Creating currents

DIFFICULTY: **EASY**

WATER BASED

5 MIN

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Extension for be aware and be prepared

Learn how currents work by creating a current in the water. Participants will observe the motion of the water as they move forwards, backwards and stand still.

1. Find a shallow area of water that participants can enter and stand at mid-calf depth in a circle.
2. Instruct participants to slowly walk around in a clockwise direction for about 10 steps, then stop. Observe what happens to the water while they are walking, and what happens when they stop walking.
3. Now ask participants to walk back in the opposite direction (anti-clockwise) around the circle, stopping, starting, changing direction each time.
4. Ask the following questions:
   - What happened to the water when the group was still?
   - What happened when we moved? (fast/ slow)
   - What made a stronger current? What made a gentler current?
   - What happened when we stopped/ started/ changed direction?
   - How does this relate to currents?

Warning sign

- Share this sign with students and discuss the meaning of it (Hazard – rip currents in this area)

Design a safety sign

DIFFICULTY: **MODERATE/HARD**

LAND BASED

20 MIN

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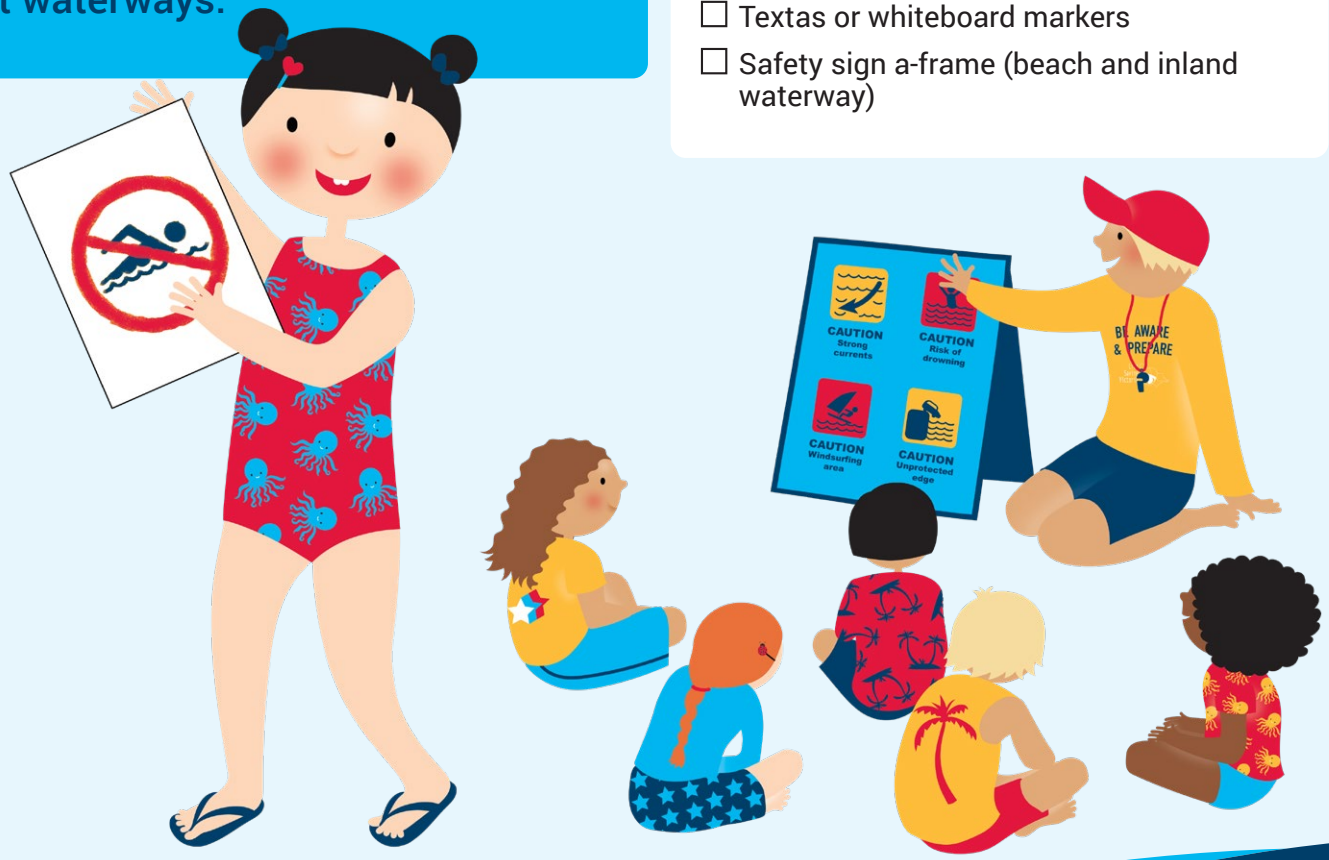
Extension for be aware, be prepared

Students will create their own safety sign to demonstrate their understanding of dangers at different waterways.

1. Discuss the different waterways in Victoria.
2. Review a safety sign of a particular waterway (beach or inland waterway)
3. Ask participants to design and draw their own safety sign to warn others about the dangers at this waterway. This can be done in small groups, with each group selecting a different type of waterway, or individually.
4. Students need to design their safety sign so that it is easily understood by all people in our community (visitors from other countries, people with a vision impairment etc.)

Equipment:

- ☐ Butchers paper or whiteboards
- ☐ Textas or whiteboard markers
- ☐ Safety sign a-frame (beach and inland waterway)



Mini river current

DIFFICULTY: **EASY**

LAND BASED

10 MIN

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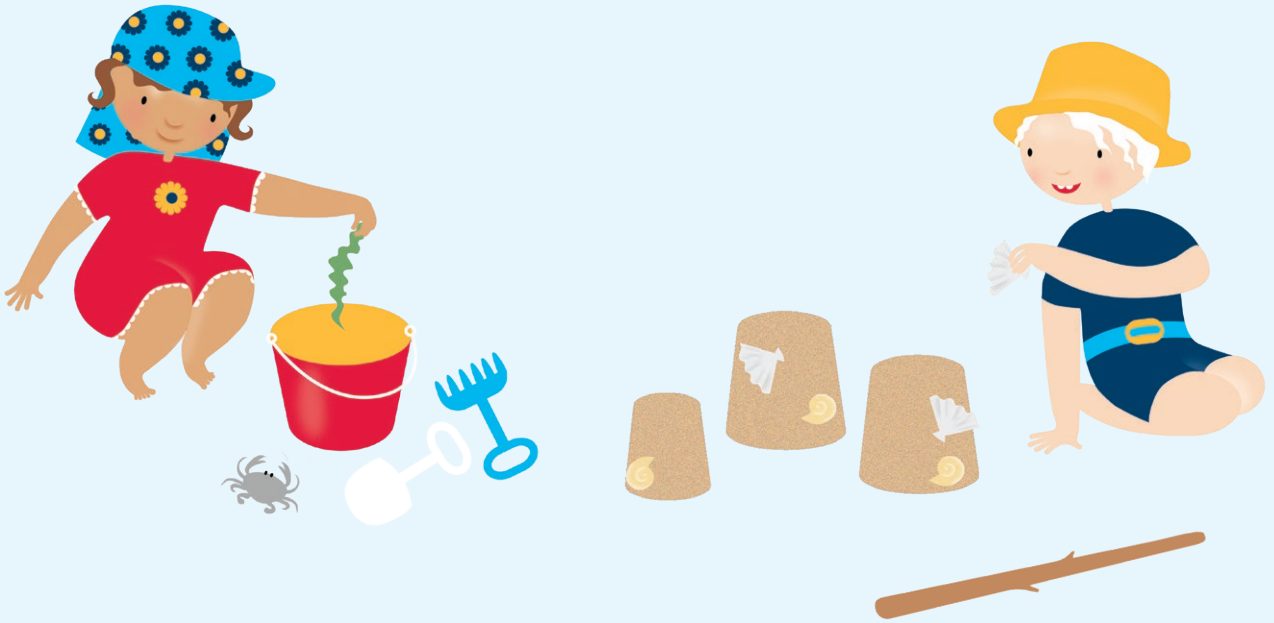
Extension for be aware, be prepared

Learn how currents work by building your own mini river system. Watch how water flow changes with bends, obstructions and slopes!

Resources/links

If you have no sand/ soft dirt, you can create your channels with recycled materials, see Water-Maze-Run.pdf for ideas.

1. Assign participants to groups of 3 -4 students and ask groups to build a hill in the sand.
2. Participants should then dig a channel down one side and place small stick, leaves and rocks in the channel to resemble a river.
3. Groups will then collect buckets of water and pour them gently over the hill and watch what happens.
4. As a group, discuss: Which water flowed the fastest? Which water flowed the slowest? What happened to the objects in the channel? Did the water pool into a lake at the bottom or keep flowing?
5. Be sure to reuse/dispose of the items correctly when you're finished.



Risk assessment

DIFFICULTY: **HARD**

WATER BASED

LAND BASED

15 MIN

Life Saving Victoria | Lifesaving education programs

Extension for be aware, be prepared

Participants will learn the importance of conducting a risk assessment and how to complete one.

Equipment:

- ☐ Risk assessment example
- ☐ Whiteboards
- ☐ Markers

1. Explain the steps for conducting a risk assessment of an open water or pool setting.
2. In pairs, participants review the location for risks, walking to each area and making notes on whiteboards on any issues with:
   - Entry and exits – Are they safe, clear of hazards, easy to find?
   - Emergency information – Where is it? Can you easily see the location name and details?
   - Weather check – No storms, thunder, recent rains.
   - Hazards around the water – Is there anything you could trip or fall on?
   - First Aid – Who will help in an emergency? Is there a defibrillator? Where is the first aid kit stored?
   - Hazards in the water (ensure ratios are covered before participants enter the water) – Is the water clean and clear? No broken filters, broken tiles, too many pool toys? Are there strong currents, submerged objects, algae etc.?

Resources/links

View an example of a risk assessment here