



**IMPORTANT LESSONS:** Youngsters enjoy the lifeguard sessions at Filton Leisure Centre



## Kids learn to be safe in the water

CHILDREN in Filton tried their hand at being lifeguards for the day as part of a safety workshop.

The children had signed up for the holiday sessions at Filton Leisure Centre to learn more about being safe in and around water.

They had the chance to try on equipment used by lifeguards and rescuers and were also challenged to see if they could rescue each other within a set time limit.

The youngsters, aged six to 12, spent the week learning a host of important life-saving techniques, from rescues to CPR.

They were then tested on the skills they had learned in a quiz.

Swimming teacher Vicki Graham led the sessions. She instructed the youngsters in treading water, "reach rescues" - where they rescued each other from the side of the pool - and swimming in their clothes.

They also tried to rescue a dummy that was thrown to the bottom of the pool and also practised CPR on a special doll.

A representative from the RNLI visited the youngsters to let them know about the work of volunteers in carrying out rescues.

The youngsters were also set the task of raising money for the charity throughout the week.

Vicki said: "I have thoroughly enjoyed the sessions, and so have the other teachers. It is completely different from what we do in our normal swimming classes.

"It made them think of the dangers that can be around water and why they shouldn't horse around at the swimming pool or the seaside.

"I think it is crucial they should know these things, and it means they can pass the safety message on to their parents."