

WATER SAFETY



Water is all around us and can be great to play in or be around. However it can also be very dangerous and we must be careful to keep ourselves safe whenever we are near it.

WATER SAFETY CHECKLISTS

Even if you are a strong swimmer there are lots of invisible dangers to be aware of when you are around a body of water.

1. LEARN TO SWIM

Swimming baths are the safest place to swim.

Water is fun and if you are sensible and follow the water safety rules you can have a brilliant time with your family and friends. Remember learning to swim could save your life. Try contacting your local council to find out where your nearest swimming lessons are held.

2. BE AWARE, BE SAFE

Even if you are a strong swimmer there are lots of invisible dangers to be aware of when you are around a body of water, for example:

- Slippery banks and rocks
- Fast currents, rapids and tides
- Rubbish such as broken glass, bottles and cans
- Pollution
- Steep sides
- Unknown depths
- Plants and reeds
- Very cold water
- Rat mine - can be fatal.

3. GET HELP

If someone is in trouble what should you do? Stop, think and don't panic.

Don't jump in after them - a drowning person is very strong and could quickly pull you under water too. Try to help the person by:

- Going for help or use a telephone to dial 999.
- Anchor yourself to someone else or to the bank.
- Throw something that will float, like a ball, life belt or lifeline or reach with a stick, rope, scarf or clothes knotted together.

4. DON'T PANIC

If you are in trouble, first of all think and don't panic.

Try to stand up. If the water is too deep but near land try to swim to safety. Otherwise signal for help and tread water.

5. WINTER WATER WARNING

Ice might seem thick enough to stand on at the edge, but it could be thinner elsewhere and could easily crack under your weight.

The water will be freezing and it is hard to swim with all your clothes on. It is also possible to become trapped under the ice. Don't forget what might look like an excellent ice-rink could be a possible death trap.

Remember water can be fun but don't forget to think and stay safe.

6. LOOK OUT FOR SIGNS

Take notice of any safety advice or warning signs i.e.

DANGER DEEP WATER



NO SWIMMING



RED FLAG - DANGER NO SWIMMING



WATER SAFETY CHECKLISTS

Follow these rules to make sure you stay safe around water:

- Always be accompanied by an adult. Stay close to your group and make sure you stay in sight at all times
- Don't go near slippery banks
- Watch out for slippery or large rocks
- Stay clear of fast currents and rapids, weirs and reservoir edges
- Don't jump or dive in - you don't know how deep the water is going to be
- Wear something on your feet when in the water because of unknown ground surfaces and rubbish, i.e. sharp rocks, broken glass, etc
- Stay away from the edge of reservoirs because they have very steep sides and very cold water
- Don't wade into water unless an adult tells you it is safe to do so. Never go any deeper than welly height
- Don't splash water at other people or push them over. Messing around can be dangerous
- Don't get untreated (non tapwater) river or sea water, or anything that has been in it, in your mouth. Lots of animals, plants and bugs use this water so it can be dirty and unsafe to drink. Don't eat or drink whilst playing with water
- Cover any cuts and scratches with waterproof plasters
- Wash your hands with soap and tap water as soon as you can
- Learn to swim - it could save your life.