

# ALWAYS FOLLOW THE WATER SAFETY CODE



ROYAL  
LIFE SAVING  
SOCIETY UK

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

If you are at the coast, call 999 and ask for the Coastguard.

Don't enter the water to rescue.



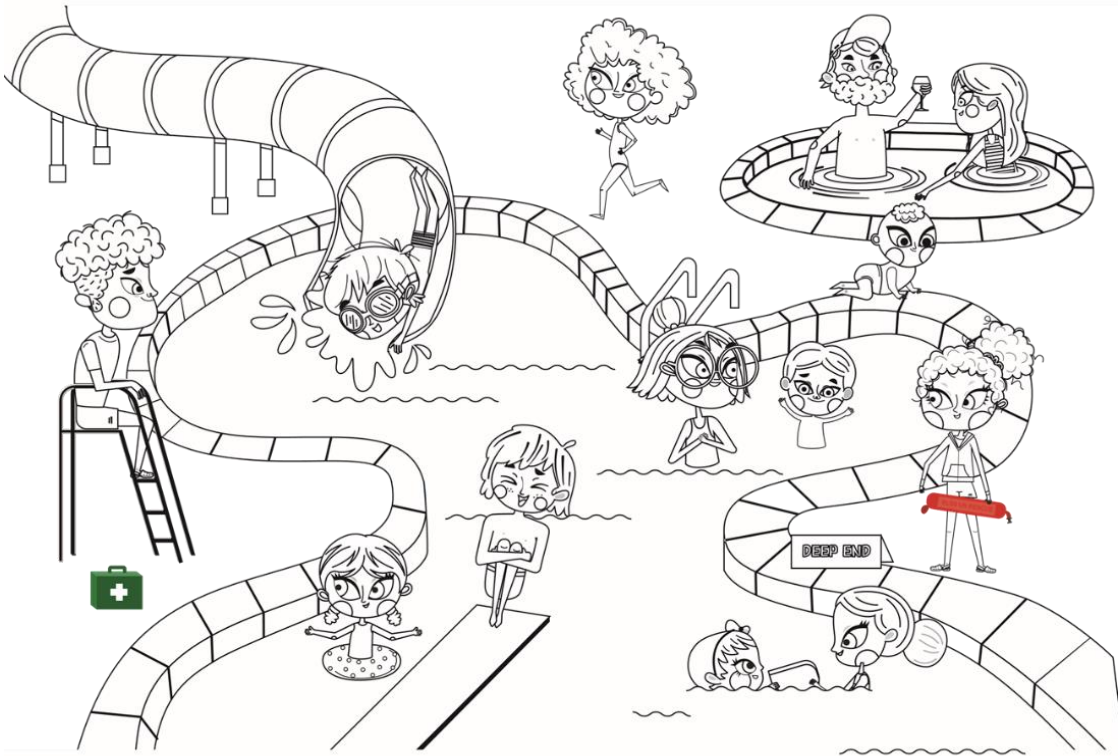
## FLOAT

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.



# Water Safety In the Pool



## DANGERS

Can you number the following dangers on the picture?

- 1 Always watch children near water, keep within arm's length
- 2 Deep water is for good swimmers only
- 3 Check the water is clear before jumping in and don't bomb
- 4 Flumes are great fun but follow the rules
- 5 Floors will be slippery, don't run
- 6 Never mix alcohol and swimming
- 7 Don't swim under diving boards
- 8 Trained lifeguards are there to keep you safe, listen to them carefully

Always follow the WATER SAFETY CODE



For more resources and advice visit [www.rlss.org.uk](http://www.rlss.org.uk)

# Water Safety at the Beach

## BEACH Water Safety Advice

- SWIM** at lifeguarded lakes
- READ** safety signs at the entrance to the beach
- LEARN** the meanings of the lifeguard flags
- CHECK** if the tide is coming in or out and make sure you won't be cut off from the beach exit

## WORDSEARCH

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

Can you find all these words in the grid?

- |             |           |            |
|-------------|-----------|------------|
| SAND CASTLE | BOATS     | INFLATABLE |
| FLAGS       | SEAGULL   | CURRENT    |
| ROCKS       | CLIFF     | HAT        |
| LIFEGUARDS  | SUN CREAM |            |
| ICE CREAM   | SPADE     |            |
| FLOAT       | WIND      |            |

**MATCH** the flags with the meaning



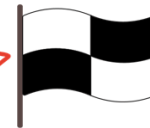
No Swimming



Always check wind direction and when pointed offshore, avoid using inflatables



Water sports only



Safe area to swim



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

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