



Your Swim Safe Guide

Ensuring children stay safe this summer
whilst swimming outdoors

Suitable for Key Stage 2

Please Print

In partnership with





Thank you for downloading the Swim Safe Toolkit.

Our aim is to provide useful information, tips and resources to help inform teachers, parents and children on the importance of staying safe whilst swimming outdoors.

Whether by the sea, river or lake, the skills involved in keeping safe whilst swimming outdoors are different to those in an indoor pool, where most pupils' swimming lessons take place. And with the summer holidays fast approaching, it is our priority to ensure children know how they can enjoy the water and stay safe.

In this toolkit, you'll find a host of resources to deliver a fun filled lesson on outdoor water safety as well as information which can be shared with parents through your notice boards, email, newsletters or social media – however you choose.



How to use your Swim Safe Toolkit

in this download, you will find:

- **Lesson presentation** – including images and demonstration videos
- **Lesson guidance notes** - providing you the full support to deliver a fun and engaging swim safety lesson
- **Activity sheets** – a mixture of fun games as well as quizzes to test your pupils swim safety knowledge
- **Activity answers** – to give you a helping hand
- **Handouts** – to support the delivery of your swim safety lesson
- **Posters** – which can be printed and displayed around your classroom

The information is broken down into three sessions:

1. Lesson 1
2. Lesson 2
3. Lesson 3
4. Assembly

Each session is estimated to last 30 minutes depending on the amount time spent on each activity. It is your choice how you deliver this information. This could be in one lesson, or spaced out across a 'Swim Safe week', you could even deliver this in an assembly and invite parents along to attend.

Please note, some slides within the presentation include links to videos hosted on YouTube. It is worth checking your internet access or internet permission levels before starting the lesson.

