

Water safety checklist:

If you plan to swim in open water, such as a lake or river, the Royal Life Saving Society offers the following tips:

- ✓ **Always look for warning and guidance signs**
- ✓ **Swim parallel to the shore and not away from it**
- ✓ **Avoid drifting in the currents**
- ✓ **Don't enter fast flowing water**
- ✓ **Be aware of underwater hazards**
- ✓ **Get out of the water as soon as you start to feel cold**
- ✓ **Never get in the water if you've been drinking alcohol**
- ✓ **Always take someone with you when you go in the water**
- ✓ **If you get into difficulty call for help**



SAFETY TIPS FOR OPEN WATER



NEVER SWIM ALONE

Always bring a buddy or ensure there's a lifeguard on duty.



UNDERSTAND CURRENTS

Watch other swimmers to see where the current takes them. If you get caught in a current, ride it until it weakens, then swim back to shore. Don't try to swim against it.



KNOW YOUR SURROUNDINGS

Check for boats, buoys, or any other obstacles that could get in your way.



CHECK THE WEATHER

Avoid swimming on rainy days and get out of the water immediately if you hear thunder or see lightning.



HAVE AN EMERGENCY PLAN

Notify a friend or family member when and where you'll be swimming so they are ready to take action in case something happens. This may mean having someone watching from shore.

Summer WATER SAFETY

Drowning accidents are always especially high in the summer months and over the last few years, we have heard of too many tragedies that could have been avoided.

Every year people drown both at home and on holiday because they don't take simple precautions, so reaching people with water safety messages is vital.

We want people to enjoy the water safely. Please help to avoid another tragic summer this year by spreading the following water safety advice far and wide:



LOOK OUT FOR LIFEGUARDS

If you're looking for a place to cool off, always find a lifeguarded swimming site.



IT'S COLDER THAN IT LOOKS

Water at open and inland sites is often much colder than it looks. Cold water can affect your ability to swim and self-rescue.



DON'T GO TOO FAR

Always swim parallel to the shore, that way you're never too far away from it.



IT'S STRONGER THAN IT LOOKS

Currents in the water can be very strong. If you find yourself caught in a current - don't swim against it - you'll tire yourself out. Stay calm, swim with the current and call for help.



BRING A FRIEND

Always bring a friend when you go swimming so if anything goes wrong, you've got someone there to help.



For more information visit rlss.org.uk



Open Water Dangers



How can you keep your kids safe in open water?
Ten people drowned everyday in the US. Two of the ten are kids 14 or younger. (CDC)

TadpolesAndMudPuddles.com

Teach your kids to swim. You are never too young or too old to learn to swim.



Never swim alone. If no one is there there's no one to call for help. You need a lifeguard, other parents or other adults nearby.

Even the calmest water can turn deadly. Don't underestimate power of open water.



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