

STAYING SAFE: HARTLEPOOL SHORES

A BOOKLET OF INFORMATION, GAMES AND
ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE



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INTRODUCTION

WE ARE A GROUP OF YOUNG PEOPLE FROM HARTLEPOOL YOUTH SERVICES.

WE HAVE CREATED THIS PACK AS WE HOPE TO RAISE AWARENESS OF THE IMPORTANCE OF WATER SAFETY.

WE ARE PROUD TO LIVE IN A COASTAL TOWN AND WE RECOGNISE THAT THE SEA IS AN IMPORTANT PART OF OUR CULTURE AND HERITAGE.

THE BOXING DAY DIP, KAYAKING AT MIDDLETON PIER, YACHTS ON THE MARINA, SURFING, POWERBOATING, PADDLEBOARDING, ICE SWIMS, "PLOGGING" AND OF COURSE, FISHING ARE JUST SOME OF THE WAYS THAT HARTLEPUDLIANS ENJOY THE SEA.

WE DON'T WANT TO KEEP PEOPLE OUT OF THE SEA OR WATER- WE LOVE TO SEE PEOPLE HAVING FUN- WE JUST WANT PEOPLE TO STAY SAFE AND BE AWARE OF THE RISKS.

WE WANT TO EDUCATE AND INFORM THE CHILDREN AND YOUNG PEOPLE OF HARTLEPOOL SO THEY CAN ENJOY THEIR SUMMER SAFELY.

IN THIS PACK YOU WILL FIND PUZZLES, COLOURING PAGES, A SCAVENGER HUNT ALONG WITH FACTS, INFORMATION AND MORE.



RNLI VOLUNTEER Q&A

MARK CRANGLE HAS VOLUNTEERED FOR HARTLEPOOL RNLI AS A MECHANIC AND NAVIGATOR FOR 11 YEARS. WE ASKED HIM...

Q) WHAT IS INVOLVED IN BEING A CREW MEMBER FOR THE R.N.L.I.?

"Training twice a week, being on call as much as possible or 24/7 via a pager, specific training at the lifeboat college at Poole and dealing with many call outs."

Q) HOW MANY CALL OUTS DO YOU HAVE TO DEAL WITH AND WHAT TIME OF THE YEAR IS BUSIEST?

"Average of 50 call outs per year and summer months like June, July and August the busiest time of year."

Q) WHAT DO YOU WISH YOUNG PEOPLE WERE MORE AWARE OF WHEN IT COMES TO BEING SAFE IN THE SEA?

"I wish more young people were taught more about the danger of unsafe boats and toys and that the weather at sea is very unpredictable."

Q) YOUNG PEOPLE WILL ALWAYS WANT TO SWIM IN THE SEA, ESPECIALLY IN SUMMER. WHERE IN HARTLEPOOL SHOULD THEY STICK TO?

"I think young people in Hartlepool should stick to life guarded areas like Seaton Carew and away from piers and undersea hazards."

FACTS ABOUT RNLI:

- WILLIAM HILLARY FOUNDED THE R.N.L.I IN 1824
- R.N.L.I STANDS FOR THE ROYAL NATIONAL LIFEBOAT INSTITUTION
- IT IS THE LARGEST CHARITY THAT SAVES LIVES AT SEA AROUND THE COAST OF THE UK, REPUBLIC OF IRELAND, THE CHANNEL ISLANDS AND THE ISLE OF MAN.
- VOLUNTEERS MAKE UP 95% OF THE ORGANISATION
- THEY OPERATE A 24/7 SEARCH AND RESCUE LIFEBOAT SERVICE OPERATION
- THEY HAVE SAVED OVER 143,000 LIVES SINCE 1824



Lifeboats

HARTLEPOOL LIFEGUARD Q&A

WE ASKED SIMON ALMOND SOME QUESTIONS ABOUT WHAT IT'S LIKE BEING A LIFEGUARD IN HARTLEPOOL.

SIMON HAS BEEN A LIFEGUARD FOR 16 YEARS AND TRAINS ALL CURRENT LIFEGUARDS IN THE TOWN.

Q) WHAT ARE THE MAIN DUTIES OF A LIFEGUARD?

"To have a positive attitude, always be professional. We observe beach users and supervise designated areas we have to be ready to act early and prevent accidents and provide rescue and first aid as required."

Q) WHERE IN HARTLEPOOL DO YOU WORK?

"I work at Seaton Carew and the Block Sands. For those that don't know, the Block Sands is the beach on the south side of the Heugh Pier. It has a paddling pool with stepping stones on the promenade. The red and yellow flagged area is between the Fish Sands and Block Sands."

Q) WHAT IS THE DAILY ROUTINE OF A LIFEGUARD?

"9:30AM we check and collect 4WD for Seaton, the 4WD is a 4 wheel drive vehicle used as an observation platform and for moving equipment around the beach. 9:45AM pre op checks and set up zones, 10AM log on with UK coastguard and begin patrols. The red and yellow flagged area will be under constant supervision until 6PM. 5:45PM water users are advised of the lifeguard service finish time, 6PM equipment returned to base and cleaned as required, lifeguards leave the beach 6:15PM."

Q) WHERE DO YOU THINK IS THE MOST HAZARDOUS PLACE TO SWIM IN HARTLEPOOL?

"Crimdon Dene beach - no lifeguards and exposed to large northerly swells. The Headland acts as a natural barrier for Seaton making it a safer area to swim."



Q) WHAT WOULD YOU LIKE YOUNG PEOPLE TO KNOW ABOUT KEEPING SAFE IN THE SEA?

"Always swim at a lifeguarded beach, in between the red and yellow flags. Never go near water alone, if you fall in lie on your back and float. Know how to call for help - if in the water wave 1 hand and shout for help, if you see someone in trouble NEVER enter the water call 999 and tell them everything you can see."

Q) WHAT IS YOUR FAVOURITE PART ABOUT BEING A LIFEGUARD?

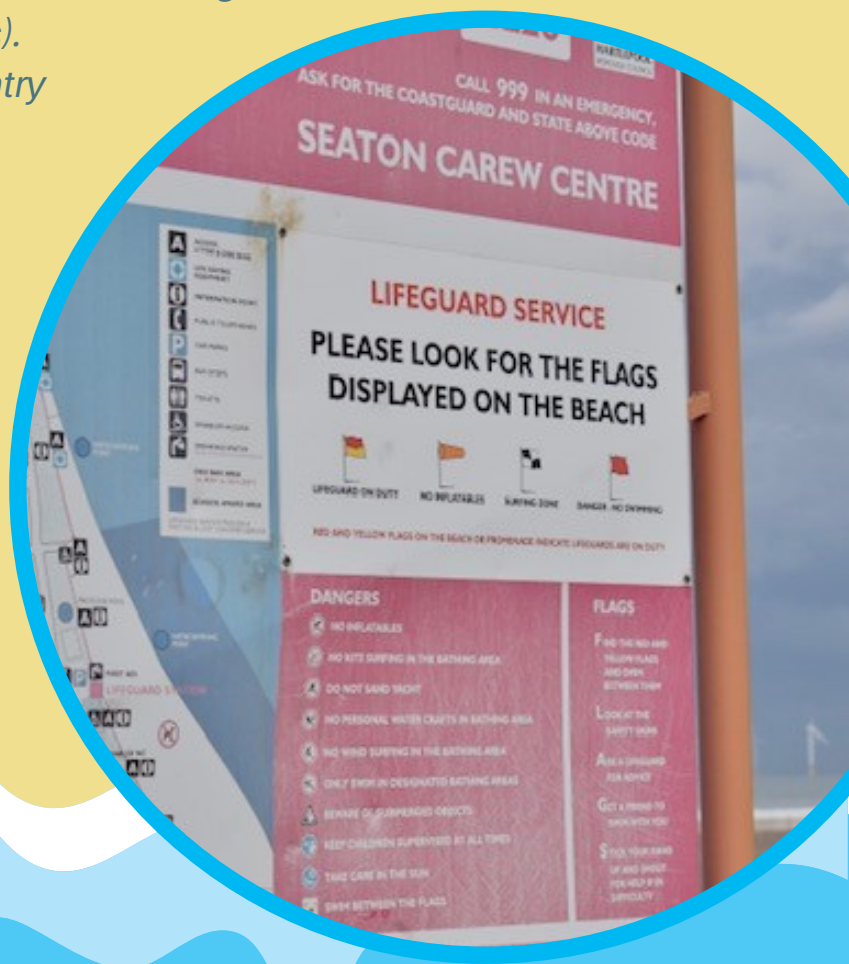
"It is a very rewarding job and has always been a passion of mine."

Q) WE ASSUME THAT SUMMER IS YOUR BUSIEST TIME BUT WHAT AGE GROUP DO YOU THINK HAS THE MOST INCIDENTS IN THE SEA?

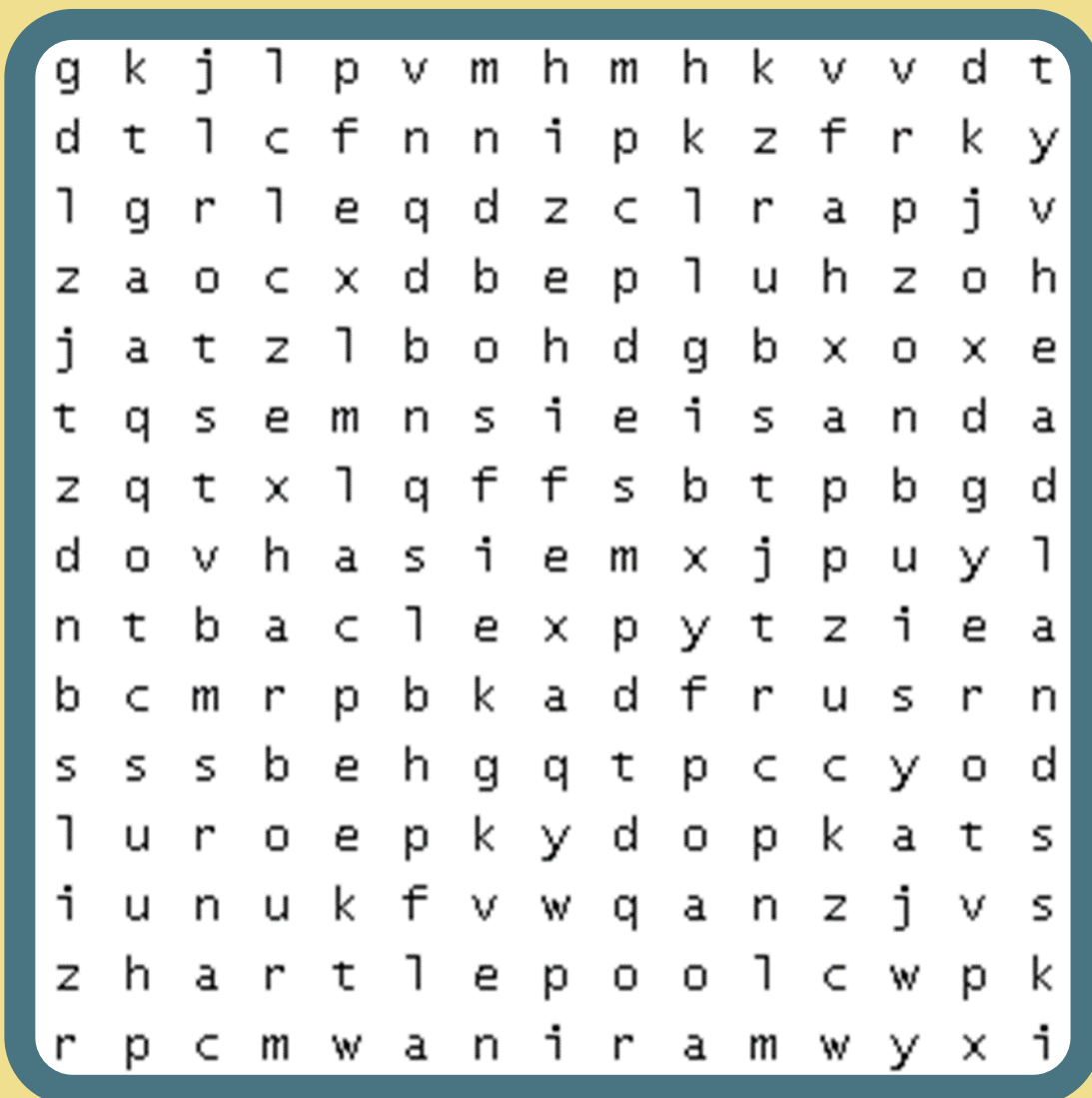
"Young males tend to be the highest risk category, though we advise all age groups to listen to advice."

Q) WHAT HAS BEEN YOUR MOST MEMORABLE EXPERIENCE AS A LIFEGUARD?

"During my time working for the RNLI lifeguards I thoroughly enjoyed my week in the old Teemouth lifeboat station training to use IRB's (Inflatable Rescue Boats). Lifeguards from all areas of the country trained and lived together over the week, I still keep in touch with many of the friends I made over the week."



WORDSEARCH



LIFEGUARD

SAND

SUN

HARBOUR

SURF

RIPTIDE

KEEPCALM

HARTLEPOOL

FLOAT

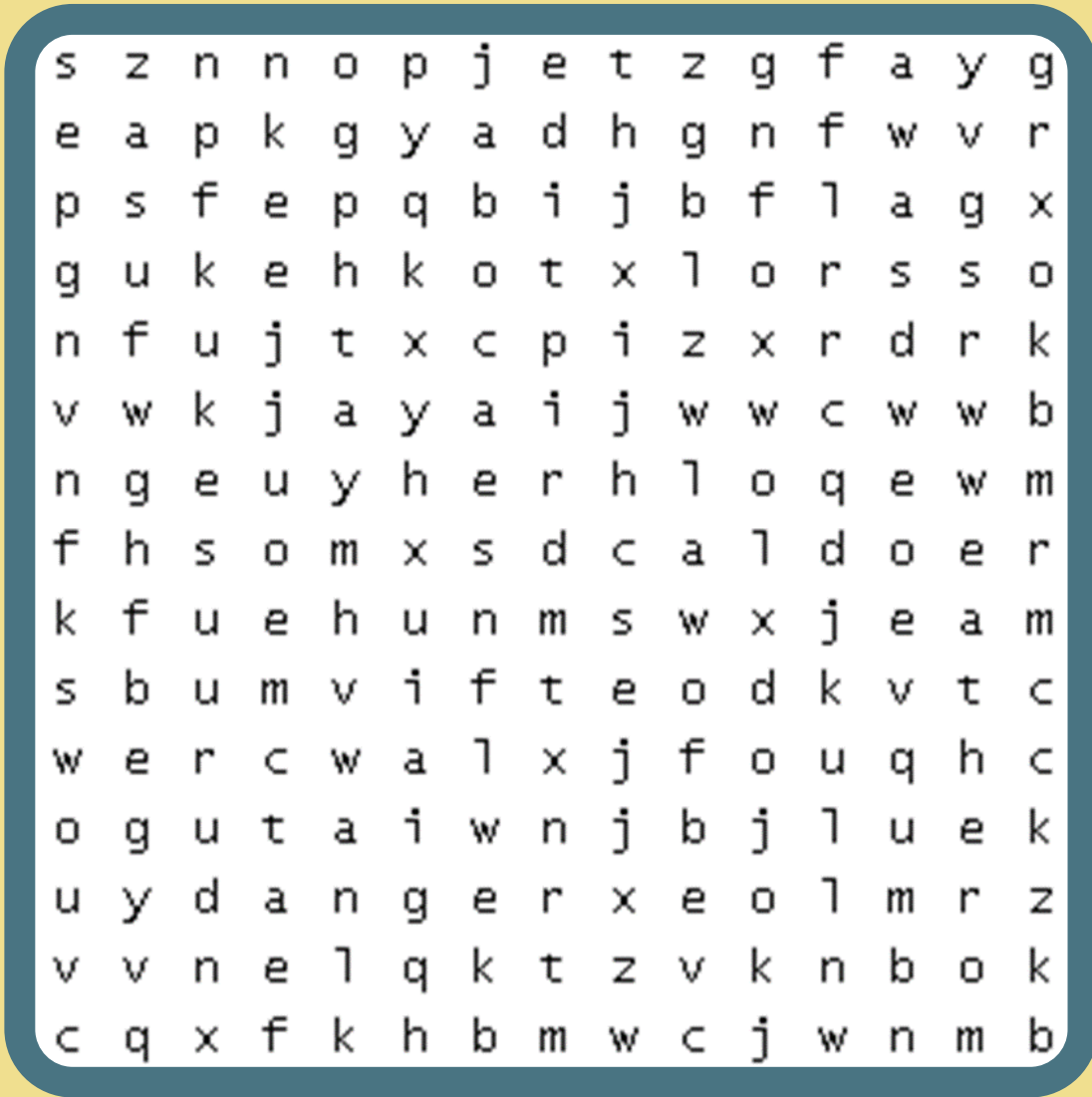
HEADLAND

MIDDLETON

MARINA

SEATON

WORDSEARCH

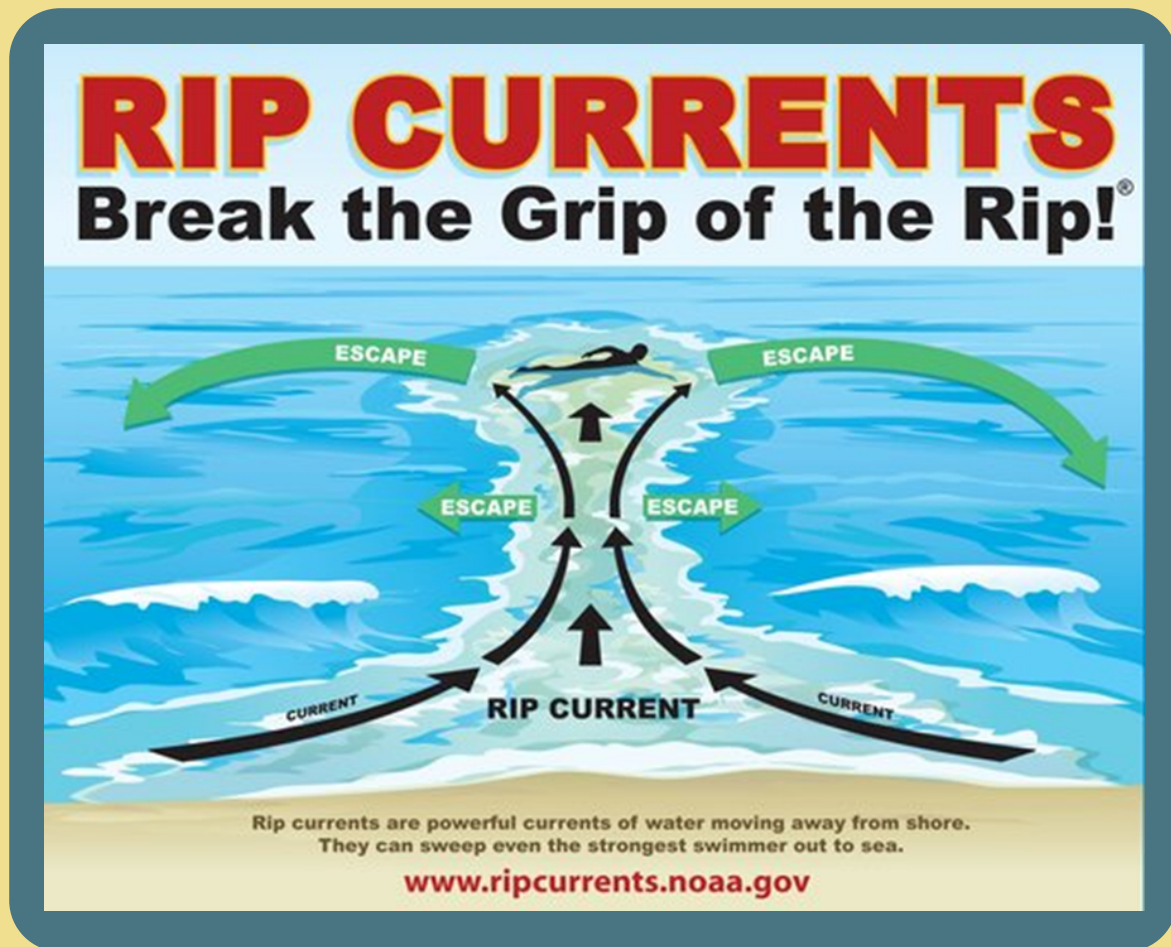


RIPTIDE
BUOY
FLAG
SAFETY

WEATHER
COASTLINE
CREW

WAVES
SEA
WIND
DANGER

THE DANGERS OF RIPTIDES



RIP CURRENTS ARE DANGEROUS AND CAN PULL EVEN THE STRONGEST SWIMMERS OUT TO SEA, VERY QUICKLY

IF YOU FIND YOURSELF CAUGHT IN A RIP CURRENT:

- STAY CALM- DON'T PANIC!**
- RAISE YOUR HAND TO SHOUT FOR HELP**
- NEVER TRY TO SWIM AGAINST THE RIP- IT WILL ONLY TIRE YOU OUT**
- SWIM TO THE SIDE, PARALLEL TO THE BEACH UNTIL YOU ARE FREE OF THE RIP AND THEN SWIM TO SHORE**

COLD WATER SHOCK

DID YOU KNOW THAT COLD WATER SHOCK IS MORE OF A RISK TO YOU ON A WARM AND SUNNY DAY?

COLD WATER SHOCK IS WHEN YOUR BODY IS NOT READY FOR THE TEMPERATURE OF THE WATER. THE BLOOD VESSELS IN THE SKIN CLOSE WHICH INCREASES THE RESISTANCE OF BLOOD FLOW. YOUR HEART RATE IS ALSO INCREASED. THE HEART THEN HAS TO WORK HARDER AND YOUR BLOOD PRESSURE GOES UP. COLD WATER SHOCK CAN CAUSE HEART ATTACKS EVEN IF YOU ARE YOUNG.



WHAT YOU CAN DO TO PREVENT COLD WATER SHOCK:

- TEST THE WATER OR SPLASH SOME WATER ON TO YOUR FACE GET IN THE WATER SLOWLY AND START SWIMMING STRAIGHT AWAY
- IF YOU CAN'T CATCH YOUR BREATH- REMEMBER... DON'T PANIC!
- FLOAT ON YOUR BACK TO CATCH YOUR BREATH AND THEN SWIM TOWARDS SHORE OR SOMETHING FLOATING.



FLOAT TO LIVE



- IN 2020 THERE WERE 254 DEATHS IN UK WATERS FROM ACCIDENTAL DROWNING.
- MALES CONTINUE TO OVER REPRESENT, WITH 78% OF DEATHS.
- ALMOST HALF OF (43%) PEOPLE HAD NO INTENTION TO ENTER THE WATER, INCLUDING SLIPS, TRIPS AND FALLS BEING CUT OFF FROM THE TIDE, OR SWEEPED IN BY THE WAVES.
- COMMON CAUSES OF DROWNING IN THE SEA CAN BE PANIC, EXHAUSTION, POOR SWIMMING SKILLS, RIP TIDES OR SWIMMING WHILST UNDER THE INFLUENCE.

WORD SCRAMBLE

CAN YOU UNSCRAMBLE THESE LETTERS TO FIND THE WORDS? THE WORDS WILL HAVE SOMETHING TO DO WITH THE SEA AND HARTLEPOOL

AES NMOENEA



ETNOSA WCRAE



GINWSMIM



PLRSEITD



FFLYELLH



RBARHOU



LANDHEAD



YLTEETS



RINAMA



OALFT



RENTCUR



LAFGS

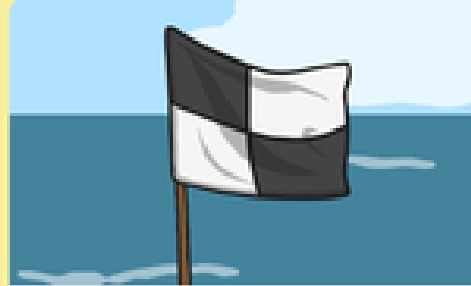


FLAGS AT THE BEACH



Bathing Flag

The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a body board.



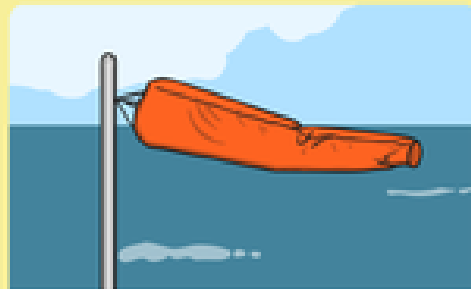
Surfing Flag

The area is safe for water activities like surf boarding and kayaking, but not safe for swimming or body boarding.



Danger Flag

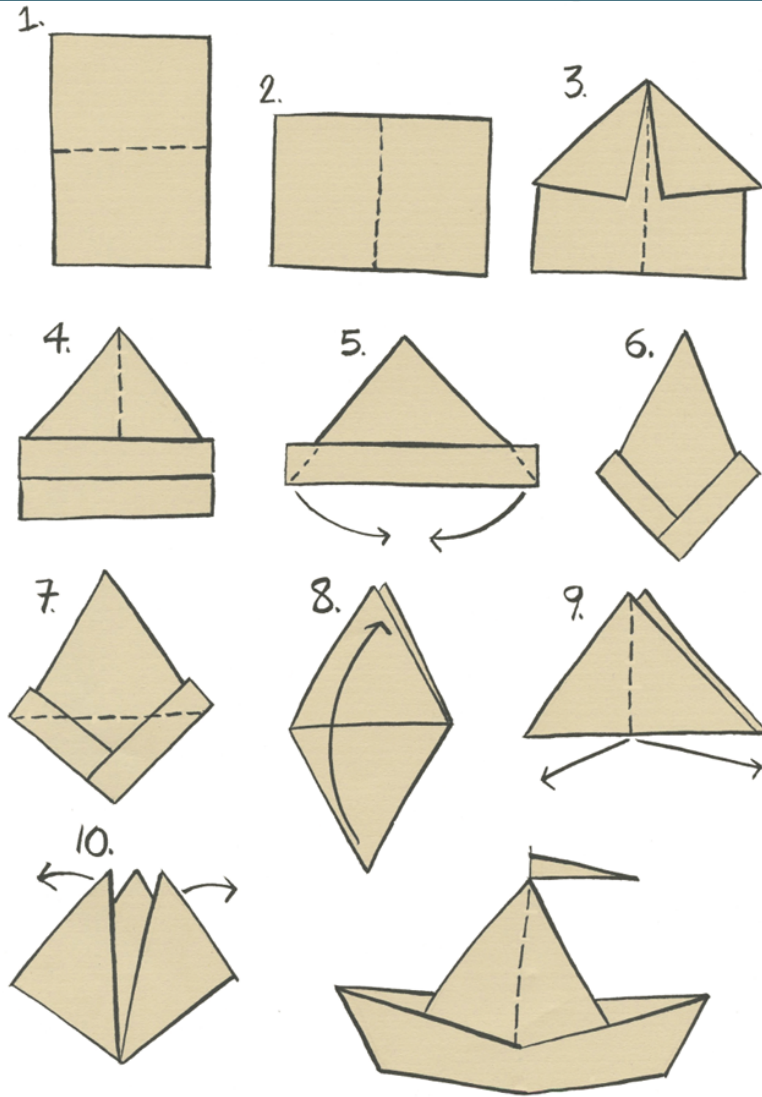
Danger! Never enter the water when you see this flag.



Orange Windsock

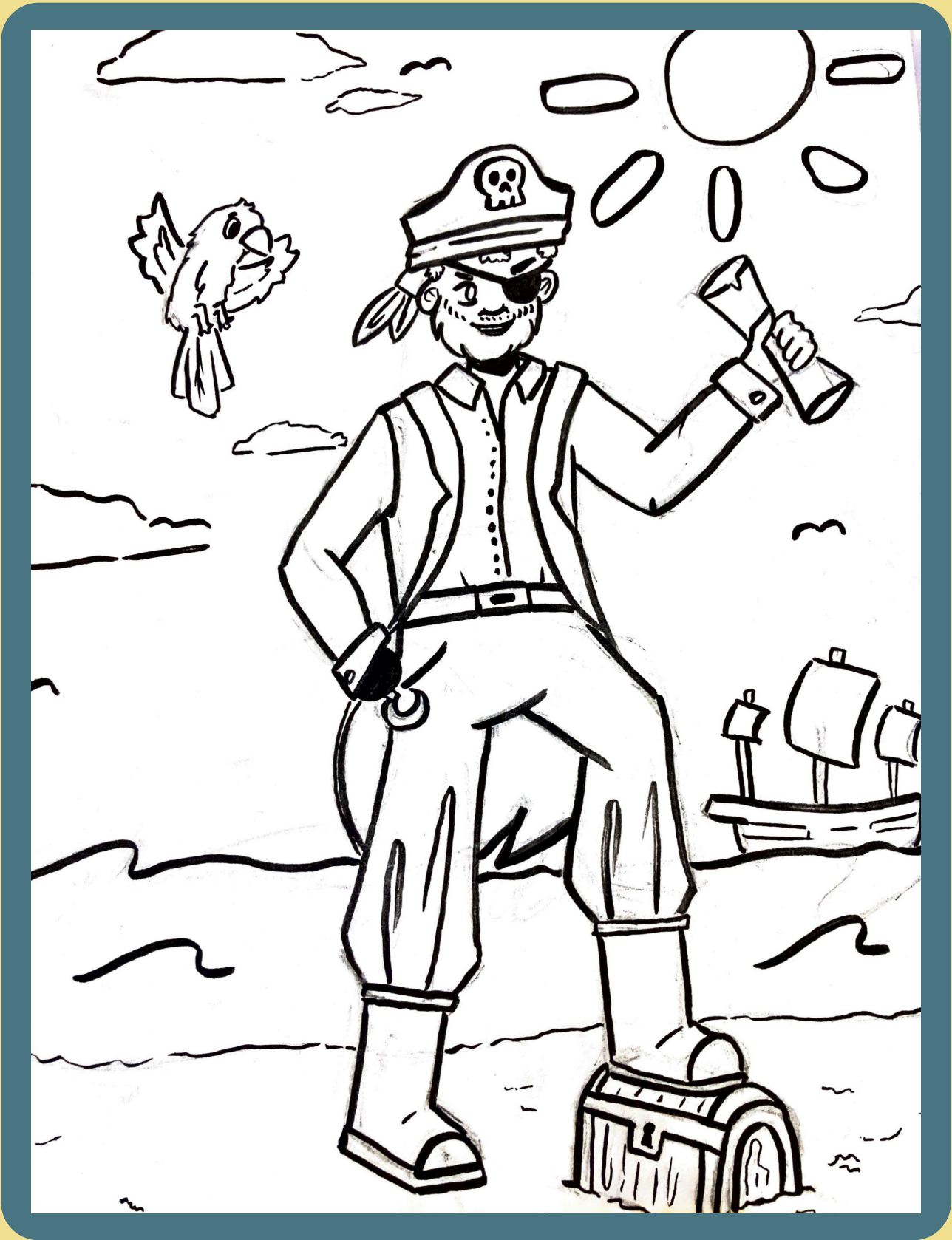
Dangerous wind conditions. **Never** use an inflatable like a rubber ring or dinghy – you could get swept out to sea.

MARITIME MAKERS: HOW TO FOLD A PAPER BOAT



Illustrations by Susan Black [etsy.com/shop/SusanBlackArt](https://www.etsy.com/shop/SusanBlackArt)

[@maritimemakers](https://www.maritimemakers.com) www.maritimemakers.com



Water Safety

©ElementarySafety.com

Know your swimming area and beware of hazards such as rocks, holes and currents.

**DANGER
NO
SWIMMING**

©ElementarySafety.com

Water Safety

©ElementarySafety.com

If you get in trouble, stay calm, drown proof,
tread water, float or swim on your back.



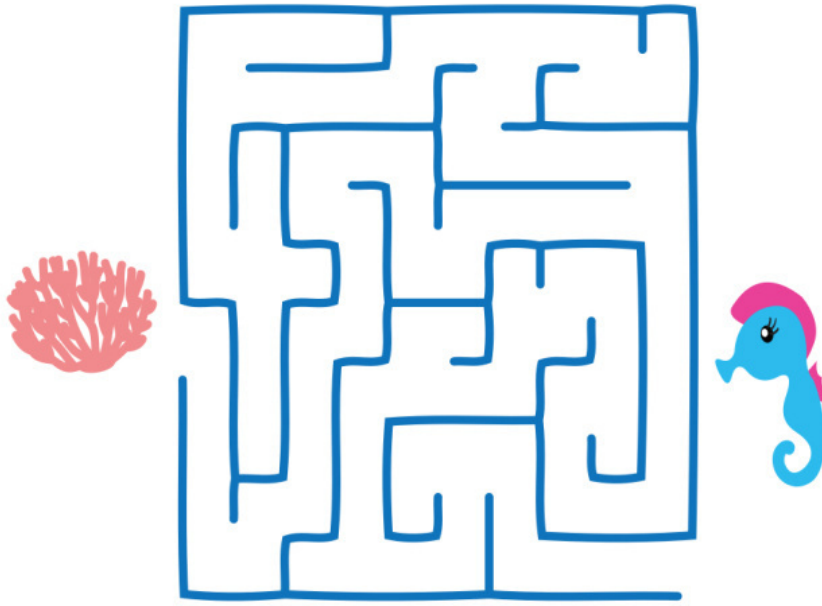
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LIFEGUARD

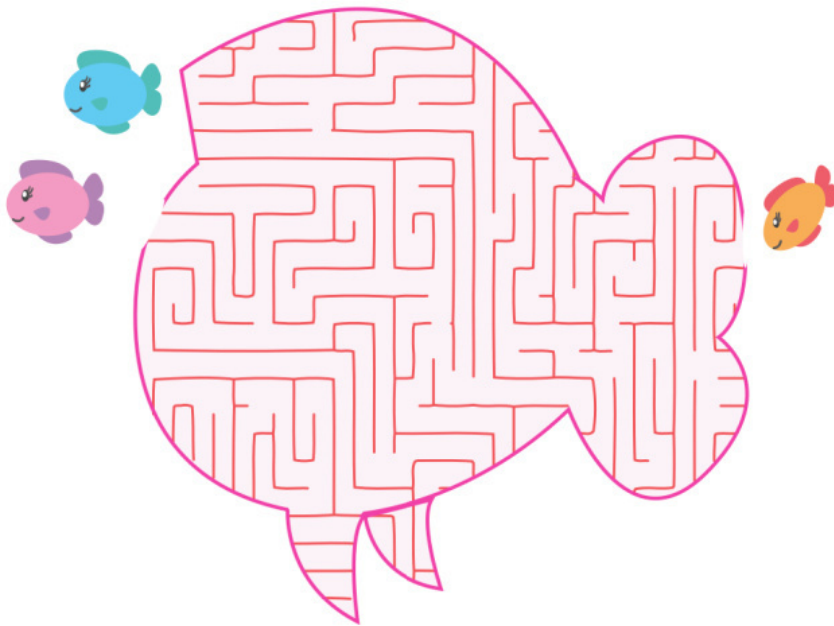
Help the seahorse get to the corall!

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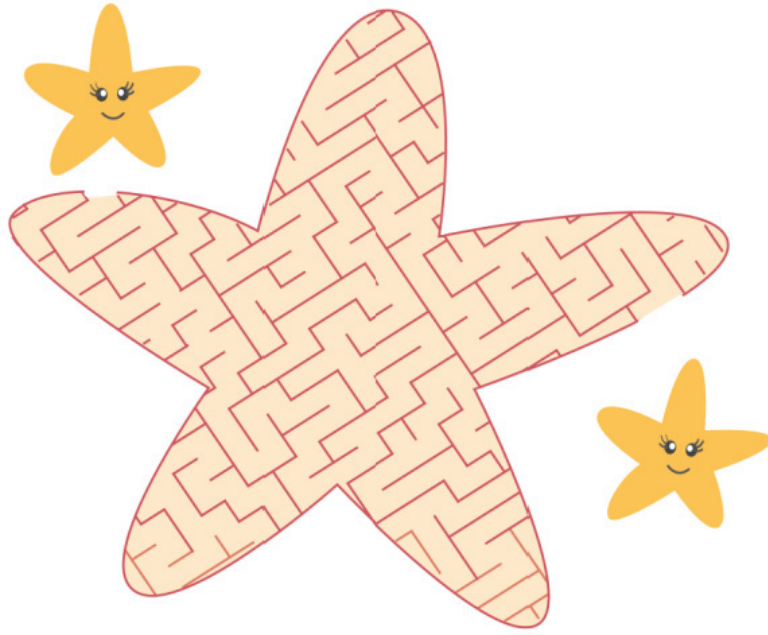


Help the orange fish get back to its friends!

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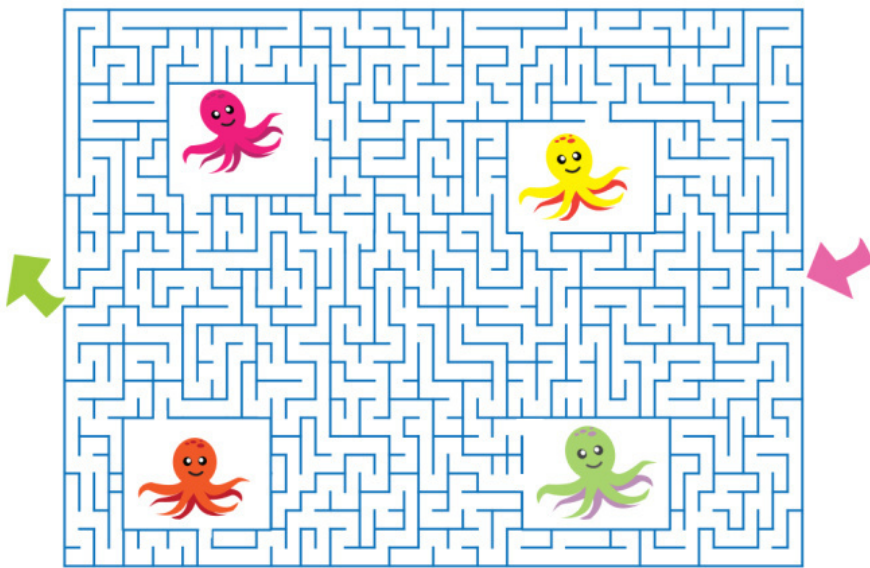


Help one starfish get to the other!



@ Itsy Bitsy Fun for Kids Activities Blog

Solve the maze and be sure to visit all the octopuses!



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PADDLEBOARD GUIDANCE

THE ACADEMY OF SURFING INSTRUCTORS (ASI) PRODUCED A CODE OF CONDUCT FOR THE RECREATIONAL STAND UP PADDLEBOARDER TO USE. THIS IS TO ENSURE THAT THE BEST ADVICE IS GIVEN TO KEEP A RECREATIONAL PADDLER SAFE ON THE WATER.

WHAT IS RECREATIONAL PADDLING?

A RECREATIONAL PADDLER IS SOMEBODY WHO PADDLEBOARDS FOR THE SHEER ENJOYMENT OF IT, THEY ARE NOT PADDLING FOR COMMERCIAL GAIN OR BEING HELD RESPONSIBLE FOR OTHER PADDLE BOARDERS WHO ARE WITH THEM ON THE WATER.



- 1) NEVER PADDLE ALONE, ALWAYS PADDLE WITH SOMEBODY ELSE.
- 2) LET SOMEONE KNOW WHERE YOU ARE GOING AND FOR HOW LONG YOU WILL BE THERE.
- 3) CARRY A MOBILE PHONE OR VHF RADIO WITH YOU SO THAT YOU CAN CONTACT THE EMERGENCY SERVICES IF NEEDED.
- 4) CHECK THE WEATHER CONDITIONS BEFORE YOU GO OUT, IF THE WEATHER IS NOT SUITABLE THEN DON'T GO. THIS SHOULD INCLUDE WIND AND RAINFALL.
- 5) WEAR APPROPRIATE CLOTHING TO PADDLE IN, THIS WILL DEPEND UPON THE TYPE OF PADDLING YOU ARE DOING AND THE LOCATION YOU ARE IN.
- 6) ALWAYS WEAR A LEASH, ON FLOWING WATER A QUICK RELEASE WAIST BELT SHOULD BE WORN.
- 7) CONSIDER THE USE OF A BUOYANCY AID AS A MEANS OF EXTRA FLOTATION.
- 8) WE RECOMMEND YOU CAN SWIM AT LEAST 50M COMPETENTLY BEFORE UNDERTAKING ANY KIND OF PADDLING ACTIVITY.
- 9) WHEN SELECTING THE RIGHT SUP EQUIPMENT ENSURE THAT IT IS WELL MADE AND OF HIGH QUALITY, THIS APPLIES TO BOTH ISUPS AND HARD BOARDS.
- 10) GET A LESSON, NOT ONLY YOU WILL PADDLE BETTER YOU WILL ALSO BE A LOT SAFER ON THE WATER.
- 11) WHERE POSSIBLE TRY AND PADDLE IN SUPERVISED LOCATIONS, FOR EXAMPLE A BEACH WITH LIFEGUARDS.
- 12) RESPECT OTHER WATER USERS AT ALL TIMES.
- 13) RESPECT THE ENVIRONMENT YOU ARE PADDLING IN AT ALL TIMES.



SEATON SCAVENGER HUNT

STAKE A WALK AROUND SEATON CAREW – TICK THE BOXES OR DRAW A PICTURE WHEN YOU SPOT EACH ONE!

SEAGULL

ICE CREAM

SAFETY SIGN

SHELL

SOMEONE IN THE SEA

A FLAG

SAND CASTLE

CRAZY GOLF

A BOAT

CLOCK TOWER

SEA GLASS

SEAWEED

RAZOR CLAM SHELL

BAG OF CHIPS

PLASTIC ON THE
BEACH

BUCKET AND SPADE

CRAB

WAVES



WATER SAFETY QUIZ

1) IF YOU FIND YOURSELF IN THE WATER UNEXPECTEDLY, YOU SHOULD:

- A) Fight your instinct to swim and float on your back until the effects of cold water shock pass. When your breathing is under control, swim to safety or if you are able to, call or help.
- B) swim rapidly and splash
- C) Go under water and hold your breath

2) THE EFFECT ON THE BODY OF ENTERING COLD WATER CANNOT BE UNDERESTIMATED – WHAT ARE THE SYMPTOMS OF COLD WATER SHOCK?

- A) Temperature rise and calmness
- B) An increase in heart rate, involuntary gasps for breathe, increase in breathing rate and a feeling of panic
- C) Nothing happens

3) WHAT DOES A BLACK AND WHITE CHECKED FLAG AT THE BEACH MEAN?

- A) There will be a party starting soon
- B) You can walk your dogs here
- C) That it is an area for surfboards, kayaks and other non-powered craft. Do not swim here.

4) WHAT DOES A RED FLAG AT THE BEACH MEAN?

- A) Danger- do not swim here!
- B) Don't forget your sun cream
- C) Ice cream shortage

5) WHICH OF THE FOLLOWING INDICATES A RIP CURRENT?

- A) There are lots of fish in the sea
- B) Big waves coming inwards
- C) Smoother channels of water between sets of waves and debris floating out to sea

6) IF YOU FIND YOURSELF CAUGHT IN A RIP- YOU SHOULD:

- A) Not try to swim against it. Instead' swim parallel to the shore until you are free from it, then head to shore
- B) Swim against it
- C) Hold your breathe

7) APPROXIMATELY, HOW MANY LIVES ARE LOST TO DROWNING WORLDWIDE EACH YEAR?

- A) None
- B) 360000
- C) 300

1) A, 2) B, 3) C, 4) A, 5) C, 6) A, 7) B

ANSWERS



**THIS BOOKLET WAS CREATED BY LAYLA GIBSON
AND MILLIE CRANGLE.**

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