



# Jump Into Summer!



## Key theme:

This theme is based on getting the best out of summer.

These activities can be adapted and used with all year groups or as a family, as appropriate.

### The big idea



**Water safety with the RNLI**  
**Create a summer safety poster or booklet**  
**All Primary year groups**



### How to do it

The Royal National Lifeboat Institution (RNLI) is a charity that was founded in 1824 and since then, has saved 139,000 lives. The RNLI provides, on call, a 24-hour lifeboat search and rescue service around the coast and inshore. They also provide a lifeguard service, around beaches, in case people get into trouble in or around the water. The team of volunteer crews and lifeguards, put their own lives at risk, saving the lives of others. These people come from all walks of life, doing vital lifesaving work, on top of their day jobs.

This activity is all about summer safety around the water and designing a poster or booklet to help everyone stay safe. Although beaches and the sea are a fun place to be in the summer, water and the hot weather can also be very dangerous. There are certain rules that you need to follow to stay safe. Because the RNLI are putting their own lives at risk; following the water safety tips will also help them. You will need to incorporate these safety tips into your poster with some persuasive phrases so that people take notice of your important messages.

The RNLI website ([www.rnli.org](http://www.rnli.org)) has a great deal of safety advice that you can refer to, as well as the advice below.

### Good water safety tips:

- Try to learn to swim as soon as you can. Many different places offer swimming lessons from a young age and this will help your chances if you fall into the water
- In swimming pools, always check the depth (the markers at the side will show you) and test the temperature of the pool before you go in, so that your body does not go into shock. Always obey the pool rules. Again, you need to have a responsible adult watching you in the pool
- Put on plenty of sunscreen before you go outside
- Never go into the water without a responsible adult
- Drink plenty of water so that you do not get dehydrated
- When you are on a boat, always wear a life jacket that is well-fitted and listen to the person in charge (the captain)

**At the beach:**

- Never swim alone and always have someone who is responsible with you
- Do not use inflatables as they can get swept out to sea
- Have an awareness of rip currents and always read the safety signs
- Face the waves so that you can see what is coming
- Always swim where the markers show that it is safe
- Be aware of the tide and the currents and NEVER go against the markers and water safety advice markers
- Do not swim out too far, as the current may take you out further than you feel safe
- Wear protective footwear, to protect your feet from hard and rough surfaces
- Do not swim too close to piers or groynes. These are large wooden structures that jut into the water with hard and sharp surfaces

**Falling into cold water:**

The RNLI has a campaign to protect people if they do unexpectedly fall into cold water. This is called 'Respect the water'. These tips could also be incorporated into your poster.

**5 steps to float:**

- Fight your instincts to thrash around
- Lean back, extend your arms and legs
- If you need to, gently move your arms and legs to help you float
- Float until you can control your breathing
- Only then, call for help or swim to safety

**Calling for help:**

If you see someone in trouble at the coast, then call **999** or **112**, and ask for the coastguard.

**Completing the poster- KS1**

Take a look at the RNLI website ([www.rnli.org](http://www.rnli.org)) for information about the service that they provide. This will help you to complete your poster.

**Think about:**

- The main message of your poster - this must be all about water safety
- Give your poster a slogan. That is a striking phrase that people can remember. This will make your poster stand out from all the others
- Consider drawing a border around your poster to make it more interesting
- Use some key words with your pictures so that people can remember what to do and the rules to follow

**Completing the booklet – KS2**

Research the main facts about safety around the coast and water before you start your poster ([www.rnli.org](http://www.rnli.org)).

- Plan your key ideas and decide how you will organise your booklet. The subheadings could be about the different areas of water safety
- Find some paper to make your booklet interesting. You could use different coloured paper for the different sections
- Design an interesting front cover with a slogan (a memorable and striking phrase that people will remember)
- Use adjectives (describing words) to make your writing interesting
- Draw pictures with labels to show people what to do if they get into trouble around the water

**What you will learn**

**Researching and designing your poster or booklet will help you to:**

- Understand the vital safety rules around the water and the coast
- Improve your writing and drawing skills

**Useful websites:** [www.rnli.org](http://www.rnli.org) [www.rospa.com](http://www.rospa.com) [www.rya.org.uk](http://www.rya.org.uk)