ACTIVITY: Swimming safely in rivers
- Watch the Be River Safe DVD section River Safety segment Swimming in Rivers.
- Discuss the Be River Safe safety messages in the DVD footage. If you find five or less then you need to watch the footage again.

ACTIVITY: A safe swimming hole
- Work in groups and discuss:
  - how swimming in rivers is different to swimming in a pool or swimming in the sea
  - why you need to check out the river swimming hole every time before you use it
  - what you need to check when you are checking to see if a river swimming hole is safe
  - what a safe swimming hole in a river is like
  - what river features would make a swimming hole unsafe
  - what skills you need to have to swim in a river swimming hole.

Check your answers by viewing the factsheet: SWIMMING IN RIVERS.
ACTIVITY: Having fun but being responsible for ourselves and others

- Work in groups and discuss:
  - why rivers are dangerous places to swim
  - why groups need to sort out rules like ‘no swimming deeper than this’ or ‘no swimming out past me’ or ‘no pulling anyone under’
  - how teenagers and young people get into difficulty when swimming in rivers
  - how easy it is to forget safety when you are having fun in the river
  - why everyone in the water needs to act responsibly while they are having fun
  - what a buddy system is and why two mates should look out for each other.

ACTIVITY: Supervision

It takes less than one minute to drown. Drowning is a silent activity.

- Work in groups and discuss why:
  - there must be a supervisor in the river when you are swimming in a river
  - older children should not supervise younger children in rivers
  - supervisors need to be strong swimmers or only act as extra supervisors on the land
  - supervisors should not get involved in fun activities in the water.

Check your answers by viewing online Be River Safe factsheet: SUPERVISION AT SWIMMING HOLES AND NEAR RIVERS.
ACTIVITY:
Planning a trip to the swimming hole

- Prepare a plan for a group of you to go to the local swimming hole. Either your group is old enough to go without adult supervision or there are two adult supervisors going with you.
- Sequence your planning under these headings:
  - Before we set out
  - Getting to the river
  - At the river
  - In the water.
- Remember to consider:
  - gear - personal, group, technical and safety
  - communication
  - risk identification and management
  - supervision.

Give some reasons to support this statement:
‘Make a plan before you complete any activity in or on the river.’

Alternatively prepare an argument against the statement:
‘Swimming in the swimming hole is what we do lots of days every summer; we don’t need to do any planning.’

ACTIVITY:
Is it safe to do this activity here today?

Before we start any aquatic activity we need to do a final assessment to make sure it is safe to do that activity.
- Select an activity you like to do in the river.
- Consider what questions you would ask to make sure it is safe for the group you are with to conduct that activity on the river.
- Use these headings:
  - Local conditions here today
  - Assessment of the river
  - Weather
  - Gear
  - My competence (skills, attitude and level of experience of being in or on the river)
  - Our group’s competence (skills, attitudes and level of experience of being in or on the river)
  - Things that could go wrong and how we would deal with it.

*Check your responses with the factsheet: IS IT SAFE FOR US TO DO THIS ACTIVITY HERE TODAY?*
**ACTIVITY:**

**Stop and think before you enter the water**

- Read the following articles then discuss the idea that if people acted on these two safety messages there would be fewer drownings in rivers.

*Be River Safe* ... *stop and think before you enter the water*

*Be River Safe* ... *if in doubt STAY OUT*