

Be River Safe

The Force of Water

Notes for Teachers & Leaders

It is difficult for people who are inexperienced at being in or on rivers to appreciate the force of the water moving in a river.

The river is not the ideal place for people to begin to appreciate the force of water, as it can be too dangerous. Activities that allow students and trainees to feel the force of the water can be conducted in a swimming pool.

As these activities are led by teachers or instructors, they are listed on the notes for teachers and leaders, not as activities for learners.

Resources provided

- Be River Safe DVD
- Activities for feeling the force of water in a swimming pool included in this document

The **Survival Swimming** and **Strainer Danger** sections of the **Be River Safe** DVD provide background information to provide a context for the pool activities.

Additional resource

River Safety Education for Pools (www.watersafety.org.nz)

Using a pool with a current or creating a current in a swimming pool

Many public swimming pools can create a water current. If your available pool does not have a suitable current, visit page 8 of **River Safety Education for Pools** (www.watersafety.org.nz) to find out how to create a current.



Be River Safe... *know your environment*