

Dear Parent

I hope this email finds you and your family well.

We at the RNLI realise that as families prepare for the extended mid-term break here in Northern Ireland people will be heading to the beaches, inland waters, and the coastline to enjoy the great outdoors. At this time, our key water safety messages are more important than ever and so we are asking you to partner with us to keep your family safe by following these 5 simple guidelines:

1. **Have a plan**
Check the weather forecast, tide times and read local hazard signage.
2. **Keep a close eye on your family – on the beach and in the water**
Do not allow your family to swim alone.
3. **Do not use inflatables**
They are meant for pool use only and are high risk on the beach.
4. **If you fall into the water unexpectedly, FLOAT TO LIVE**
Fight your instinct to thrash around, lean back, extend your arms and legs, and float.
5. **In an emergency dial 112 or 999 and ask for the Coastguard**

For more water safety advice please click on the link below or copy and paste it into your internet browser to help you enjoy a safe and relaxing mid-term break with your loved ones.

<https://rnli.org/pages/beach-safety-resources>

Please help us save lives by sharing this email with your family and friends and share these links on social media. Together we can save lives.

Kindest regards,

Paul
Paul Rafferty
Water Safety Education Manager
RNLI