



Activity Sheet 1

Why wear a wet suit and a swim hat in cold water?

Fill in the missing words to complete this paragraph about the benefits of wearing a wet suit and swim hat in cold water

A wet suit is usually made from [] which helps keep you [] and improves your [] (ability to float).

A wet suit will not keep you [] but acts as a barrier to stop body heat []. More [] will keep you warmer than [] because several layers trap warm air between them and [] you.

A swim hat is a [], commonly made from silicone, latex or lycra, worn on the [].

Normal, healthy body temperature is [] and average summer air temperature is [] and sea or lake will be approximately [] in Britain in the summer months.

The colder the water the [] your body's heat escapes and leaves you losing heat and [].

faster	escaping	37°C
one thick layer warm	thin layers	skin-tight garment
15°C	neoprene	energy
buoyancy	15-20°C	head
dry	insulate	warm



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Activity Sheet 2

The effects of cold water

Fill in the missing words to complete this paragraph about the effects of cold water on your body

If you fall into cold water (below 15°C) your body will experience several extreme responses.

The first response will be a making you breathe and you may take in water in your .

Your heart rate will be . It is important to try and not and to get control of your and try not to water.

The longer you are in the water, the more you will find it to move your , , and , making it more difficult to to safety.

Therefore it is essential to retain your body heat. The Heat Lessening Position will help you retain your and strength. If you are with others, the will help retain your body heat.

swim	very fast	difficult	heat
rapidly	panic	legs	toes
swallow	Escape	"gasp reaction"	arms
mouth	breathing	fingers	huddle



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