Water Safety at the Beach



ROYAL

LIFE SAVING

SOCIETYUK

For more resources and advice visit www.rlss.org.uk

DANGERS

Can you number the following danaers on the picture?

- Look out for deep or shallow water and take care around
- Stay back from cliff edges and never jump from high cliffs or bridges
- It's often windy at the coast and you can burn easily so wear sun cream and a hat
- Red flag means danger so stay out of the water
- Look out for rescue equipment and signs – they're there to keep vou safe
- Currents can push you out to sea
- Never mix alcohol and swimming
- Never use inflatables in the sea
- Red and yellow flags show a safe zone where Lifequards are keeping an eye on you
- Trained Lifeguards are there to keep you safe. Listen to them carefully
- Always watch children near water and keep within arm's reach

Always follow the WATER SAFETY CODE









Water Safety at the Beach

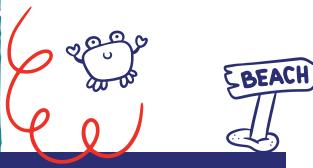


SWIM at lifequarded lakes

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



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













Can you find all these words in the grid?

SAND CASTLE **BOATS FLAGS SEAGULL ROCKS CLIFF LIFEGUARDS SUN CREAM ICE CREAM** SPADE WIND **FLOAT**

INFLATABLE CURRENT HAT

MATCH the flags with the meaning



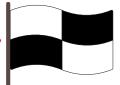
No Swimming



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



Water sports only



Safe area to swim



Water Safety in the Home



LIFE SAVING

SOCIETYUK

For more resources and advice visit www.rlss.org.uk

DANGERS

Can you match the following advice with the dangers on the picture?

- Empty paddling pools and buckets after use
- 2 Cover all outdoor water containers
- Be careful around ponds and lakes close to home
- Garden gates and fences should be secure
- Open water in the garden can be dangerous. Take care around ponds and pools
- 6 Always carefully watch children around water
- Always watch children when in the bath and empty after use
- Empty sinks when finished
- 9 Children can fill baths or sinks, keep plugs out of reach
- Washing machines should be kept shut

Always follow the WATER SAFETY CODE









FI

FLOAT

Water Safety in the Home

Contact RLSS UK to find out how you can become a Rookie Lifeguard and learn lifesaving and self rescue skills.

HOME Water Safety Advice

NEVER have a bath or shower without telling your parents

ALWAYS play with friends or family in a paddling pool

ALWAYS close garden gates to make sure other children can't wander in

STAY AWAY from the edge of ponds

ALWAYS empty paddling pools, buckets and baths after use

Can you find all these words in the grid?

PADDLING POOL BUCKET BATH FENCE SINK **SUPERVISE** POND **TOWEL SHOWER** PLUG WASHING **FRIENDS SUMMER FAMILY**

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Make as many words you can from the following phrase:

WATER SAFETY AT HOME



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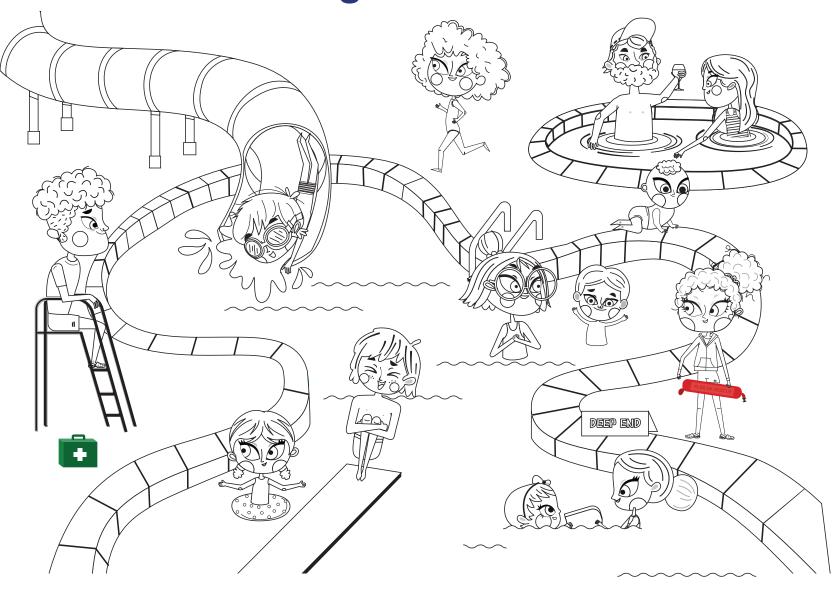






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Water Safety In the Pool





For more resources and advice visit www.rlss.org.uk

DANGERS

Can you number the following dangers on the picture?

- Always watch children near water, keep within arm's length
- Deep water is for good swimmers only
- 3 Check the water is clear before jumping in and don't bomb
- Flumes are great fun but follow the rules
- 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











Water Safety in the Pool

POOL Water Safety Advice

ONLY SWIM at a lifeguarded pool

PAY ATTENTION to the pool safety signs

STAY in the right depth for you

USE FLOATS or wear inflatables if you aren't a strong swimmer

HAVE regular swimming lessons



Can you find all these words in the grid?

LIFEGUARD	CHLORINE	SAFETY
SHOWER	DEEP	JUMP
WHISTLE	DIVING	FUN
BREAST	BOMBING	ROOKIE
STROKE	FLOAT	RULES
ARMBAND	SWIM	

MATCH the signs with the meaning



No Pushing



No Running



No Divina



No Bombing

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Water Safety at the River



DANGERS

Can you number the following dangers on the picture?

- Watch out for things you may trip over
- The water may be muddy and you could get stuck
- Rescue equipment may be missing or broken
- Safety signs give information to keep you safe
- Wear a life jacket when on the water to help if you fall in
- Currents can carry you away in seconds
- Banks can have loose or slippery edges
- Weeds or branches underwater can trap vou
- Rivers can be very cold which will limit your swimming skills
- There may be rubbish or hidden objects beneath the surface

Always follow the WATER SAFETY CODE









For more resources and advice visit www.rlss.org.uk

Water Safety at the River

RIVER Water Safety Advice

SWIM at lifeguarded lakes

STAY back from the edge so that you don't fall in

REMEMBER that lakes and rivers remain cold all year round

ALWAYS wear a lifejacket for activities on or around the water



Simply post with #enjoywatersafely.

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Can you find all these words in the grid?

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RIVER	FREEZING	MUDDY
CANAL	REEDS	SIGNS
FISHING	CURRENT	TREES
BANKS	DUCKS	WATER Z
DIRTY	BOAT	FLOWERS
QUARRY	BRIDGE	SAFETY

QUIZ

- 1. What number should you call if someone needs help?
- 2. What should you throw to help someone in trouble - a rubber duck, a life ring, your teacher or a brick?
- 3. What should you wear if you can't swim?
- 4. Why should you stay back from the water's edge?
- 5. You should never jump in to save someone in trouble, true or false?

Winter Water Safety

LIFE SAVING

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For more resources and advice visit www.rlss.org.uk

DANGERS

Can you match the following advice with the dangers on the picture?

- Never go on the ice as you may fall through
- 2 Don't go onto the ice to help someone else. Follow the Water Safety Code
- Animals may run onto the ice so keep dogs on a lead when near ice and slippery banks
- Watch out for things you may trip over
- Safety signs give information to keep you safe
- lce is always thin near the edge and around pipes, trees, and plants
- Beware of wooden and rocky surfaces as they may be slippery

Always follow the WATER SAFETY CODE









Winter Water Safety



WINTER Water Safety Advice

PAY ATTENTION to water safety signs

DON'T go on to the ice, it is not safe

NEVER go on to the ice to rescue someone, try to reach them with an object

KEEP CLEAR of the water's edge in case you fall in

NEVER play in floodwater. you may get swept away or it may be deeper than you think





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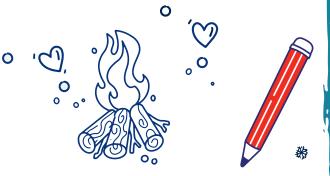
Can you find all these words in the grid?

SHARP

WINTER THIN ICE **EMERGENCY CRACKS** SNOWMAN COLD **GLOVES** SIGNS **DANGER**

FROZEN

DOG **FISHING SLIPPERY**



的产生为了 14个上面的公司和自己的人人 对的

DRAW a snowman lifeguard!

