

## Market Harborough

### Visit

#### Foxton Locks

Where you can take a walk along the flight of ten locks which are over 200 years old. You could become a “gongoozler” for the day - don’t forget to take your picnic along too!

Half way down (or up), depending which way you’re walking, pop into the museum where you can inspect the incline.

[More information about visit Foxton Locks can be found here](#)

Once you reach to bottom lock, you can even take a trip on a canal boat. The trips are open air and last around half an hour.

[Prices and times can be found on this link](#)

Parking is available a short distance away from the top lock for a fee. There are some cafes and shops located near to the Locks so why not stop by for a drink or ice cream.

### Alternatively

#### Learn the Water Safety Code

If you’re a Brownie or a Guide, you could complete your Water Safety badge.

Or try this activity below from the [Canal and River Trust](#)

Explain to children that one of the unexpected dangers is very COLD water

Aim: To demonstrate the effect of cold water.

You will need: String, a bucket of lukewarm water and a bucket of ice cold water.

Activity:

- Ask the members to plunge their hands in the warm water, immediately followed by the ice-cold water.
- How long can they keep their hands in the cold water? Ask the members to describe how it feels.

Discussion points:

How it affects the rest of your body

- You gasp. You could breathe in water which may cause you to choke.
- Your breathing rate increases. This flushes carbon dioxide out of your blood which cramp.
- Your heart rate increases to 180 beats a minute. You could have a heart attack.
- Your blood pressure increases. You could suffer a stroke.
- You become exhausted after about three minutes.
- Your body temperature drops. You will become unconscious.

If you live near water you could create posters about all the dangers associated with water and promote them to the community.