

Learning About Cold Water & Shock

Sharing knowledge of safety practices through Critical Thinking

LESSON OVERVIEW:

In this lesson, students will apply their understanding of safe behaviour in and around water to persuade others of safe practices.

Curriculum Connections

GRADES 1–8

Mathematics (2005)

Representing and ordering numbers (NSN 1.3, 1.4, 1.7)

Health and Physical Education (2019)

Responsibility for self and others in physical activities (B 3.1, 3.2)

Learning Goals

Through participation in this lesson, students will:

- Learn about the effects of cold water;
- Explore ways to prevent shock and drowning due to cold water;
- Understand how to deal with shock, including its symptoms and treatment.

DIRECTIONS

Before you begin, you will need the following:

- Canadian Drowning Report
<http://www.lifesavingsociety.com/media/314749/cdndrowningreport2019.pdf>
- Ontario Drowning Report
http://www.lifesavingsociety.com/media/311275/98ontariodrowningreport_2019.pdf
- Masking tape
- Computer and Projector
- Cold Water Bootcamp
<https://www.youtube.com/watch?v=IERB21G8ND0>



Minds On

Exercise a): Show students the following infographic: "Where" of the "Ontario Drowning Report"

- Organize students into small groups and have each discuss what activities might have taken place in their chosen or given setting that led to these fatalities. Have each group share their findings with the rest of the class. (You may wish to use the "Place Mat" technique for this step.)

Exercise b): "Sociometrics": Have students line up shoulder to shoulder along a line (e.g., line on floor in classroom, hall or gym, or tape a line). Read the following statements and, after each, have students move to the right or left along the continuum of integers from -10 to +10, in accordance with their level of agreement or disagreement. Allow time between each statement for students to discuss why they made the decision they did and, as these conversations develop, encourage students to move along the continuum if they find their opinion is changing.

- It's ok to shallow dive into shallow water
- I always wear a lifejacket while boating
- I can't drown in water waist deep
- It's okay to have one drink and boat
- Swimming at night is just as safe as daytime
- I always swim with a buddy
- If you're a good swimmer you can swim alone
(Answer Key at end of lesson plan)

Action!

Show students Cold Water Bootcamp (full version). Have each group focus on one of the nine participants.

After the film, have each group record the following about their chose or given participant

- Symptoms or quality of their physical experience during and after their cold water immersion
- Quality of their emotional experience (what they felt) during and after their cold water immersion
- The difference between their experiences with and without a lifejacket

As a class, discuss the effects of cold water on the body and mind.

Wrap-Up

Discuss the following as a whole class:

- Which Cold Water Bootcamp participant did you most identify with and why?
- Why are some people resistant to wearing lifejackets?
- What is the difference between treatment and prevention in terms of drowning?
- Is this video relevant to you and your friends?

Extension

Have students reflect on these questions as an individual journal entry OR have students write-in-role as their chosen character before and after their Cold Water Bootcamp experience. Doing this extension would meet Writing OE1.

Answer Key

– ***It's ok to shallow dive into shallow water***

This is false.

Always enter unknown or shallow water *feet first, first time*. Diving into unknown or shallow water shatters lives. Don't do it – you could drown or be totally paralyzed.

– ***I always wear a lifejacket while boating***

This is excellent.

80% of boaters who drown each year are found NOT wearing a lifejacket. That's because many think that they can find their lifejacket and can put it on if they fall into the water.

Wearing a lifejacket in a boat acts as a seatbelt does in a car. Just as we know we won't have time to reach over to buckle a seatbelt in the event of an unexpected car collision, we won't have time to put a seatbelt on in the event of being thrown out of a boat.

Having a lifejacket on before you end up in the water will make it easier for you to rescue yourself or to remain floating until someone else can find and help you.

– ***I can't drown in water waist deep or less***

This is false.

Drowning can take as little as 10 seconds and occur in just inches of water... in bathtubs, wading pools, wells, even buckets.

Once you lose your footing, even in waist-deep water, it is difficult to place your feet on the bottom if you're not a strong competent swimmer.

– ***It's okay to have one drink and boat***

This is false.

40% of people who drown were found to have had alcohol in their system.

The effects of alcohol are much greater in a boat for all passengers, with the often unexpected waves, the frequently changing weather conditions, the unsteadiness of the boat, the lack of clear "lanes" on the water and the absence of seat belts to keep occupants in place.

It's ironic; the same people who would never drink and drive in their automobiles often have no reservation about drinking and boating, and it is this type of behavior that contributes to a higher number of drowning fatalities.

In Ontario with Bill 209, law enforcement officers have the power to suspend the driver's license, or lay criminal DUI charges against any powerboat operator who is found to be over the legal limit of .08. And if convicted, their driver's license will also be suspended.

– ***Swimming at night is just as safe as daytime***

This is false.

At night even in a familiar area where you know the water depth and environment, it is much more difficult to see objects in the water. As well it is much more difficult for others to watch a swimmer in the water in darkness.

It is best to swim when it is light out and to always have a buddy with you.

– *I always swim with a buddy*

This is excellent.

It is always important to swim with a buddy and in a familiar area where you know the water depth and environment; just in case someone was to get in trouble you can act as their buddy and get help.

– *If you're a good swimmer you can swim alone*

This is false.

It is always important to swim with a buddy and in a familiar area where you know the water depth and environment; just in case someone was to get in trouble you can act as their buddy and get help.