

Staying Safe During the Extreme Weather

Weather Update This Week

Staying Safe During the Extreme Weather

You are already aware of the hot weather and this is expected to be very hot weather across Reading and the surrounding area as we go through the week.

The Met Office has issued:

- An **Amber Weather Warning** for Tuesday
- A **Red Weather Warning** for Wednesday and Thursday

A Red Weather Warning is the highest level of alert and is only issued when weather conditions pose a significant risk to people's safety and daily life. The safety and wellbeing of you, staff and families must always come first. As a result, we have made some temporary changes to help keep everyone safe while ensuring learning continues.

Over the next few slides, we will explain:

- Arrangements for tomorrow (Tuesday)
- School closure arrangements for Wednesday and Thursday

Wednesday & Thursday - School Closure Information

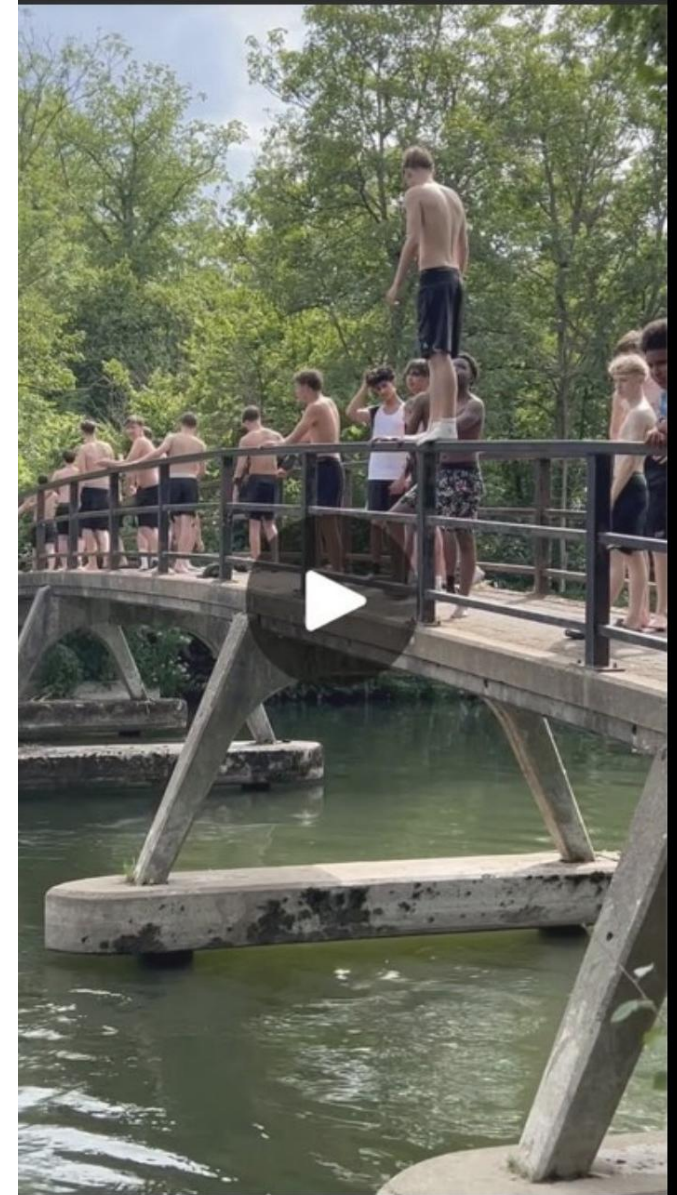
- Due to the **Red Weather Warning** issued by the Met Office for our area, MER will be **physically closed on Wednesday 24th June and Thursday 25th June.**
- This decision has been made to keep students, staff and families safe during the forecast extreme weather conditions. Although the school site will be closed, learning will continue remotely. Tomorrow, tutors and teachers will provide further information about:
 - Remote learning arrangements
 - Expectations for students
 - Where to find work and resources
 - How to access support if needed

River safety

We all might be tempted to do something like this in the next few days due to the heat!

What could be some of the risks of jumping into a river?

Think, pair, share.



The heatwave is still on the group of young lads keeping cool jumping off ...

Facebook

Risks of swimming or jumping into rivers

- Cold water shock
- Cramp and muscle failure (leading to drowning)
- Heart stress
- Hidden obstacles
- Sudden changes in river depth (hitting the bottom)
- Weeds
- Strong currents
- Pollution



Last heat wave (May half term), 9 people died in rivers and lakes.

Which of our risks made the rivers and lakes so dangerous for these people? Vote for the one you think killed the most people.

Cold water shock

Cramp and muscle failure (leading to drowning)

Heart stress

Hidden obstacles

Sudden changes in river depth (hitting the bottom)

Weeds

Strong currents

Pollution

Last heat wave (May half term), 9 people died in rivers and lakes.

Which of our risks made the rivers and lakes so dangerous for these people?

Cold water shock

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Cold water shock

- Open water swimmers get into a lake or river slowly so their body can acclimatise (get used to) the temperature.
- The River Thames is warmer than a lake, but **STILL** much colder than a swimming pool at around 20C (swimming pools are usually 27C).



Cold water shock

- Jumping in or getting in too quickly to the River Thames or a lake means:
 - You'll gasp for air, often swallowing water or panicking.
 - Your body can reduce the speed your blood pumps around your body meaning you stop being able to swim after 10 or 15 minutes
 - Your breathing rate can be 10 times faster meaning you're much more likely to swallow water – this causes you to drown.
 - Your arteries constrict (tighten) which can cause heart attacks **even in fit and healthy young people!**

Cold water shock quiz

- How far from safety is the average open water swimmer when they drown?
 1. 1m
 2. 3m
 3. 5m
 4. 10m
- What % of open water swimming deaths are strong swimmers?
 1. 5%
 2. 25%
 3. 51%
 4. 66%

Cold water shock quiz

- How far from safety is the average open water swimmer when they drown?
 1. 1m
 2. **3m – most deaths occur very close to a safe point, highlighting how quickly things can go wrong – one minute they seem fine, the next they're under.**
 3. 5m
 4. 10m
- What % of open water swimming deaths are strong swimmers?
 1. 5%
 2. 25%
 3. 51%
 4. **66% - most swimmers who drown in open water are good swimmers, so being good at swimming is not enough to keep you safe as your body responds in the same way as a non-swimmer.**

So what can you do?

- We would strongly advise you to only swim in designated swimming areas under supervision of an adult.
- However, if you do make a choice to get into a river or lake, then remember:
- FLOAT TO LIVE -
<https://youtube.com/shorts/ZlvxQrlTUbu?si=yIYWOGA5fFQ1HIHC>