

# Be River Safe

## Swimming in Rivers

### Notes for Teachers & Leaders

In many communities swimming in the river is a major summer activity, but rivers are our most dangerous aquatic environment. Every year individuals, often children and young people, drown at river swimming spots.

If you are working with young people and learners who like to swim and to jump or dive at their local swimming spot you may wish to make a learning programme that includes material from the section on Jumping and diving.

#### Use of Be River Safe DVD material

The Be River Safe DVD section **River Safety** has a segment **Swimming in Rivers** that has a strong focus on:

- selecting a safe spot to swim
- supervision of those in the water
- individuals behaving responsibly and taking some responsibility for watching others in the water.

#### Resources provided

- Be River Safe DVD
- Swimming in Rivers feature on this website: [www.watersafety.org.nz](http://www.watersafety.org.nz)
- Factsheet: SWIMMING IN RIVERS
- Activities about swimming in rivers
- Factsheet: STOP AND THINK BEFORE YOU JUMP OR DIVE
- Activities about jumping and diving in a river
- Factsheet: SUPERVISION AT SWIMMING HOLES AND NEAR RIVERS
- Factsheet: PLANNING A TRIP
- Factsheet: IS IT SAFE FOR US TO DO THIS ACTIVITY HERE TODAY?



Be River Safe ... *learn to swim and survive*

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## Planning a trip to the local river swimming hole

You may want to take your group on a trip to the local swimming hole. This presents an opportunity to engage learners in planning an activity and assessing and managing the risks associated with the trip.

When planning and organising this trip you will want to follow the procedures established by your organisation but you may find the factsheet: PLANNING A TRIP useful.

Schools will want to refer to EOTC Guidelines [Bringing the Curriculum Alive](#).

## Discussion

Discussion about swimming in rivers can focus on:

- selecting a safe river swimming spot
- checking out the spot is safe every time you go there to swim
- the danger of being swept into the river current
- supervision of those in the water
- individuals having fun but behaving responsibly
- individuals taking some responsibility for watching others in the water
- individuals knowing their own swimming abilities and not going beyond their limits.



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