



Drowning is preventable and with a little knowledge and awareness can be avoided. The campaign encourages parents, schools, leisure centres, community groups and businesses to use the Charity's free online resources to teach children and young people, the skills they need to enjoy a lifetime of fun in the water. To access the resources [visit the Royal Life Saving Society UK website](https://www.rlss.org.uk).

There are a number of things you can do to help keep your family safe this summer

At open water

- Check water sites for hazards, check the safest places to swim and always read the signs. Take time to check the depth and water flow of open water sites
- Swim with any children in your care – it's more fun and you can keep them close and safe
- On beaches, check when the tide will be high and low, and make sure that you won't be cut off from the beach exit by the rising tide. Also, learn to identify dangerous rip-currents
- Inflatable dinghies or lilos are a well-known hazard – each year there are drownings as people on inflatables are blown out to sea. Do not use them in open water
- Do not swim near to or dive from rocks, piers, breakwater or coral
- Swim parallel to the beach and close to the shore
- Cold Water is a well-known factor in a number of incidents – always try to play in water where there is a lifeguard or supervision, if not stay close to the shore and enter slowly

At home

- Empty paddling pools as soon as they have been used. Always turn paddling pools upside down once empty
- Always supervise your children around water, including bath time (never leave children unattended)
- Always use gates, fences and locks to prevent children from gaining access to pools of water
- Securely cover all water storage tanks and drains

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.