

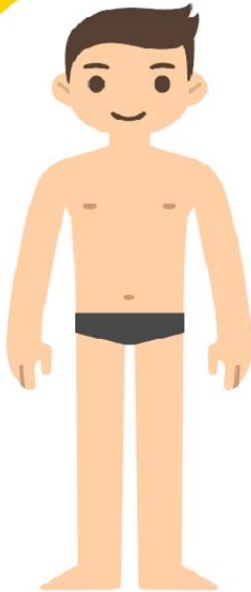
WATER SAFETY

Sadly, over 400 lives are lost to drowning across the UK and Ireland every year and nearly half of the accidental drownings happen between May and August.

Read through these important points with your family to help keep everyone safe around water.

Falling into cold water by accident is dangerous:

**UPPER
PRIMARY**
AGE: 7-11



Skin temperature drops

Heart rate increases

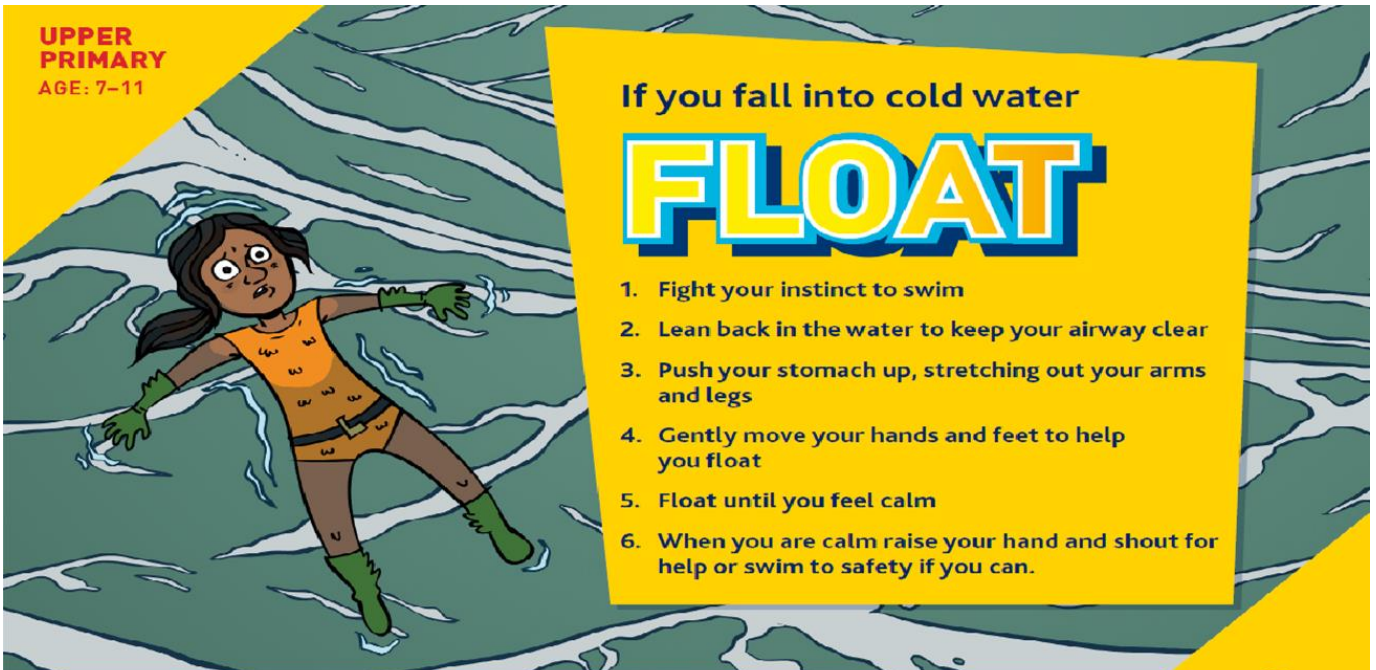
Lose control of your breathing
and ability to hold your breath

Muscles cool down, affecting
movement and swimming ability

ACTIVITY: COLD WATER IMPACT


Lifeboats

**UPPER
PRIMARY**
AGE: 7-11



If you fall into cold water

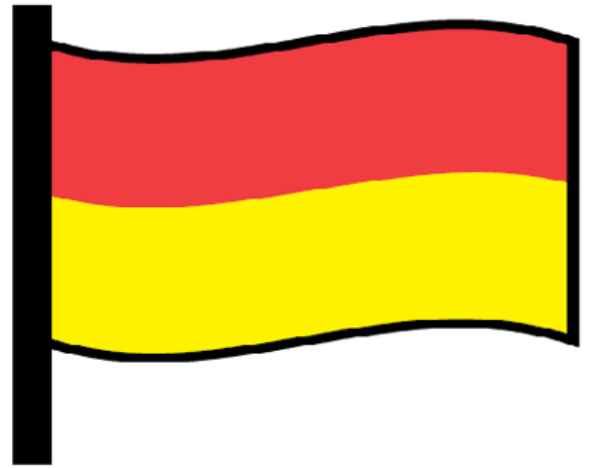
FLOAT

1. Fight your instinct to swim
2. Lean back in the water to keep your airway clear
3. Push your stomach up, stretching out your arms and legs
4. Gently move your hands and feet to help you float
5. Float until you feel calm
6. When you are calm raise your hand and shout for help or swim to safety if you can.

ACTIVITY: COLD WATER IMPACT

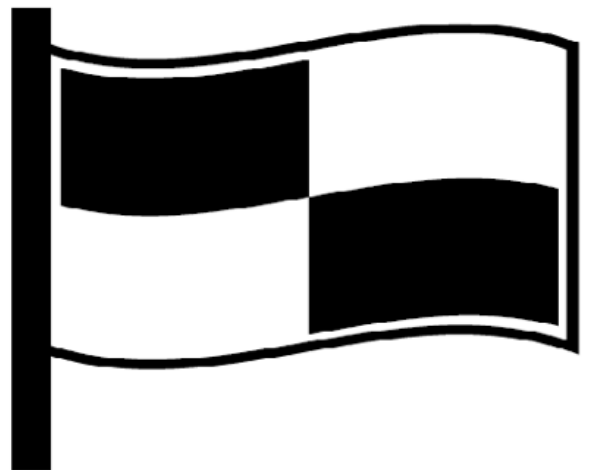

Lifeboats

This shows the lifeguarded area and is the safest place to swim and bodyboard

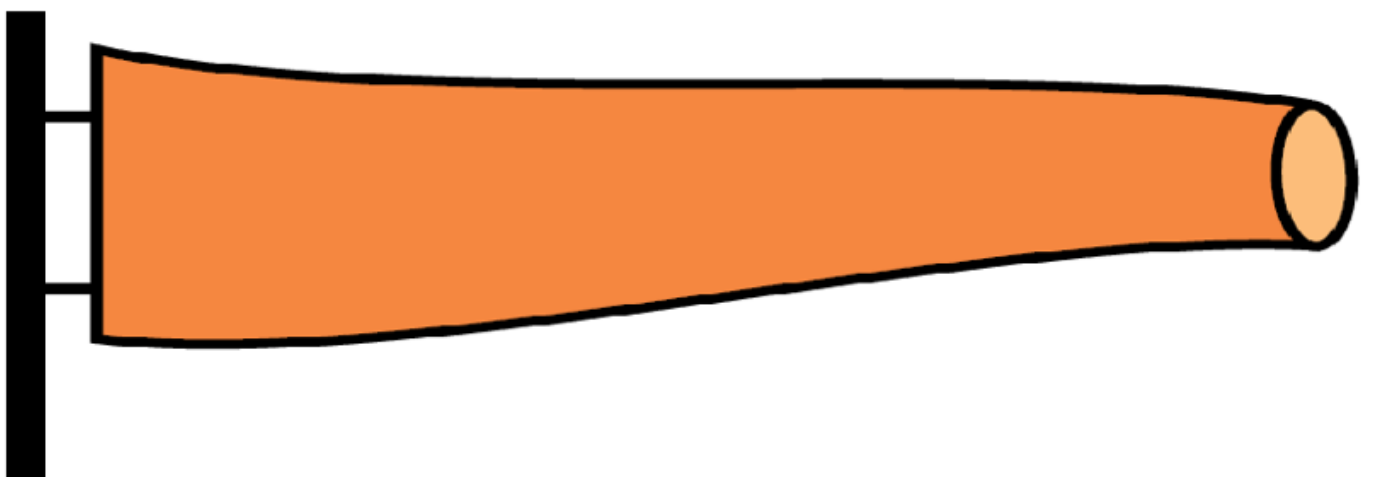


This flag shows an area for surfers, kayaks and other non powered craft. You should never swim or bodyboard here






**You should
NOT swim here**



This means never use inflatables when it is windy



When Summer hits it can be tempting to look for the nearest place to cool off. Here are some **Top Tips** if you plan on going for a paddle;

				
Look out for lifeguards	It's colder than it looks	Don't go too far	It's stronger than it looks	Bring a friend
If you're looking for a place to cool off, always find a lifeguarded swimming site.	Water at open water and inland sites is often much colder than it looks, cold water can affect your ability to swim and self-rescue.	Always swim parallel to the shore, that way you're never too far away from it.	Currents in the water can be very strong. If you find yourself caught in a rip current – don't swim against it – you'll tire yourself out. Swim with the current and call for help.	Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.

Fun things you can do in the water



Swim with your friends



Play water polo



Snorkel



Body board and surf



Water slides and aqua parks



If someone falls in deep water, **NEVER** go in after them. Throw them something that floats, such as a football, and call 999 or 112.

SHOUT ... THROW ... NEVER GO!

⊗ Never go into the water to **rescue a dog**, in nearly all cases dogs will be able to get out, **don't put yourself at risk**



**BE SAFE
HAVE FUN!**

If you are in and around the water
ALWAYS REMEMBER TO:

- 1 STOP AND THINK**
- 2 STAY TOGETHER**
- 3 FLOAT**
- 4 CALL 999 OR 112**

FIND MORE FUN
AND SAFETY TIPS AT
RNLI.org

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution, a charity registered in England and Wales (209602)
and Scotland (SC037740). Registered charity number 20003426 in the Republic of Ireland


Lifeboats