Tombstoning Workshop – A free water safety education resource

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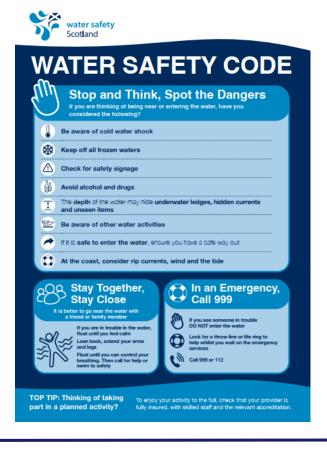






Water Safety Code

- Scotland's Water Safety Code underpins all of Water Safety Scotland's assets and resources
- This code was developed by our members and represents the key information needed to help keep people safe in Scotland's waters.
- The Water Safety code is available in English and the 8 other most commonly spoken languages in Scotland (according to the 2021 Consensus)





Background

- **Tombstoning** is a water-based activity which involves individuals jumping into water from height; so-called because of the way a person falls and plunges into deep water, similar to the way a stone would
- Tombstoning is a high-risk, high-impact activity, that can have severe and life-threatening consequences
- Tombstoning has increased in popularity due to its proliferation across social media resulting in mainly young people being at risk
- Despite Tombstoning's increasing popularity, the public can be unaware of the numerous hazards associated with the activity, such as unknown water depths, strong currents, rocky waters, cold water shock



The making of the Tombstoning workshop – Peer Led Project

- A PowerPoint was created by SFRS and RoSPA with help from Scottish Water and Paddle Scotland. This PowerPoint included information on cold water shock, hazards of tombstoning, and the dangers of tombstoning or swimming in reservoirs or quarries
- In July 2024, RoSPA and the RNLI hosted a focus group with 6 young people from the Rural and Urban Training Scheme (RUTS) based in Penicuik, Midlothian
- The pre-existing PowerPoint resource was presented to the group to understand their thoughts and opinions on the resource. We were looking to understand if they wanted a different form of resource or any new suggestions or additions.



Focus group – Key findings

- The participants felt that the existing PowerPoint was interesting and informative. They stated that the PowerPoint was the best means of education for tombstoning rather than a social media campaign
- They suggested that an accompanying leaflet should be made as this would allow young people to take home information and mitigate feelings of peer pressure
- They suggested that the PowerPoint would benefit from the addition of a video from a first responder specifically discussing what goes into a rescue







Water Safety and Tombstoning

Tombstoning:

Water Safety extension activity/workshop

Scotland

Learning objectives

- To develop an understanding of the dangers of tombstoning.
- 2 To develop an understanding of how you can keep yourself and others safe around water, and how to respond in an emergency.

Estimated delivery time: 45-50 minutes Equipment needed: Screen, Audio

Presentation structure	Slide number	Timings	Presenter action
Starter activity	2	<5 minutes	Settling activity as members of the group come into the workahop. Inholaces yourself and explain that you're here today to talk about water safety and tombstoring. Ouestionis for the group: Can you think of somewhere local that is similar to these scenes? What sort of activities can you do there? Note: It's advabate to research local bodies of water (e.g. Fich, nixe quary, reservoir) prior to delivery, as they are helpful to refer to and may make the session more meaningful for yourgo people as this some can make the discussion more weivewint.
Learning objectives	3	<5 minutes	Today, we'll be taking about tombatoning and water safety. Water can be fun but also dangerous, and assily every year people are injured or drown in Socitand's waters. Some activities are risker than others. Today, we will be boking at Tombatoning in order to consider the risks with the activity and also wait to do in a mengency abutation. We're not here to highten anyone away from enjoying being near or on water, but it is important to understand the risks associated with tombatoning.
What is the problem?	4	<5 minutes	Ask the group: What is tombetoning? Explain that formbetoning is an activity which involves individual jumping into water from height, so-called because of the way a person fails and phurper individuely maintine to the way is combone would. Why is it important? Unfortunately ower recent years this activity has gained attention via social media and has increased in popularity, resulting in soverall popele - mainly yourg people - beaing anisously injured or trajically locally here twos:

January 2024





Activity 4 In an Emergency, Call 999



watersafetyscotland.org.uk





What resources are available

- Tombstoning workshop (PowerPoint)
- Tombstoning workshop lesson plan (PDF)
- Tombstoning Leaflet
- The Tombstoning Workshop resources were sent out to the full Water Safety Scotland membership list and PAWS chairs
- The resources are freely available to download through the Water Safety Scotland website: <u>Tombstoning Workshop | Water Safety Scotland</u>





Tombstoning workshop – in use

- Loch Ken Trust Education Programme 2025
 - "In the afternoon we covered water safety with Castle Dougals Primary School, including the water safety code, cold water shock and how to keep yourself safe on and around water. It was great to talk to the children about tombstoning and raise awareness of the dangers with the new Water Safety Scotland Tombstoning resources" – Lindsay Stewart, Support Officer, Loch Ken Trust







Questions?



