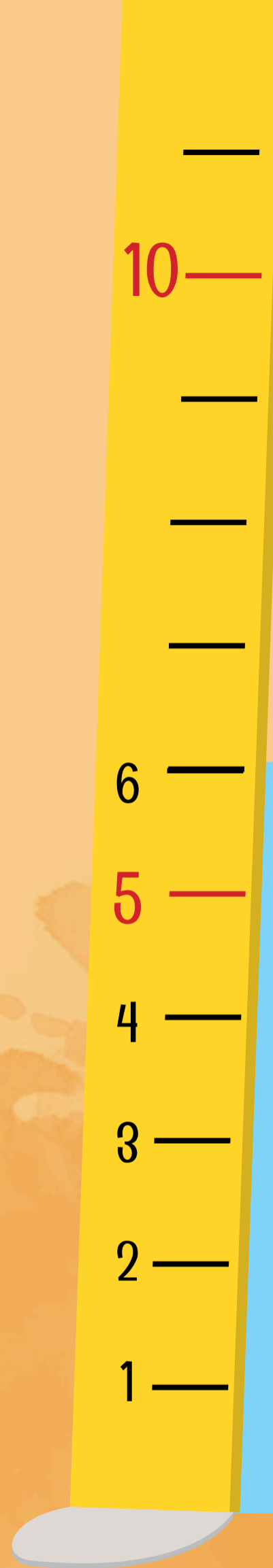
YOU NEED TO BE REALLY CAREFUL AROUND BATHS TOO. WATER PLUS SLIPPERY SURFACES ARE DANGEROUS. IF YOU SLIP, BANG YOUR HEAD AND ARE KNOCKED OUT, YOU COULD GO UNDER THE WATER AND DROWN - WITHOUT ANYONE KNOWING. IN FACT, AS YOU'LL SEE IN A LATER SECTION, DROWNINGS OFTEN HAPPEN SILENTLY.

SO REMEMBER THE RULES AROUND WATER AT HOME:

Keep it calm! Don't jump, kick or push others near water. Make sure an adult is always around. Watch out for younger kids as well as yourself.

SHOCK FACT!

IN AMERICA, ONE IN FIVE PEOPLE WHO DIE FROM DROWNING ARE CHILDREN AGED 14 AND YOUNGER.



BEWARE OF EVEN 6CM!

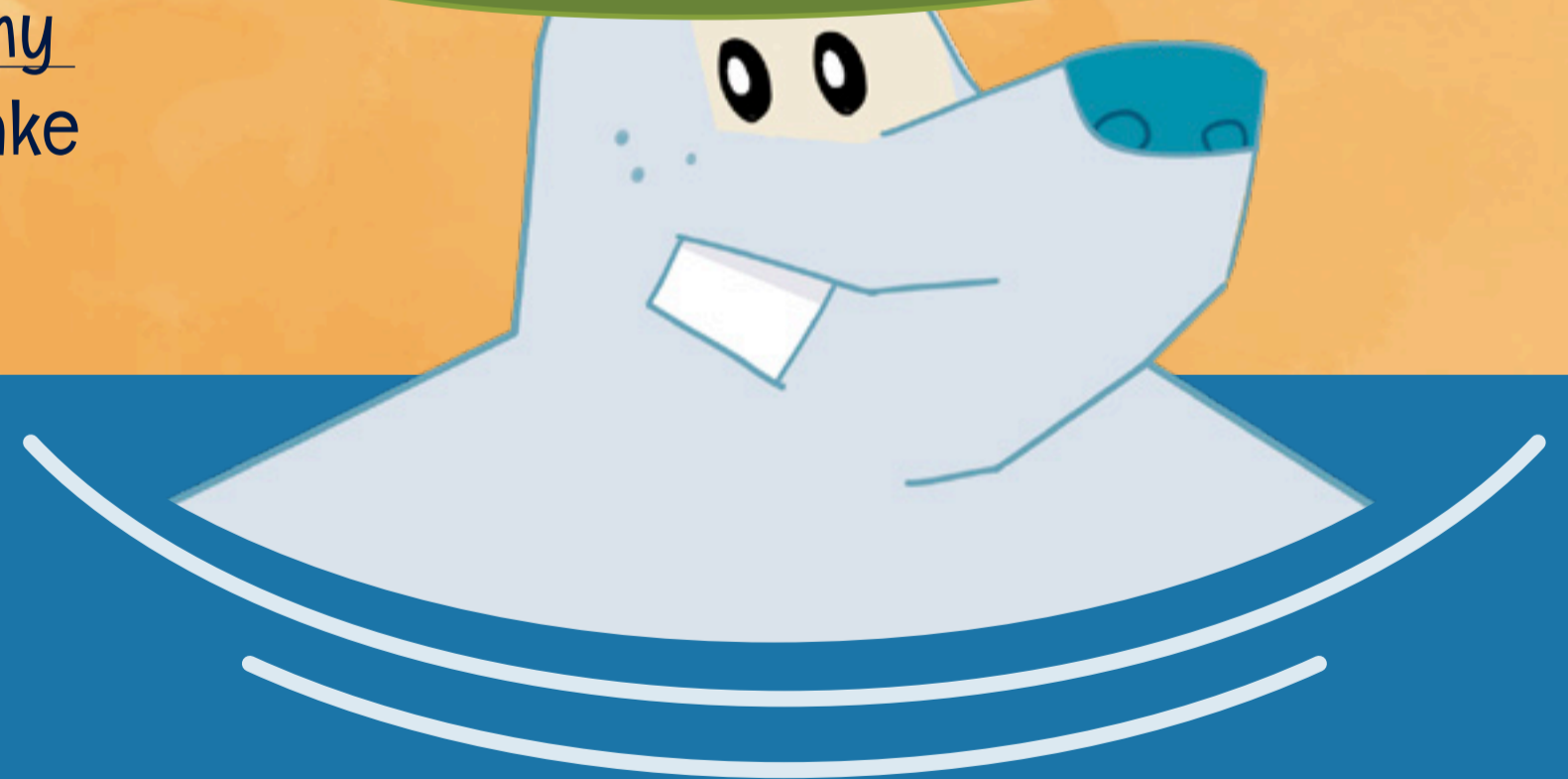
6CM OF WATER MAY NOT SEEM VERY DEEP. BUT FACE DOWN IN WATER, THIS IS ALL THAT'S NEEDED FOR SOMEONE TO DROWN. AND IT'S WHY SINKS AND BATHS SHOULD BE EMPTIED IMMEDIATELY AFTER USE - ESPECIALLY IF THERE ARE SMALLER CHILDREN AROUND.



SO YOU THINK FROGS ARE SLIMY, UGLY AND STUPID?

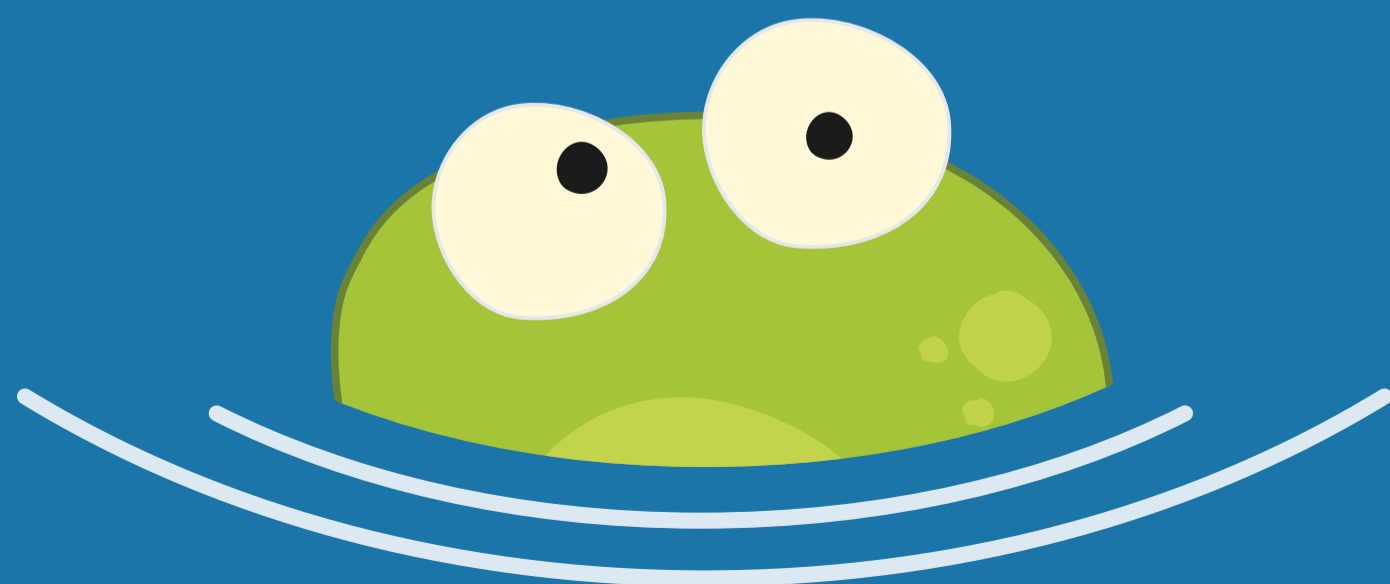
Well, they are. They're rubbish at maths, look disgusting and can only say 'Ribbet, Ribbet'. But when it comes to water (and drinking water through his skin – see below!) Mr Frog is a total genius.

Small kids, on the other hand, aren't. So if you see any little kids near water, keep an eye on them – and make sure an adult is also on guard.



FROG FACTS!

FROGS NEVER HAVE TO DRINK WATER AS THEY ABSORB IT THROUGH THEIR SKIN!



HOW DOES YOUR HOME SCORE?

You know the dangers. You know the rules. Now check your home to see how many of these safety rules are followed:

IS KIDS' BATH TIME ALWAYS SUPERVISED?

ARE BATHS EMPTIED AFTER THEY'RE USED?

WHEN BATHS ARE FULL, ARE CHAIRS KEPT AWAY SO YOUNGER CHILDREN CAN'T CLIMB UP ON THEM?

ARE BATH PLUGS OUT OF REACH?

DO ANY NEARBY RIVERS, STREAMS OR DRAINS HAVE FENCES AROUND THEM?

IS PLAYTIME IN PADDLING POOLS SUPERVISED BY ADULTS?

ARE PADDLING POOLS EMPTIED STRAIGHT AFTER THEY'RE USED?

ARE ALL HOLES OR DRAINS CLOSED?

IF YOU'RE LUCKY ENOUGH TO HAVE A HOME SWIMMING POOL, IS IT FENCED OFF AND DOES IT HAVE A SECURE COVER?

ARE ALL RAIN BARRELS, WATER TANKS, WELLS AND PONDS COVERED BY WIRE MESH?

If you're lucky enough to have a home swimming pool, is it fenced off and does it have a secure cover? Are all rain barrels, water tanks, wells and ponds covered by wire mesh?



WHAT TO DO IF THERE'S A REAL EMERGENCY?

SHOUT FOR AN ADULT'S HELP!

CALL THE EMERGENCY SERVICES ON **112**, THEN:

If someone's hurt, ask for an **AMBULANCE**.

If someone needs rescuing on land, ask for the **FIRE SERVICE**.

If someone needs rescuing from water, ask for the **IRISH COAST GUARD**.

Clearly explain what the problem is and where you are.

HINT: make sure you know your home's exact address and Eircode so help can get there as fast as possible.

ARE YOU SOMEWHERE UNFAMILIAR? THEN LOOK FOR
LANDMARKS AND DESCRIBE THEM TO THE OPERATOR.

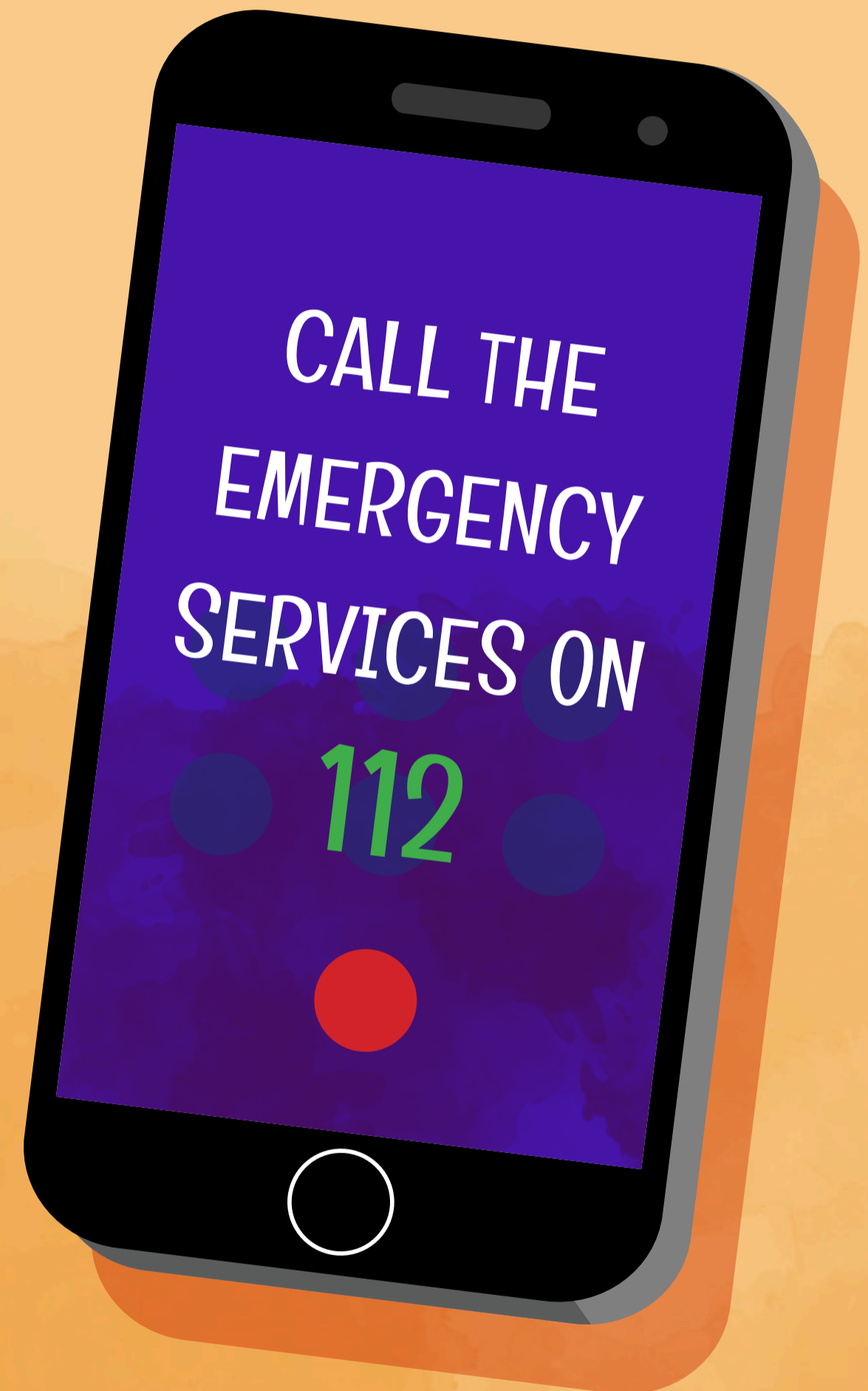
Or

If you've a smartphone, enable your Location and click on the Maps icon. A blue dot will appear on the map – that shows where you are.

Press on the blue dot and you'll see a red pin with two sets of numbers underneath e.g 53.3604, -6.3240.

These are your Longitude and Latitude co-ordinates and pinpoint where exactly you are on the earth. You can read these out to the operator.

REMEMBER: IF YOU'RE WORRIED AND IT'S A REAL
EMERGENCY, DON'T WAIT FOR SOMEONE ELSE TO CALL!



LIFESAVING SUPERHEROES



HOW THE LIFEGUARDS HELP

A LIFEGUARD'S JOB IS TO HELP PEOPLE IN DANGER ON IRELAND'S BEACHES, POOLS AND SWIMMING AREAS. ON AVERAGE, THEY HELP OVER 5,000 PEOPLE AND SAVE ABOUT 250 LIVES EVERY YEAR!

KNOW YOUR HOME'S EIRCODE

EVERY HOUSE IN IRELAND HAS ITS OWN CODE. USING THIS, AMBULANCES, FIREFIGHTERS AND GARDAÍ CAN FIND YOUR HOUSE QUICKLY.

MISSION: FIND YOUR HOME'S EIRCODE AT WWW.EIRCODE.IE

FOCUS ON FARMS

Farms are places where serious work is done. They're definitely not playgrounds – but because kids often forget this. Many children have been killed on farms over the years.

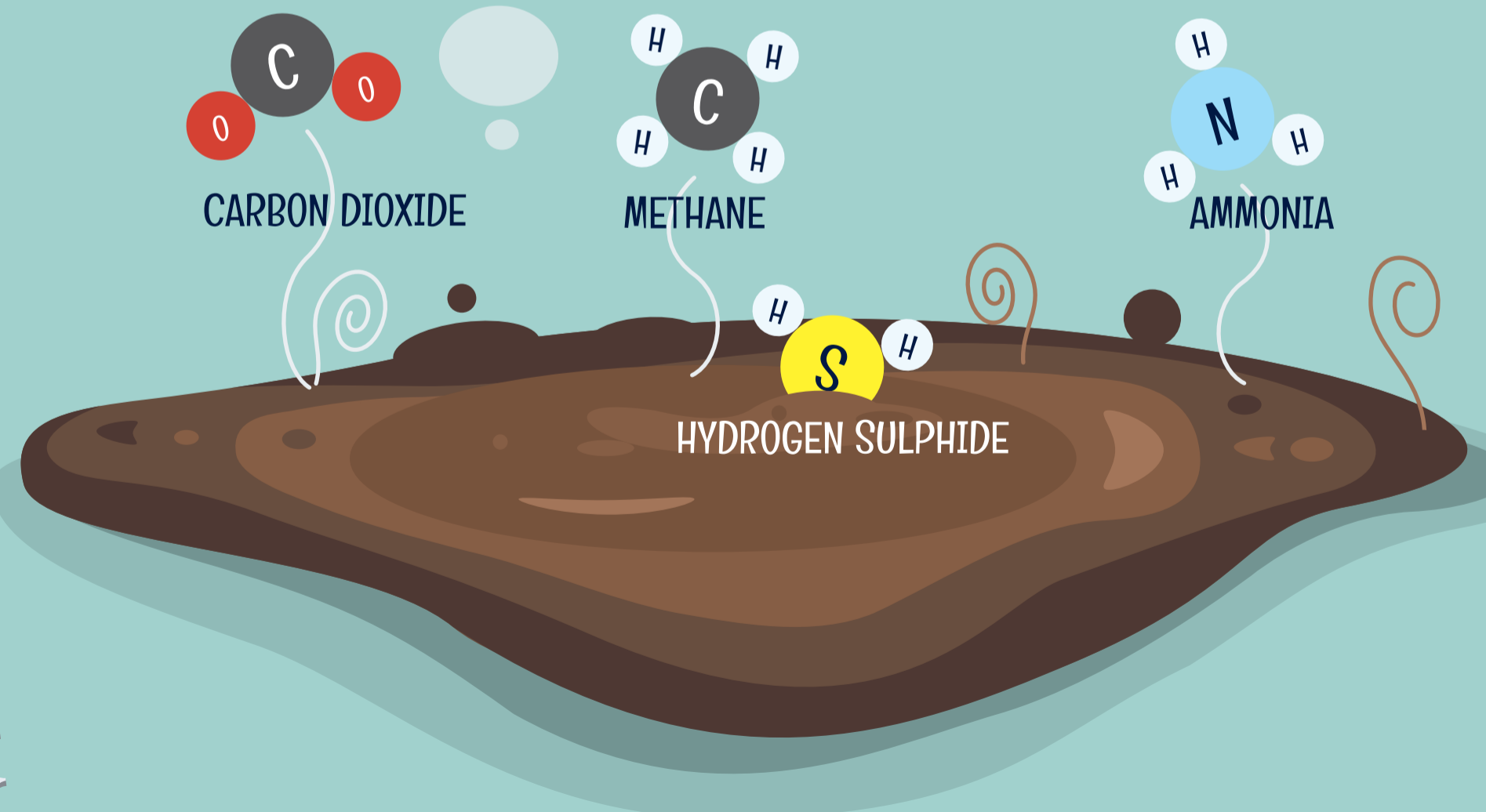
It's not just because of the big equipment. There's also lots and lots of liquid you can drown in. Notice we said "liquid", not "water". That's because slurry pits have caused many deaths – and if you don't know what a slurry pit is, hold your nose and check the explanation below.

SLURRY PITS ARE THE PITS!

PIG, COW AND OTHER ANIMAL POO IS SMELLY, FILTHY, DISGUSTING AND GROSS. BUT IT CAN BE TURNED INTO FERTILIZER – HANDY. SO FARMERS KEEP IT IN A "SLURRY PIT". AND THEY CAN TOP IT UP WITH OTHER WASTE LIQUIDS!
ALL THIS MEANS A SLURRY PIT IS SOMEWHERE TO AVOID!

NOT-SO-GAS FACT!

HYDROGEN SULPHIDE,
CARBON DIOXIDE, AMMONIA
AND METHANE ARE ALL PRODUCED
AS SLURRY ROTS – AND BREATHING
THEM CAN KILL WITHIN SECONDS.
SO STAY AWAY!



WATER-RISKS AROUND FARMS

There are other water-risks around farms. Here are a few:

HOLES AND DRAINS:

These mightn't be covered properly. They might be really deep. Or they could be hidden by weeds, reeds and grass.

RAIN BARRELS, WATER TANKS AND ANIMAL DRINKING TROUGHS.

Besides often being disgusting, they can be dangerous. Stay away from all of these - and definitely don't push, shove or generally mess around near them - someone could get knocked in.

PONDS AND RIVERS.

Remember SAFE - 'Stay Away From Edges'. Ponds and rivers can have very slippery sides and banks. If you slip in, it can be impossible to pull yourself out. And leave the horseplay to horses - daring others to go near the edge, or giving people a shove can lead to accidents.



Also...

If a ball gets kicked into the water or something else floats off, leave it. Never wade in or try to reach it with a stick.

You could easily lose your balance and topple in.

If a pond is icy, don't try to walk on it. Ireland isn't the North Pole - ice is never thick enough to walk on in this country!

FOCUS ON POOLS

Swimming pools are always fun. And they're even more enjoyable if you're a strong swimmer. (TIP: if you've not yet learned to swim well, ask for lessons). But you need to take care – horseplay like dunking or hanging on to someone (or letting them hang on to you) can cause serious problems. So when you're at the pool, remember:



WAIT FOR PERMISSION.

Don't jump right in. Wait until a parent or the lifeguard says it's OK to go.

CHECK YOU'RE AT THE RIGHT END.

Most pools have a shallow and deep end. Only get in where you are safe to swim.

IT'S SLIPPERY SO DON'T RUN, PUSH OR SHOVE.

You could easily slip yourself or knock someone else into water.

EATING AND POOLS DON'T MIX.

Gum or sweets could mean you choke and lose control. Save the sweets until you're dry.

WHERE'S THE LIFEGUARD?

Check that the lifeguard is there and keeping an eye on everyone.

DON'T DISTRACT LIFEGUARDS - KEEP THE RACKET DOWN.

Lifeguards need to be able to hear someone calling for help.

FOLLOW THE LIFEGUARDS' INSTRUCTIONS.

They're the pool experts and their job is to keep you safe.

NEVER JUMP ON ANYONE IN THE POOL.

If you hurt or scare them, they could lose control. Especially if they're not strong swimmers.

KNOW THE DEPTH!

DON'T DIVE – ESPECIALLY IF YOU DON'T KNOW HOW DEEP THE POOL IS!

BE AWARE!

IN AMERICA, DROWNING IS THE MOST COMMON CAUSE OF DEATH FOR PEOPLE WITH EPILEPSY. IF A FRIEND HAS THIS, WATCH OUT FOR THEM IN THE POOL.

TAKE EVEN MORE CARE ON HOLIDAY

IN THE UNITED KINGDOM, MORE CHILDREN DIED IN POOLS ABROAD WHILE ON HOLIDAY THAN AT HOME – AND MORE THAN HALF OF THOSE WHO DROWNED COULD SWIM.



THREE HARD-HITTING FACTS!

- 1) RESEARCH HAS SHOWN THAT AMONGST US TEENAGERS, 44% OF SEVERE SPINAL INJURIES DUE TO DIVING TOOK PLACE ON THEIR FIRST VISIT TO A POOL.
- 2) 28% HAPPENED ON THE FIRST DIVE INTO THE POOL.
- 3) THERE WERE NO DEPTH MARKERS AT 87% OF THE POOLS.



DID YOU KNOW?

APPROXIMATELY 18% OF ACCIDENTS IN EUROPEAN SWIMMING POOLS OCCUR ON OR AROUND WATER SLIDES, AND 15% BY JUMPING FROM THE POOL EDGE.

FOCUS ON BEACHES

Beaches are all about fun. And when you follow the beach safety rules, they're even more enjoyable. The most important thing to know is when it's safe to swim in the sea – and on beaches, flags tell you when and where you can swim:



RED FLAG

IT'S **NEVER SAFE** TO SWIM HERE AT ANY TIME.

FLAG FACT:
THE INTERNATIONAL LIFE SAVING FEDERATION (ILS) ADOPTED A RANGE OF BEACH SAFETY FLAGS IN 2002. SO THE FLAGS SHOWN HERE ARE ALSO USED IN MANY DIFFERENT COUNTRIES – LOOK OUT FOR THEM WHEN YOU'RE ON HOLIDAY.



TWO RED WITH YELLOW FLAGS

IT'S **SAFE TO SWIM** AND BELLY BOARD BETWEEN THE TWO FLAGS.



TWO BLACK AND WHITE FLAGS

YOU CAN'T SWIM BETWEEN THESE FLAGS – IT'S ONLY FOR SURFERS AND WINDSURFERS.

NO FLAG

NO LIFEGUARD IS ON DUTY SO IT'S **NOT SAFE TO SWIM**.

THE BIG BEACH RULES

THE BIG BEACH RULES:

SWIM BETWEEN THE RED AND YELLOW FLAGS ONLY WHEN A LIFEGUARD IS ON PATROL.

DON'T GO NEAR THE SEA WITHOUT AN ADULT SUPERVISING.

SWIM WITH A FRIEND WHO CAN HELP IF THERE'S A PROBLEM.

LOOK OUT FOR ANY WARNING SIGNS AND DO WHAT THEY SAY.

DON'T SWIM IF YOU'RE HOT OR TIRED.

DON'T SWIM IN STRANGE PLACES.

DON'T SWIM AFTER ANYTHING DRIFTING.

DON'T STAY IN THE WATER TOO LONG.

DON'T SWIM OUT TOO FAR.

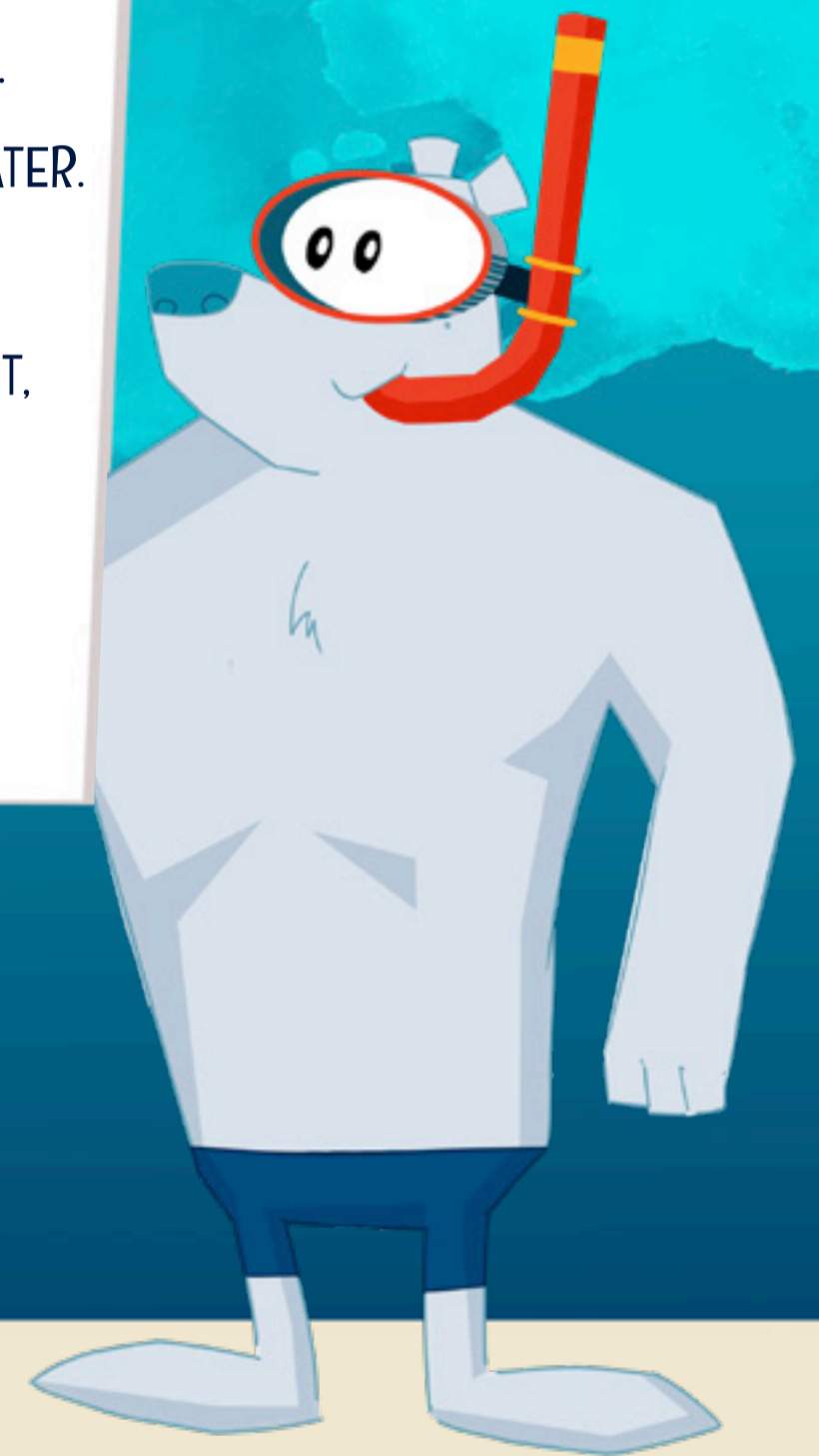
ALWAYS DO WHAT LIFEGUARDS TELL YOU.

NEVER BRING AIR MATTRESSES INTO THE WATER.

DON'T MESS OR BE A BULLY.

IF YOU'RE USING ANY SPECIAL EQUIPMENT, MAKE SURE YOU KNOW HOW TO USE IT.

IF YOU HAVE A PROBLEM IN THE WATER, SHOUT AND WAVE IF YOU CAN!



SAVE YOURSELF AT SEA!

If you get into trouble in the sea or any deep water, first try to stay calm and float on your back. If you can, wave and shout for help.



WHEN THE SEA GETS REALLY SCARY: **RIP CURRENTS**

A "RIP CURRENT" IS A REALLY STRONG FLOW OF WATER AWAY FROM THE BEACH. IT HAPPENS WHEN A NEW WAVE HITS AN OLD ONE AND CAN MOVE AT NEARLY TWO METRES PER SECOND - TOO FAST EVEN FOR AN OLYMPIC SWIMMER!

HERE'S WHAT TO DO:

DON'T TRY TO SWIM INTO IT - YOU'LL NEVER BEAT IT!

TRY TO SWIM ALONG, WITH THE BEACH TO YOUR LEFT OR RIGHT.

AIM FOR WHERE THE WAVES ARE BREAKING.

IF YOU CAN, SHOUT FOR HELP.

EYES OPEN!

BE A SAFETY SPOTTER AT THE BEACH

If you're at the beach, keep your eyes open for someone in trouble. And if you see a problem, tell a lifeguard, tell an adult or phone 112 for emergency help - FAST! Don't assume someone else will.

LOOK OUT FOR THESE DANGER SIGNS:

Someone struggling to swim.

Someone going under the water then surfacing, again and again.

Someone on an airbed floating away from land.

Someone chasing a float or ball out to sea.

A person stuck on sand surrounded by water.

Someone who is face down in water and not moving.

And obviously...

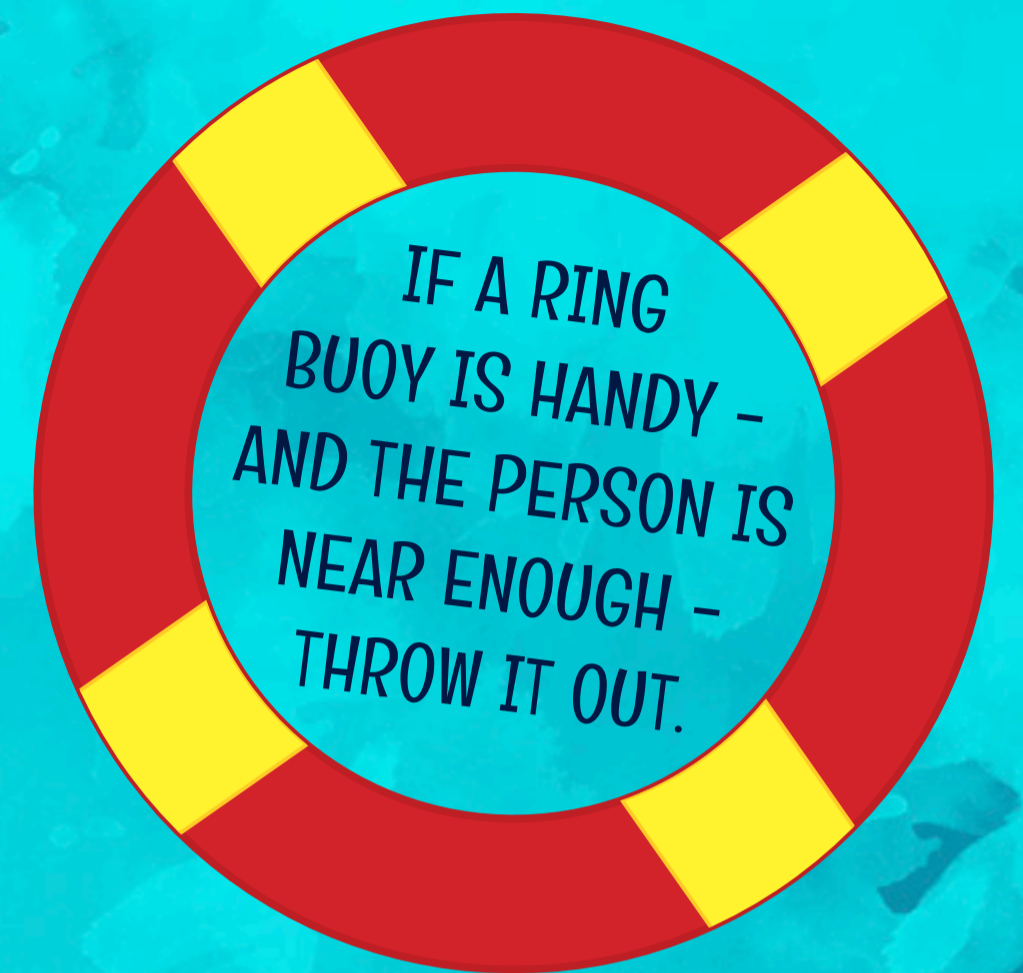
Someone who is shouting **HELP!**



NEVER TRY TO RESCUE ANYONE YOURSELF - YOU COULD EASILY GET YOURSELF IN TROUBLE TOO. RESCUES SHOULD ONLY EVER BE DONE BY PEOPLE WHO ARE FULLY TRAINED.

**SEEN SOMEONE
IN TROUBLE?
HERE'S HOW
TO HELP:**

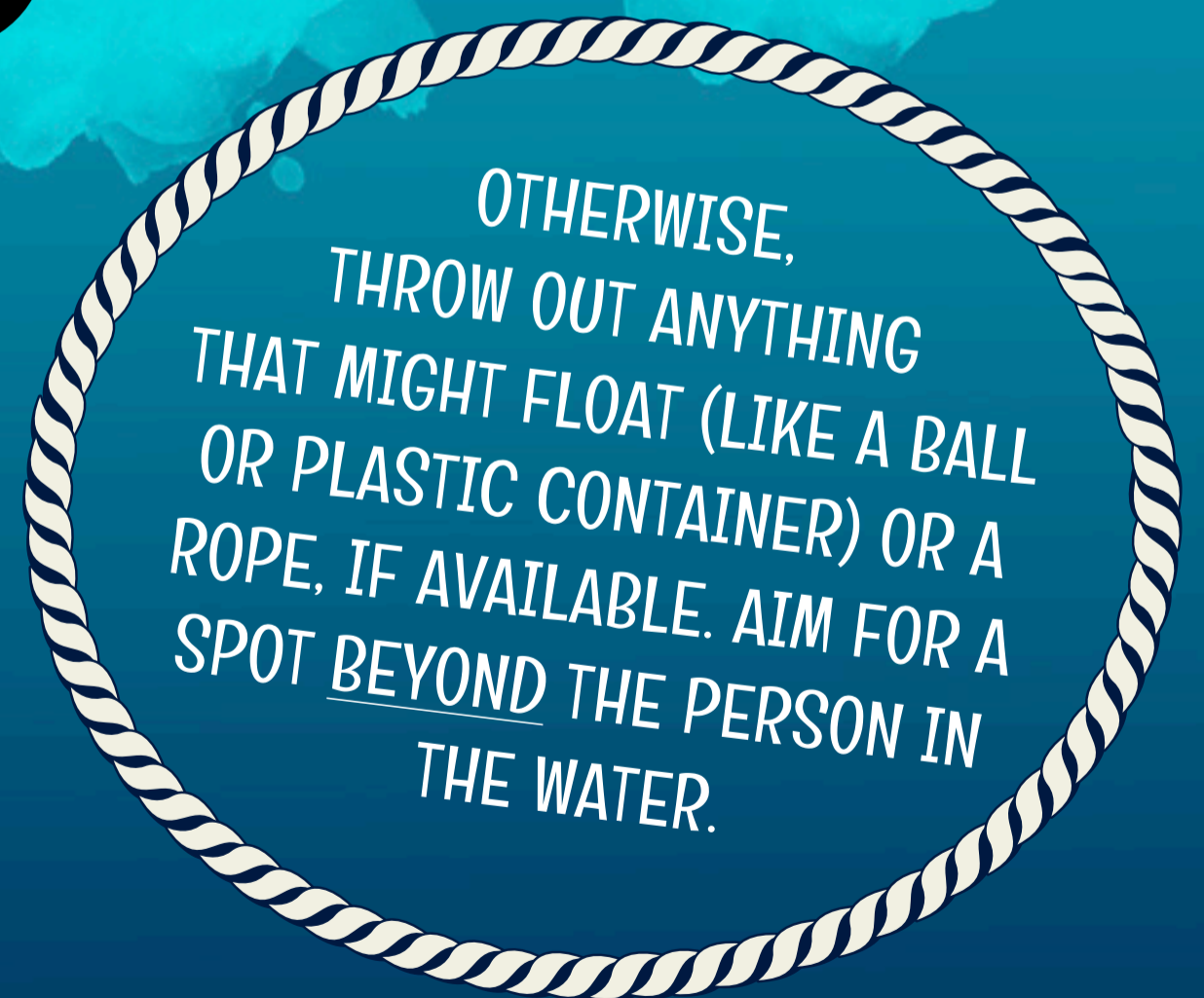
FIND AN
ADULT OR SHOUT
FOR HELP.



EYES SAVE LIVES!

TV and films show drowning people yelling and throwing their arms and legs out. THAT'S NOT WHAT ACTUALLY HAPPENS. When someone drowns, their mouth sinks up and down below the water surface. All they can do is simply try to breath – and this means that yelling becomes impossible.

People drown quietly. So keep your eyes open for someone in trouble. **BUT REMEMBER – DON'T GO INTO THE WATER YOURSELF!**



Check page 22 for more about the 'Four Types of Rescue'.

FOCUS ON BOATS

THERE'S NOT MUCH ROOM ON BOATS – AND THERE'S DEFINITELY NO ROOM FOR MESSING!

So if you're on a boat, follow the rules, obey the captain and most importantly **WEAR YOUR LIFEJACKET ALL THE TIME!**

DID YOU KNOW?

If you're in the water and your lifejacket is keeping you afloat, you shouldn't try to swim. This will cool your body down too much – instead blow the attached whistle and wait for rescue.

SHOCK FACT!

IN A STUDY OF ALL US BOATING-RELATED FATALITIES, 86% OF VICTIMS WHO DIED WERE NOT WEARING A LIFEJACKET!



✈️ OLD NEWS ✈️

Inflatable lifejackets were first given to pilots in World War 2 because they took up less space in cockpits.

GET TO KNOW YOUR LIFEJACKET

THERE ARE THREE TYPES OF LIFEJACKET:

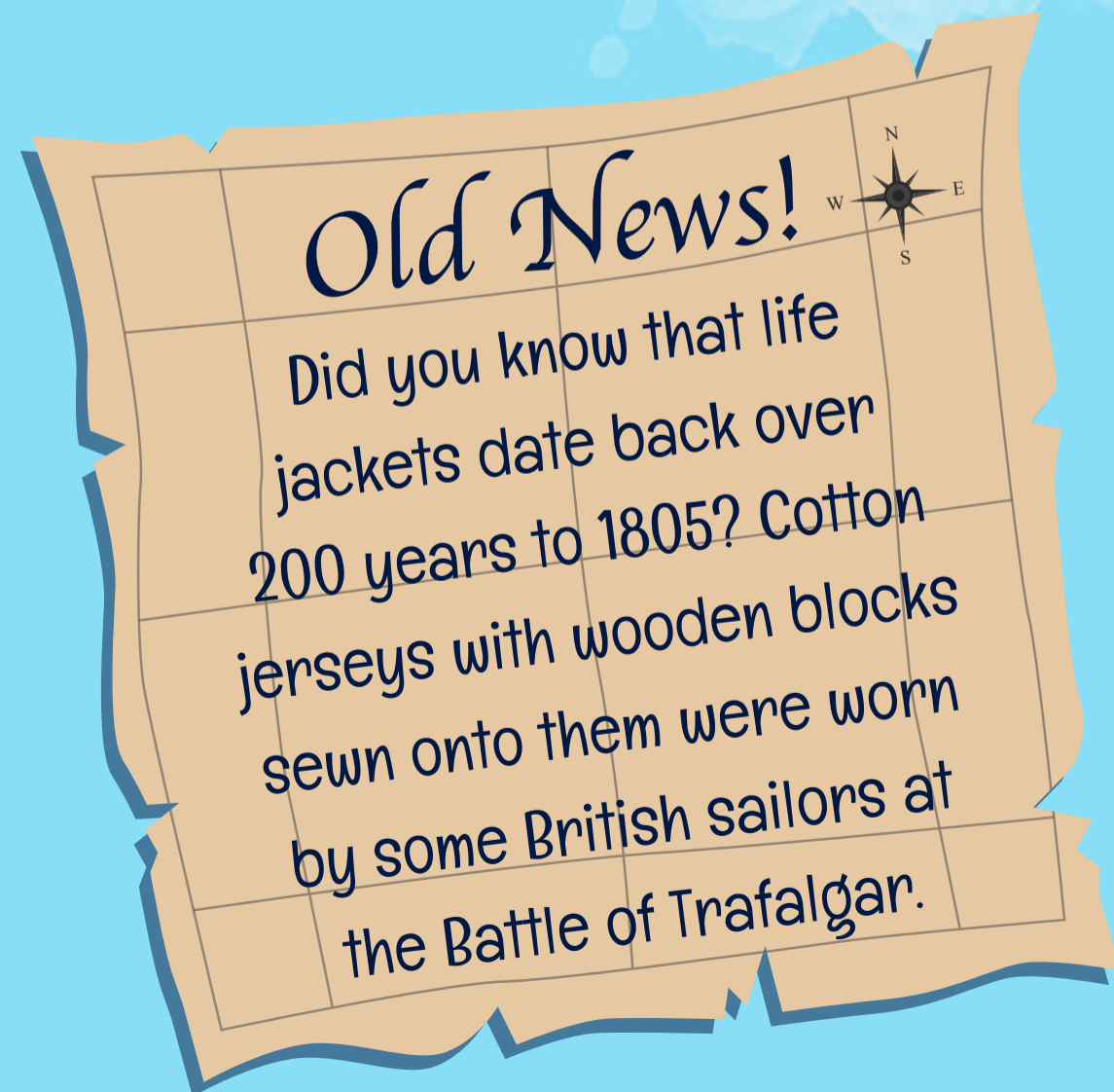
An **AUTOMATIC LIFEJACKET** inflates automatically if it's under 10cm of water.

A **MANUAL LIFEJACKET** inflates only if you pull its red toggle.

A **PERSONAL FLOTATION DEVICE (PFD)** doesn't inflate but is packed with material that floats.

THINGS TO REMEMBER ABOUT YOUR LIFEJACKET/PFD

It needs to fit you properly. Get an adult to show you how to adjust the waist and thigh straps – and if you think it's not right, say so! Doing all this will make sure the lifejacket/PFD doesn't disappear over your head when you enter the water! It also has a whistle. Blow this to attract attention!



CHECK THIS!

MAKE SURE YOUR LIFEJACKET/PFD HAS:

REFLECTIVE STRIPS
And/or a light to make you more visible to rescuers.

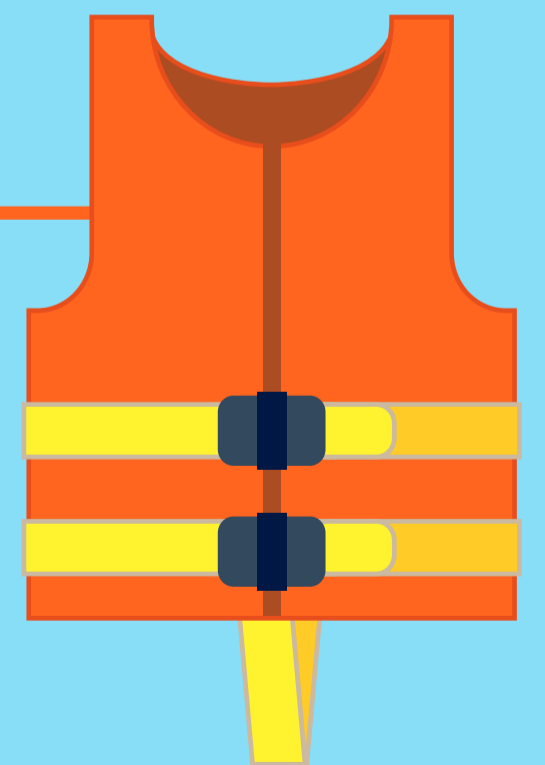


A CROTCH STRAP
This makes it easier for rescuers to pull you from the water.



SHOCK FACT!

IT'S ESTIMATED THAT 85% OF BOATING DEATHS COULD HAVE BEEN AVOIDED IF A PFD HAD BEEN WORN!



BE BOAT AWARE

YOU MAY NOT BE IN CHARGE OF A BOAT. BUT YOU CAN KEEP A CAREFUL EYE ON WHETHER IT'S SAFE BEFORE YOU SET OUT ON TRIP. HERE ARE SOME IMPORTANT THINGS YOU SHOULD CHECK:

The general condition of the boat and its equipment, hull, engine – do they look like they have been carefully maintained?

Is there an alternative source of power if the engine breaks down, e.g. sails and oars?

Are there a first-aid kit and distress signals on board?

Does the boat have marine radio or some way to communicate with shore?

Is the boat overloaded? If it is, it will be unstable.

Does everyone on board have a lifejacket/PFD?

TRAINING MAKES IT ALL PLAIN SAILING!

BOAT SAFETY TRAINING IS A REALLY SMART IDEA. IN 2004, 70% OF ALL DEATHS IN THE UNITED STATES HAPPENED ON BOATS WHERE THE OPERATOR HAD NOT RECEIVED BOATING SAFETY INSTRUCTION.

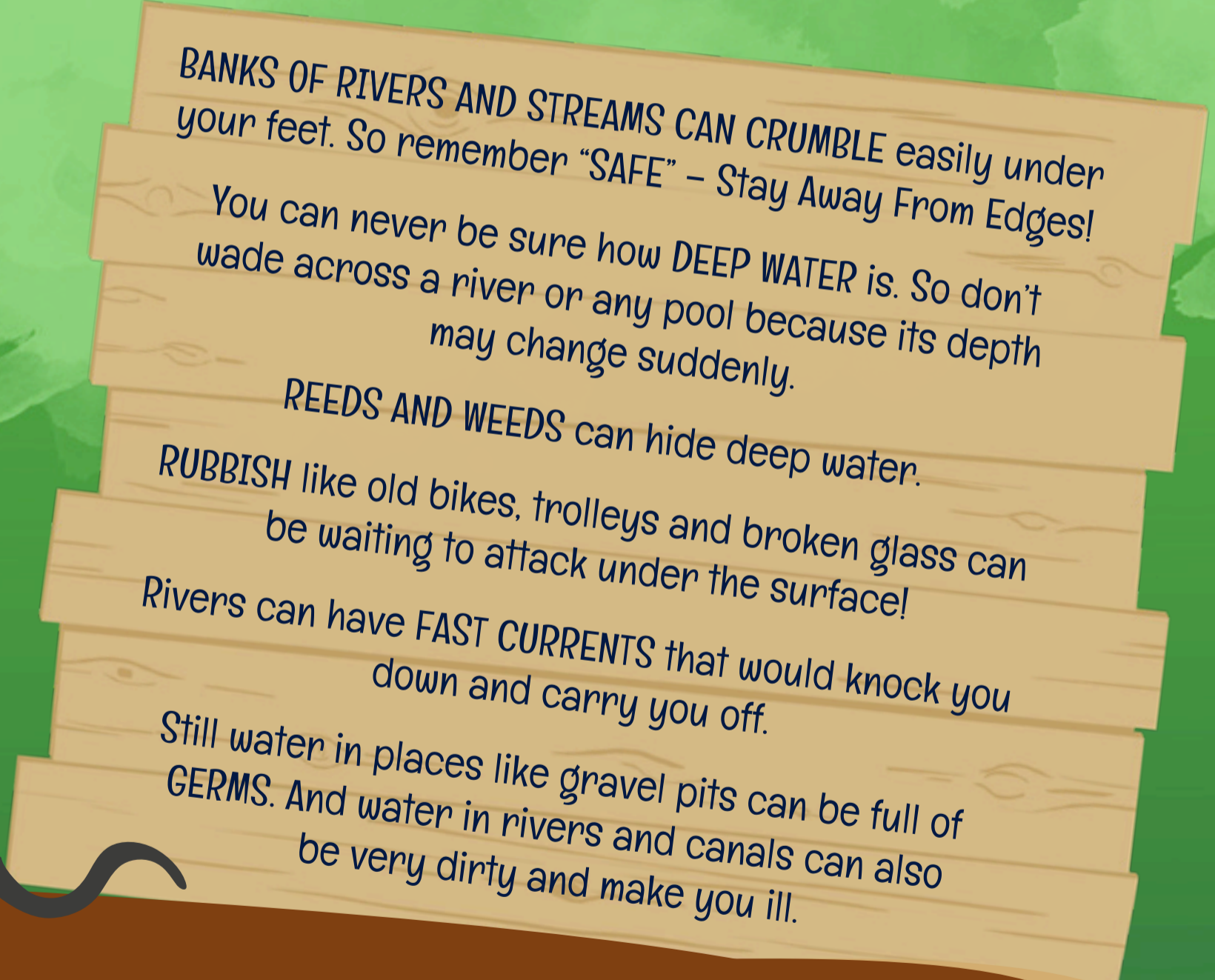
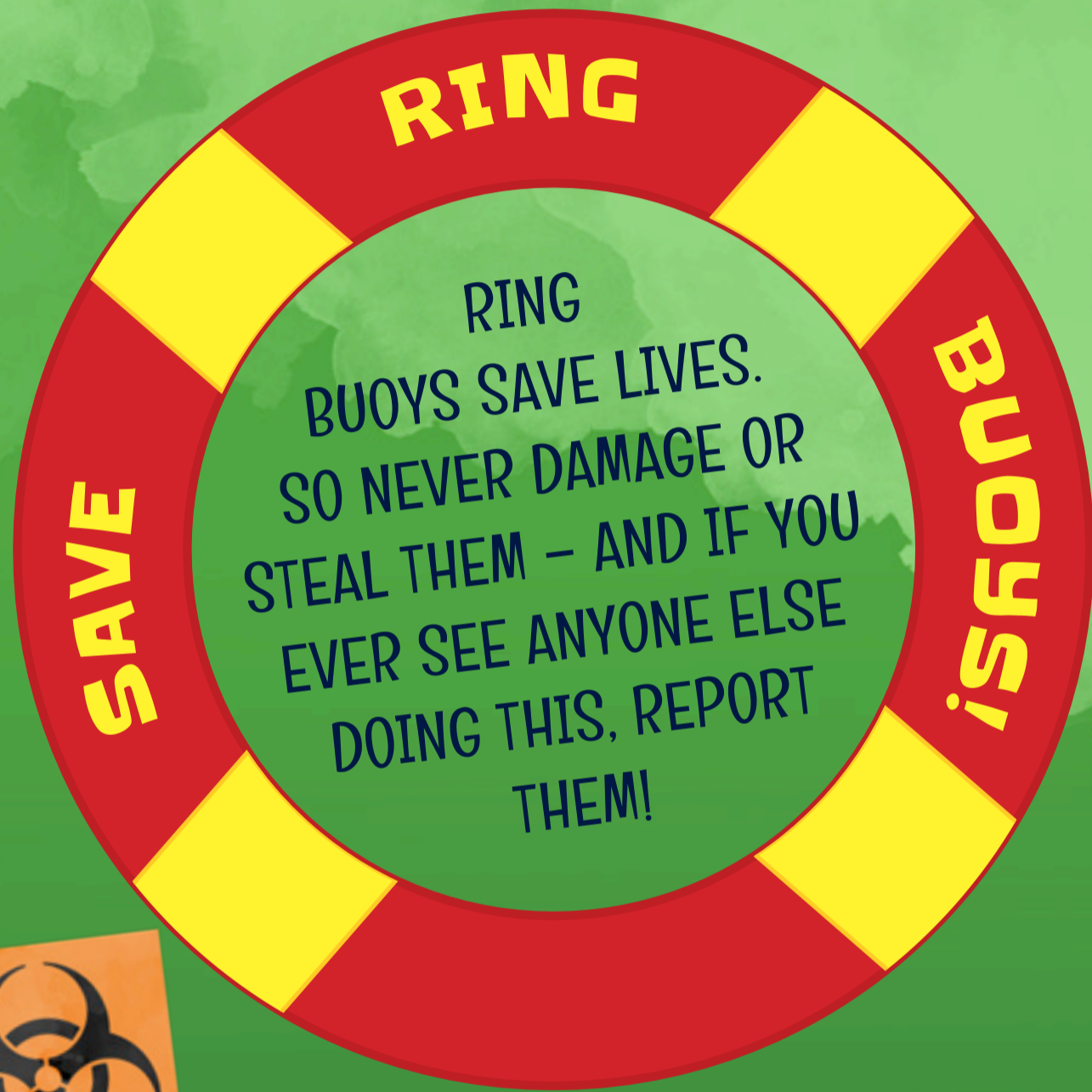
SO THE MORE YOU KNOW, THE SAFER YOU'LL BE.



FOCUS ON INLAND WATERWAYS

WHAT'S AN "INLAND WATERWAY"?

It can be a river, a canal, a lake, a reservoir or basically any water that's not salty. All these places have their own dangers. Here are some of the main ones to watch out for:



IS IT A CANAL - OR A RATS' TOILET?

Rats love water. And they're happy to use any water as a toilet. That's disgusting. But it gets worse - their pee can carry Weil's Disease which is a really serious illness! You don't even have to swallow any water to catch it. It can enter the body through cuts in the skin.

However, if water is fast moving, it's much more likely to be clean.

HOW TO HELP:

THE FOUR TYPES OF RESCUE

If someone is in trouble, there are four ways you can help – without entering the water:

1. USING YOUR VOICE

Call out to the person in trouble. Make eye-contact with them and encourage them to make their way to the bank or shore.

At the same time, shout for help from someone older. Make everyone is aware there's a real problem.

2. USING A RING BUOY

If there's a Ring Buoy around, use it!

Standing away from the edge, throw it out to the person in trouble, while keeping a firm grip on the other end of the rope.

3. USING A ROPE OR OTHER OBJECT

Standing away from the edge, throw the rope out. Wrap it around your hand to make sure it doesn't slip out of your grip.

No rope? Use a long branch, stick, brush or anything that can reach the victim. For added safety, lie down on your stomach, making sure your shoulders aren't over the edge. Then stretch out the object you are using.

4. USING A BUOYANT OBJECT

Is there anything around that's buoyant – in other words, something that floats? This could be a ball or a closed, empty plastic container. Then throw it out to the person.

Keep talking to them and tell them exactly where it is.

REMEMBER – NO MATTER WHICH METHOD YOU USE, KEEP SHOUTING OUT FOR AN ADULT'S HELP.



RIVER RISKS

WHAT TO WATCH OUT FOR IN RIVERS AND STREAMS

WEIRS

A weir is a barrier built across a river to slow it down or change its flow. They usually have slopes down which water flows and then churns around at the bottom. They can look safe and fun if you're in a canoe or kayak – but they're not.

The pressure of the water at the bottom can drag you under – and keep you there! So you should never go near weirs unless you're with a trained instructor who can teach you what to do if trapped.

WEIR(D) FISHY FACT

WEIRS CAN BLOCK FISH LIKE SALMON AS THEY MIGRATE UPSTREAM. SO "FISH LADDERS" ARE OFTEN BUILT INTO WEIRS, WHICH FISH USE TO JUMP PAST THE OBSTACLE.

RAPIDS

Rapids are exactly what their name says. They are natural slopes on a riverbed down which water flows very fast. Generally, the bed of the river is solid rock – and dangerous rocks stick out of the water. So, like weirs, you should always stay away from rapids unless you are trained in how to deal with them.

RAPID FACT

BECAUSE THE WATER IN RAPIDS CHURNS UP AND SPLASHES SO MUCH, LOTS OF AIR GETS INTO IT AND ACTUALLY IMPROVES ITS QUALITY.



WORDS OF WARNING

KNOW WHAT THE SIGNS MEAN!

Signs that warn of dangers and hazards are always:

- Diamond shaped
- Have a yellow background
- Use black symbols

For example, this sign means: **NO DIVING**



Signs that tell you to do something are always:

- Round
- Blue
- With white symbols or shapes

For example, this sign means: **LIFEJACKETS MUST BE WORN.**



Signs that give you important information are always:

WHITE WITH BLACK LETTERS

**KEEP OFF
THE ROCKS**

You'll see different signs near water. But do you know what they all mean? Make sure you understand them – they're there to keep you safe.



Signs that tell you not to do something:

- Are always round
- Show a red ring with a white background
- Use red lines and black symbols or shapes

For example, this sign means: **NO SWIMMING**

Signs that give you safety information are always:

- Green with white letters

For example, this sign means:

THERE'S AN EMERGENCY TELEPHONE HERE.



TAKE THE SIGN CHALLENGE

YOU OR YOUR TEACHER CAN DOWNLOAD THE FULL LIST OF WATER SAFETY SIGNS AT WWW.WSI.IE SEE HOW MANY YOU CAN MEMORISE!