



**Help keep your family safe in,
on and around water.**



**Watch RLSS UK's animation to learn
more about water safety.**



ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.



In an emergency:

CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.

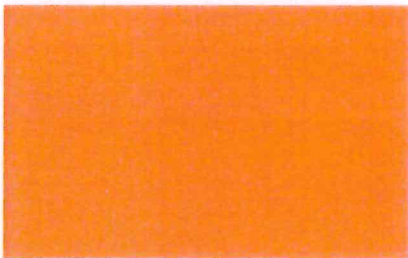


BEACH FLAGS



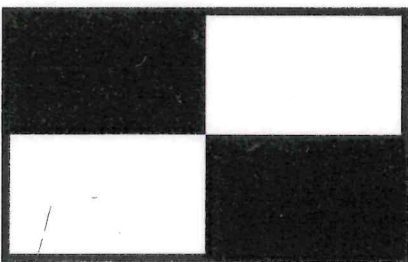
RED AND YELLOW LIFEGUARDS ON DUTY

Between the flags is the safest place to swim



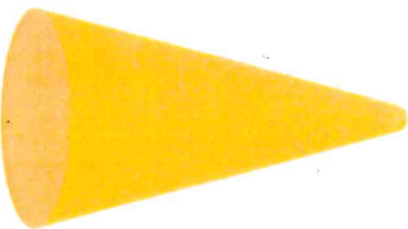
RED DANGEROUS AREA

Lifeguards are not watching this area
Do not swim here



BLACK AND WHITE WATER SPORTS AREA

Do not swim here



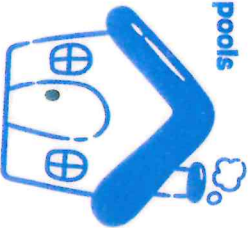
ORANGE WINDSOCK SHOWS THE DIRECTION AND STRENGTH OF THE WIND

Beware of winds blowing out to sea

Water Safety in the Home

HOME Water Safety Advice

- NEVER** have a bath or shower without telling your parents
- ALWAYS** play with friends or family in a paddling pool
- ALWAYS** close garden gates to make sure other children can't wander in
- STAY AWAY** from the edge of ponds
- ALWAYS** empty paddling pools, buckets and baths after use
- COVER** hot tubs and pools when not in use



WORDSEARCH

A I R B P L U G T W U L F
 U X C L A M R O I B P V A
 K S G O D D T O H R U E P M
 O H A Z D F H T Y C C A S I
 T O W E L S H O N K R G L
 E T O U I R E C N E F N Y
 S T B N N B L U E T M I G
 D U K T G L V I E Z W H O
 N B H F P O N D S F I S K
 E E B D O X J R A L G A P
 I R E W O H S E T O G W S
 R P M S L Y A N H C L J E
 F I S U P E R V I S E U X

Can you find all these words in the grid?

- PADDLING POOL
- BATH
- SINK
- POND
- SHOWER
- WASHING
- HOT TUB
- BUCKET
- FENCE
- SUPERVISE
- TOWEL
- PLUG
- FRIENDS
- FAMILY



ROOKIE LIFEGUARD



Visit the RLSUK website to find out how you can become a Rookie Lifeguard and learn lifesaving and self-rescue skills.

Make as many words you can from the following phrase:

WATER SAFETY AT HOME



Why not share your pieces of art with us?
 Simply post with #enjoywatersafely.



@rlssuk

