

SELECTED SLIDES FROM SELF RESCUE
PRESENTATION

More than half the people who drown
did not expect to be in the water...

In 2021 fatal drownings occurred during
the following activities*:

Angling (9)	Person/object in water, person of uncertain status (4)
Animal rescue (3)	Sailing (4)
Bath (6)	Sub aqua diver (16)
Climbing/cliffs (2)	Surfing (3)
Commercial (10)	Swimming (61)
Cycling (5)	Walking/running (96)
Jumping/diving in (9)	Waterside activity/play (15)
Manually powered boats (15)	Windsurfing/kitesurfing (2)
Motor vehicle (6)	
Motorboating (11)	

*WAID fatality information for the 2021 calendar year; compiled by members of the National Water Safety Forum from data contributed by police, fire and rescue services.

Where
they
happened

At Sea	(14)
Baths, jacuzzis, hot tubs	(6)
Canal/aqueduct	(29)
Beach/Coast/Shore	(81)
Dry Ground	(2)
Harbour, Dock, Marina, Port	(6)
Lake /Loch/Lough	(37)
Pond	(3)
Swimming Pool	(2)
Quarry	(1)
Reservoir	(8)
River	(76)
Stream/Burn/ditch	(12)

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WAID England

Gender/Age	Female	Male	2021
Under 10	1	4	5
10 to 14	1	6	7
15 to 19	1	16	17
20 to 24	1	14	15
25 to 29	1	7	8
30 to 34	1	15	16
35 to 39	1	10	11
40 to 44	1	9	10
45 to 49	1	10	11
50 to 54	1	9	10
55 to 59	1	16	17
60 to 64	1	9	10
65 to 69	1	5	6
70 to 74	1	4	5
75 to 79	1	2	3
80 to 84	1	5	6
85 to 89	1	2	3
Not Recorded	13	13	26
Grand Total	26	156	182

WAID UK

Gender/Age	Female	Male	2021
Under 10	3	3	6
10 to 14	1	11	12
15 to 19	1	19	20
20 to 24	2	17	19
25 to 29	4	10	14
30 to 34	1	23	24
35 to 39	2	13	15
40 to 44	3	14	17
45 to 49	2	15	17
50 to 54	3	12	15
55 to 59	4	20	24
60 to 64	10	16	26
65 to 69	4	12	16
70 to 74	3	8	11
75 to 79	6	3	9
80 to 84	1	8	9
85 to 89	1	3	4
Not Recorded	21	21	42
Grand Total	47	230	277

Males 15 – 39 feature disproportionately; in other statistics the influence of drugs and alcohol is also significant

In 2020, fatal drownings were 0.38 per 100,000 per head of UK population..

16 Coastal Settings	Total over 7 years 251
132 Inland settings such as rivers, canals and lakes	Total over 7 years 1223
4 Swimming Pools	Total over 7 years 40
17 Residential settings	Total over 7 years 119

Estimates vary as to how many fatalities involve people *who could swim*...but in some studies it is a significant number!!

What if...



all children were...

ABLE TO:

- **Hold and control their breath before they fully submerge**
- **Keep calm and get themselves to the surface again**
- **Float on their back and regain control over their breathing**
- **Stay Calm; make an assessment of the 'situation'**
- **Remain afloat and signal or shout for help**
- **Remain afloat and if possible*, 'travel' to a place of safety, say 5 metres away**

Cont...

What is not in question is that....

Water 'outdoors' in the UK is ... **COLD**

Cold Water Shock is serious...
especially combined with 'panic'

"Short of being hit by a bus or struck by lightning, cold shock is one of the biggest jolts that your body can experience."

"The responses tend to be short lived, but threaten survival."

- **Change body position in the water – roll or turn from front to back and back to front; 'tread water'**
- **Change direction on front and back**
- **Know how to rest if they are getting tired or worried while swimming.**
- **Surface dive and swim under water confidently and without stress**

NOTES

Prof. Fred Lanoue (1963) noted that people don't drown primarily because they can't swim but because they can't get air.

Breathing, breath holding, and breath control in all their nuances are involved here.

Closely tied to breath control and breath holding is the mastery of the control and regulation of **buoyancy**.

*(*Some swimmers will be able to travel further maybe using two rudimentary strokes – one on the front and one on the back; a stroke where they will be able to breathe in a relaxed way which is coordinated to the demands of the stroke. Others will have more developed stroke skills. 'Able' swimmers need to understand their limitations in an open water environment: temperature, tides, currents, wind, waves etc WILL seriously affect them...!!)*

Would a minimum expectation be something like this...??



- I Can... 'fall', submerge and resurface 'calmly'
- I Can... float on my back for one minute
- I Can... gain control of and 'regulate' my breathing
- I Can... 'make a plan' to keep safe
- I Can... tread water to keep my head above water
- I Can... turn around....signal for help
- I Can... travel and change direction
- I Can... climb out



Learn about the dangers and hazards at 'local' environments

Learn about the dangers and hazards at holiday sites:
especially **CURRENTS, TIDES**
and **RIP TIDES**



Learn and understand **KEY Water Safety Messages**

Swim in safe places. ("What makes a place safe and where are safe places?")

Swim with an adult.

Know how to call for help if someone else is in trouble.



Learn how to Float and gain control of breathing !!!

KEEP CALM

Understand about **COLD WATER SHOCK**

And 'open' water..

Useful Links

<https://goinghorizontal.org/delivering-key-stage-one-and-two-national-curriculum-outcomes-for-swimming-and-water-safety/>

<https://core.ac.uk/download/pdf/234759297.pdf>

<https://www.swimming.org/schools/resource-pack/>

<https://goinghorizontal.org/the-resource/>

