

Glasgow Primary Schools Swimming Programme

Water Safety Life skills



Slide 1 Contents Page.

Slide 2 Learn how to float.

Slide 3 Learn how to tread water.

Slide 4 How to signal for help.

Slide 5 Learn a survival stroke.

Slide 6 What to do if you see someone struggling in water.

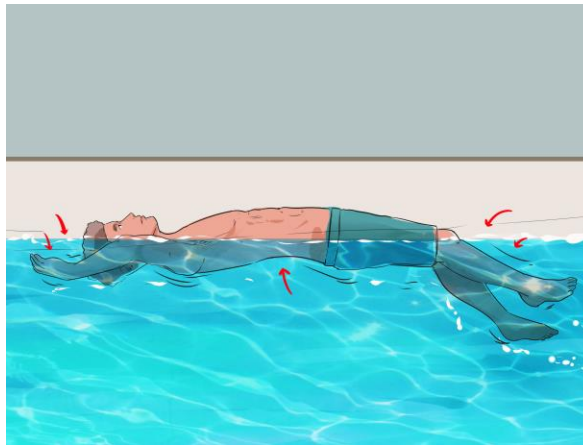


Learn How to Float

Learning how to float is an essential skill – if you or your child find yourself in the water unexpectedly, floating could save your life.

In this video, swim safety expert Ashley Jones talk us through how to float. It combats the effects of cold-water shock and is one to practise next time you are at the pool.

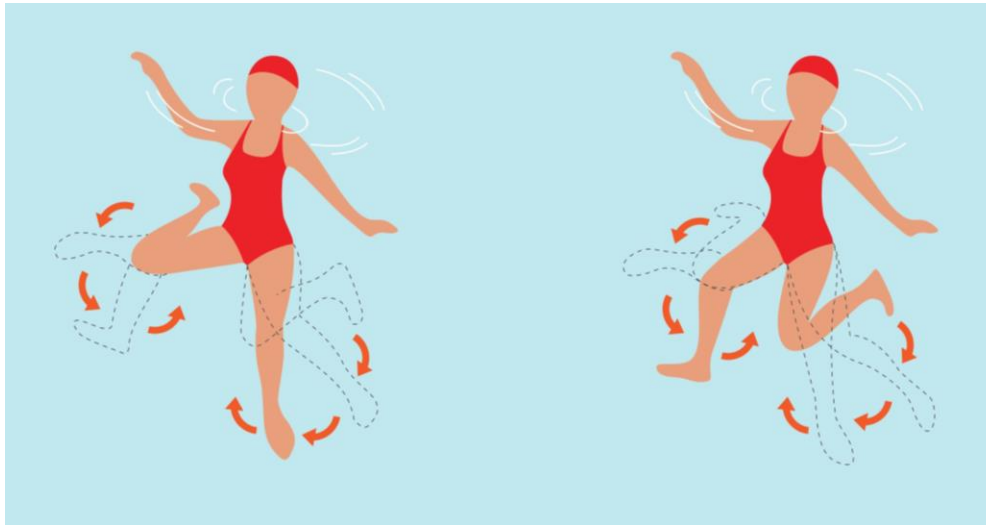
<https://www.youtube.com/watch?v=odWm3DeRFIA&list=PLrYLpy0TFz07vaCNHd8PNPM1DI6qJIOaT&index=1>



Learn How to Tread Water

Join swim safety expert Ashley Jones as he takes us through the steps to tread water – an important skill that allows you to breath, keep your head out of the water and signal for help.

https://www.youtube.com/watch?v=7QAjDqzN5Lc&list=PLrYLpy0TFz07vaC_NHd8PNPM1DI6qJIOaT&index=2

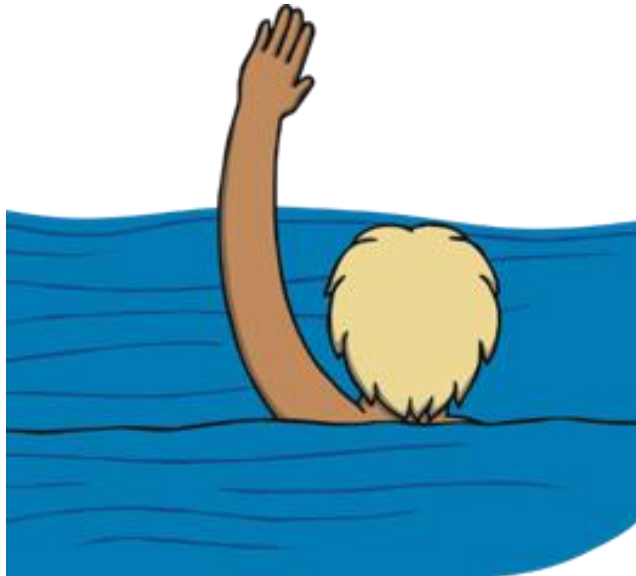


How to Signal for Help

Signalling for help is an important and difficult skill, especially when you find yourself in water unexpectedly.

Swim safe expert Ashley Jones takes us through how to signal for help.

<https://www.youtube.com/watch?v=AZJ1Eno0TFk&list=PLrYLpy0TFz07vaCNHd8PNPM1DI6qJIOaT&index=3>



Learn a Survival Stroke

Although it looks similar to front crawl or breaststroke, a personal survival stroke is a swim technique that helps retain body heat whilst making breathing easier.

Swim Safe expert Ashley Jones shows how you can teach your child this technique next time you go to the pool together.

<https://www.youtube.com/watch?v=kGXVCJP0d6A&list=PLrYLPy0TFz07vaCNHd8PNPM1DI6qJIOaT&index=4>



What To Do if You See Someone Struggling in Water.

Would you know what to do if you saw someone struggling in the water? Former Royal Marine Ant Middleton is urging people not to risk their own lives by jumping in, but instead call 999 or 112 in the UK and Ireland and ask for the Coastguard.

<https://www.youtube.com/watch?v=A0Bton40gro>



Emergency Contact