

## Overview

Visiting inland waterways is a popular pastime for children and adults alike, and can be a fun and rewarding activity. In order to get the most from the waterways, it is vitally important that anyone visiting them follows some simple safety guidelines.

Four activities have been designed to teach effective waterside safety for children aged 7 - 11. The key message - **SAFE (Stay Away From the Edge)** can be applied equally to rivers, canals, lakes and reservoirs. The activities follow current Health and Safety Executive (HSE) guidance in that children are taught to take responsibility for their own health and safety.

The Royal Society for the Prevention of Accidents (RoSPA) has also endorsed these activities.

The activities have been designed by experienced teachers for schools, group leaders or parents and can be used either individually or as a suite.

## The Curriculum

### Schemes of Work

**England** - PSHE & Citizenship.

**Scotland** - Health Education: Social Health strand.

**Wales** - Personal and Social Education Framework: Physical Aspect.

## Resources

The following resources can be used to learn about waterside safety:

### **Hidden Dangers** Recommended age 7 - 11 year olds

Children are guided through simple activities into producing a poster or presentation, targeted at a younger audience, about those dangers near water that might not be immediately obvious.

### **Rescue Stations** Recommended age 9 - 11 year olds

Rescue Stations is a role play activity in which groups of children are required to consider how they might deal with a person in distress in the water.

### **Safety Game** Recommended age 7 - 9 year olds

Children first decide on what is safe and what is not, completing 16 game cards in the process. These cards are then used to play a simple board game.

### **Spot the Hazards** Recommended age 7 - 11 year olds

Spot the Hazards involves children deciding what is safe and what is not using pictures of a waterside scene.

## Health & Safety

Prior to visiting a waterway we recommend that you undertake one of these activities from the Waterside Safety resource. These activities teach children the importance of **SAFE: Stay Away From the Edge**.

## Contact Details

For advice on planning a visit to a waterway see the [Visit Planning](#) document. Please contact your local British Waterways office before a visit. Contact details from:  
British Waterways Customer Services - 01923 201120  
[enquiries.hq@britishwaterways.co.uk](mailto:enquiries.hq@britishwaterways.co.uk)