



Hartlepool
Youth Services

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, "plodging" 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.



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.

What are the main duties of a lifeguard?

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

Where in Hartlepool do you work?

"I work at Seaton Carew."

What is the daily routine of a lifeguard?

"9.30am - we check and collect four wheel drive vehicle (4WD) for Seaton. The 4WD is 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 finishing time. 6pm - equipment returned to base and cleaned as required, lifeguards leave the beach at 6.15pm."

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."



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, raise one arm straight up and shout for help. If you see someone in trouble NEVER enter the water - call 999 and tell them everything you can see."

What is your favourite part about being a lifeguard?

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

We assume that summer is your busiest time but what age group do you think has the most incidents in the sea?

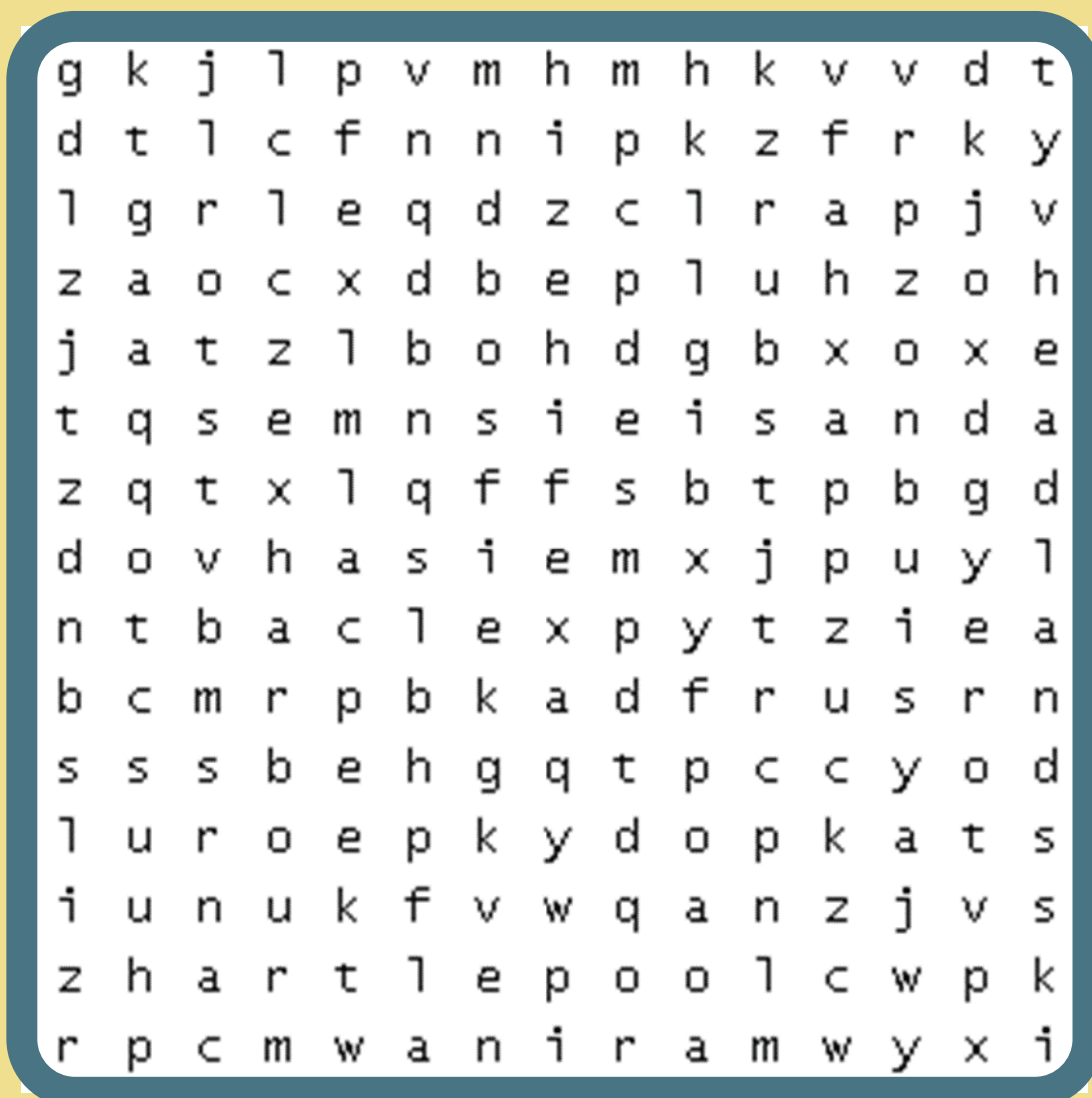
"Young males tend to be the highest risk category, though we advise all age groups to listen to advice."

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 Teesmouth lifeboat station training to use IRBs (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

FLAGS AT THE BEACH



Bathing Flag

The area between two of these flags is watched by lifeguards and is a safer place to swim.



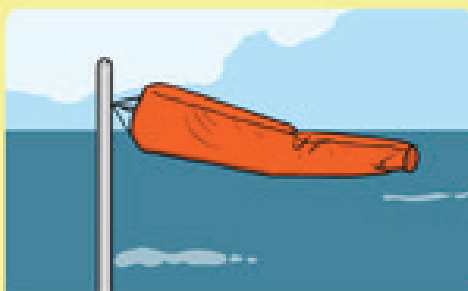
Surfing Flag

The area is for water activities such as surfing and kayaking.



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.

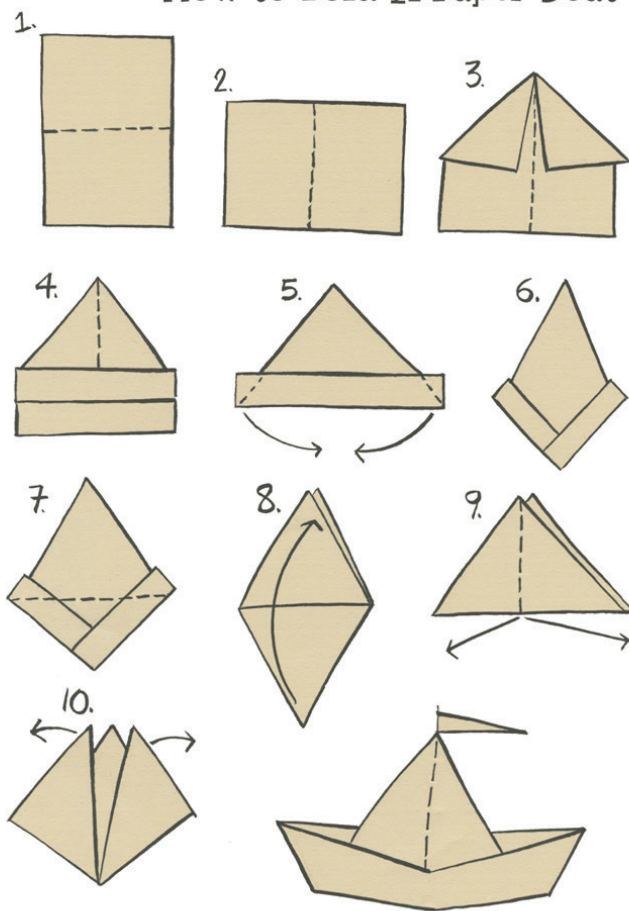


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MARITIME MAKERS: HOW TO FOLD A PAPER BOAT

MARITIME MAKERS

How to Fold A Paper Boat



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

@maritimemakers www.maritimemakers.com

FLOAT TO LIVE

**IF YOU GET INTO TROUBLE
IN THE WATER...**

**LEAN BACK AND USE YOUR ARMS
AND LEGS TO HELP YOU FLOAT**

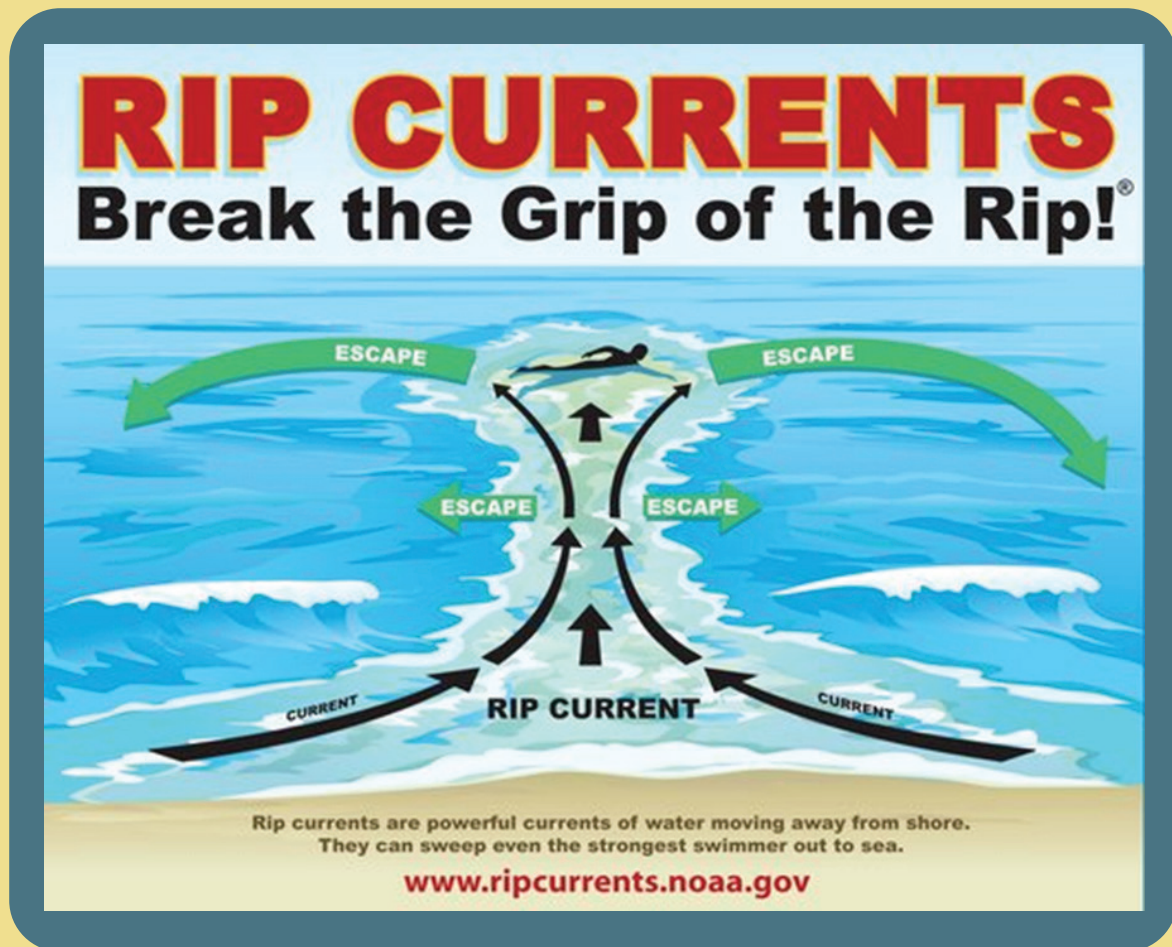
**CONTROL YOUR BREATHING THEN
CALL FOR HELP OR SWIM**

FLOAT TO LIVE

Common causes of drowning in the sea can be panic, exhaustion, poor swimming skills, rip currents or swimming whilst under the influence.



THE DANGERS OF RIP CURRENTS



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 arm and 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

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



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.

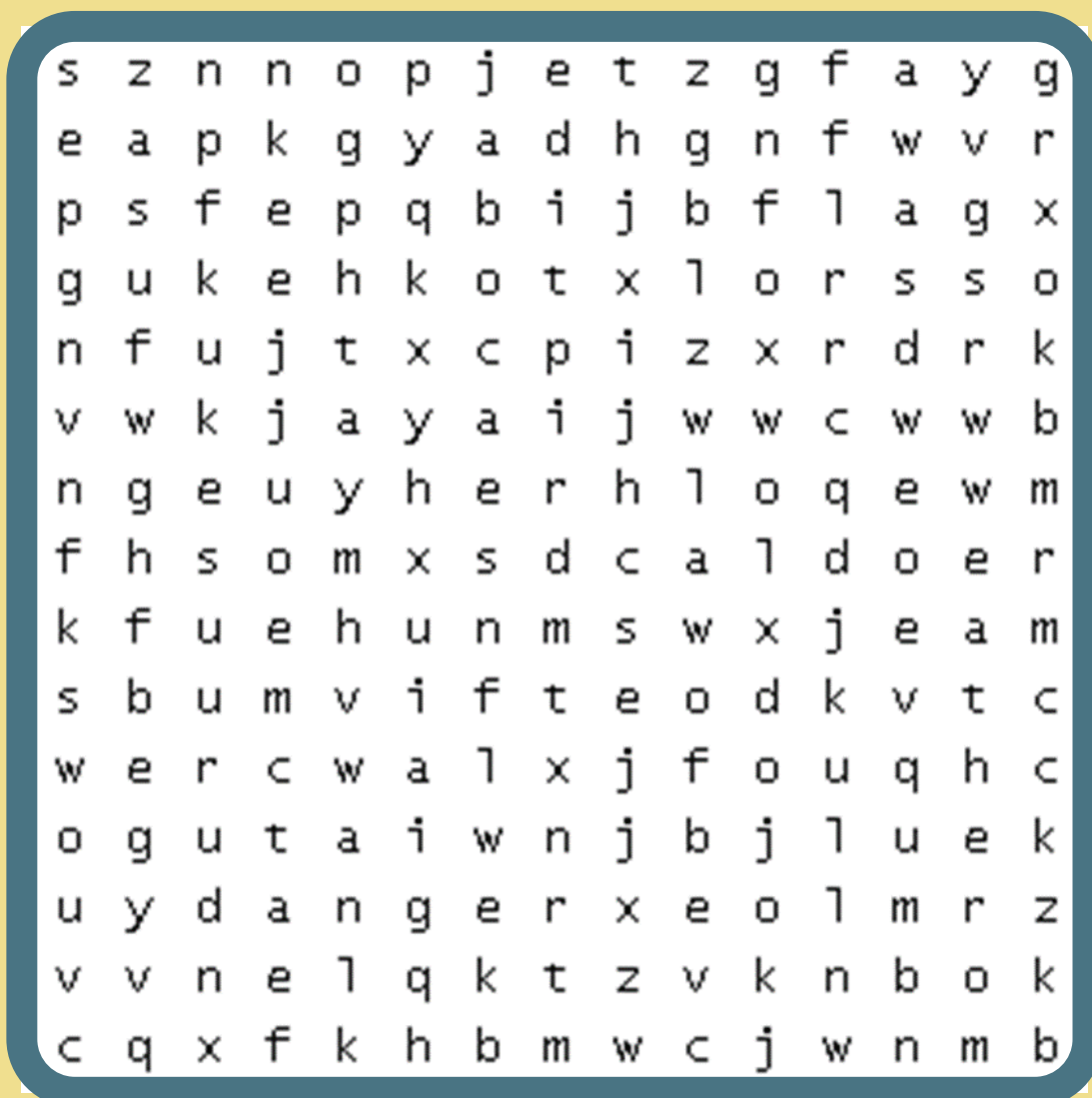


WHAT YOU CAN DO TO PREVENT COLD WATER SHOCK

- Test the water or splash some water onto 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



WORDSEARCH



riptide
buoy
flag
safety

weather
coastline
crew

waves
sea
wind
danger

RNLI VOLUNTEER Q&A

Mark Crangle has volunteered for Hartlepool RNLI as a mechanic and navigator for 11 years. We asked him...

What is involved in being a crew member for the RNLI? "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."

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."

What do you wish young people were more aware of when it comes to being safe in the sea? "The danger of unsafe boats and toys and that the weather at sea is very unpredictable."

Young people will always want to swim in the sea, especially in summer. Where in Hartlepool should they stick to? "Young people in Hartlepool should stick to lifeguarded area at Seaton Carew and stay away from piers and undersea hazards."

FACTS ABOUT THE RNLI

- William Hillary founded the RNLI in 1824
- RNLI 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



LIFEGUARD

Water Safety

©ElementarySafety.com

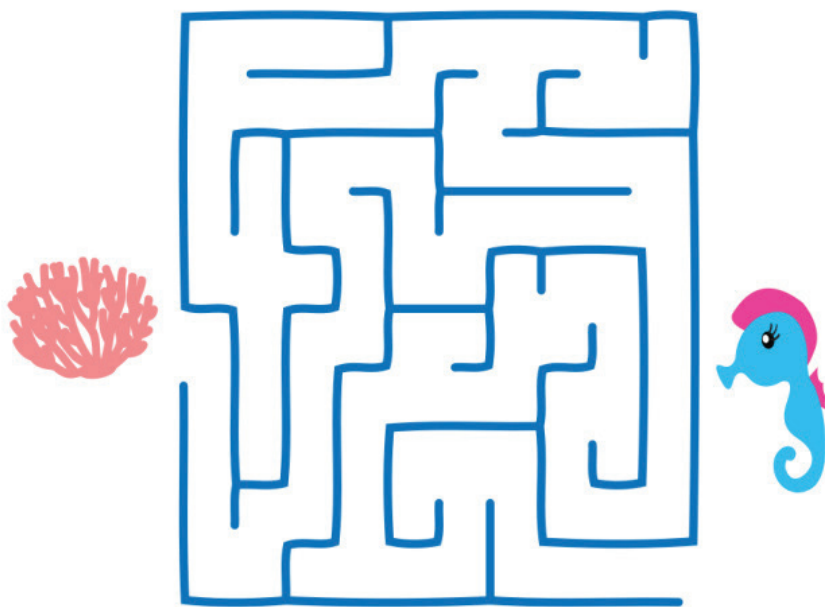
Know your swimming area
and beware of hazards such as
rocks, holes and currents.

**DANGER
NO
SWIMMING**

©ElementarySafety.com

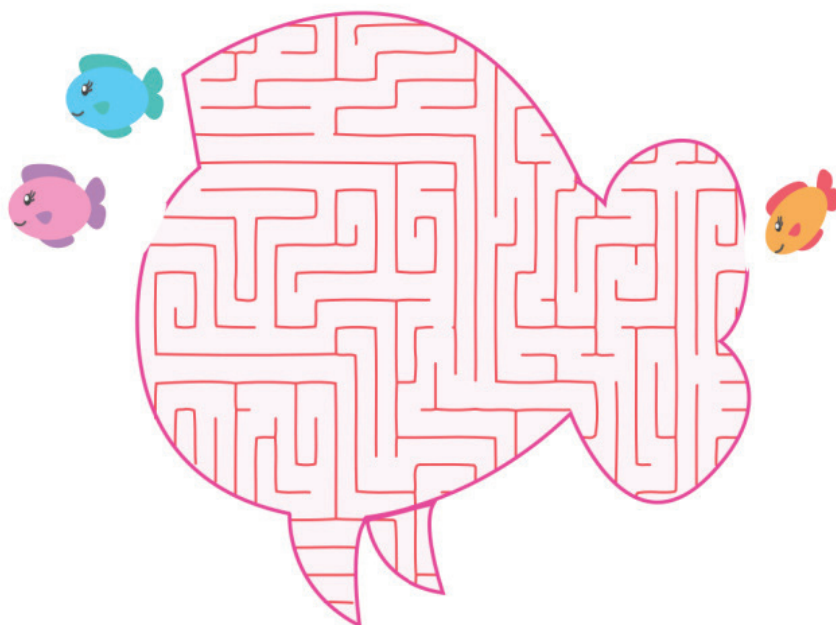
Help the seahorse get to the corall!

© Itsy Bitsy Fun for Kids Activities Blog



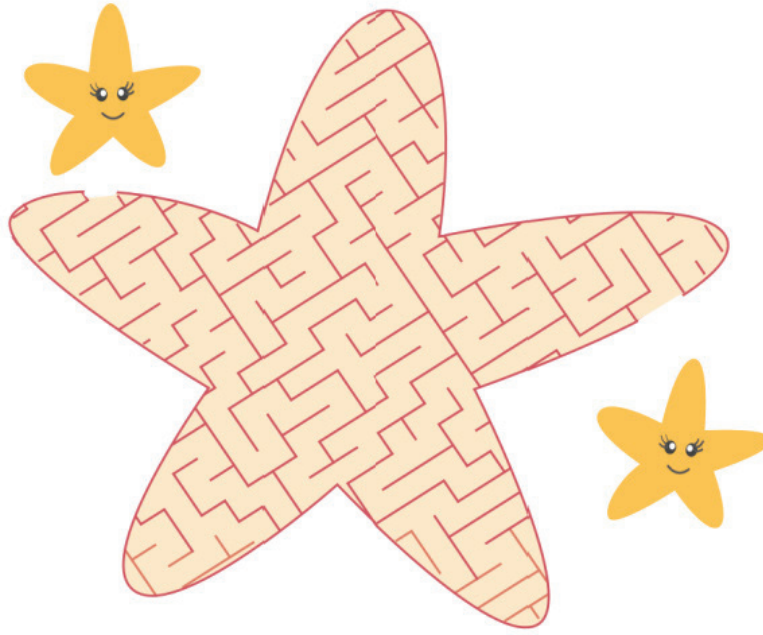
Help the orange fish get back to its friends!

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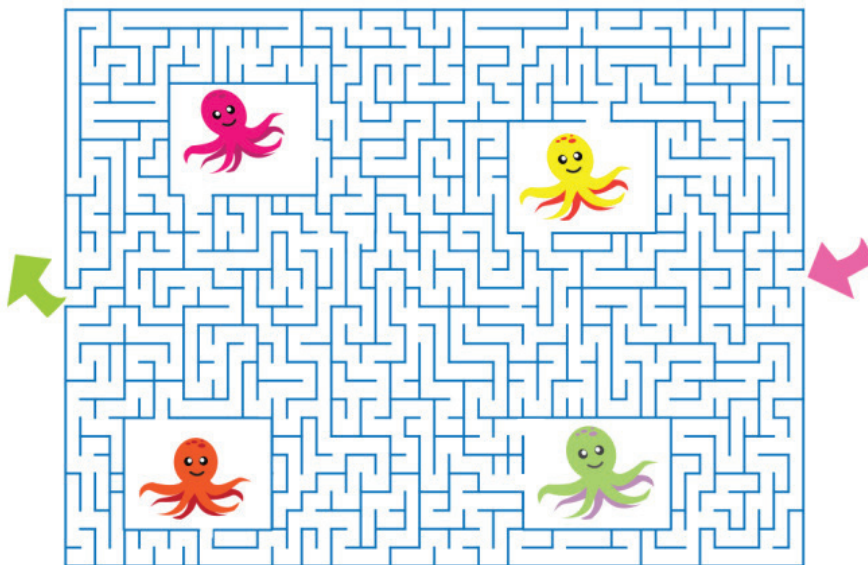
Help one starfish get to the other!

© Itsy Bitsy Fun for Kids Activities Blog



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

© Itsy Bitsy Fun for Kids Activities Blog



PADDLE BOARD 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 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 stand up paddle board equipment, ensure that it is well made and of high quality. This applies to both inflatable stand up paddle boards and hard boards.
10. Get a lesson - not only you will paddle better, you will also be a lot safer on the water.
11. 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

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



**This booklet was created by Layla Gibson and Millie Crangle.
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