



WATER SAFETY

- Cold water, fast currents, and unseen hazards can make even familiar places dangerous. Stop, think, and step back. **Walk away from the water.**
- You have no idea what's underneath or how deep the water is.
- Jumping straight in can cause cold water shock – which can leave you breathless and temporarily shut your body down or lead to death.
- There could be hidden currents that can overpower even strong swimmers.

- **Understand the Hazards:** Open water – such as reservoirs, quarries, and rivers – differs significantly from swimming pools. Lakes, rivers and the sea do not have the temperature control of an indoor swimming pool. That means they can be very, VERY cold - even on a blisteringly hot day!
- **Active Supervision:** Always swim where there is constant, active supervision of an adult, even if you are a confident swimmer.
- **Stick to Supervised Areas:** Stick to managed, lifeguarded swimming facilities where professional water safety measures are in place.
- **Don't enter the water-** helping someone in difficulty should be done by calling for help, not entering the water. Encourage them to float to live and call 999 immediately.
- **Never jump into open bodies of water** – this can cause cold water shock and impact on your ability to swim.
- **Do not 'drink and swim'** – alcohol can significantly impact your ability to swim and get to safety.
- **Don't be peer pressured** into swimming where you aren't comfortable, or if you can't swim.



WATER SAFETY CODE



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT

A True Story

Treat water with respect



**South Yorkshire
FIRE & RESCUE**



If you get into trouble, **Float to live**



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

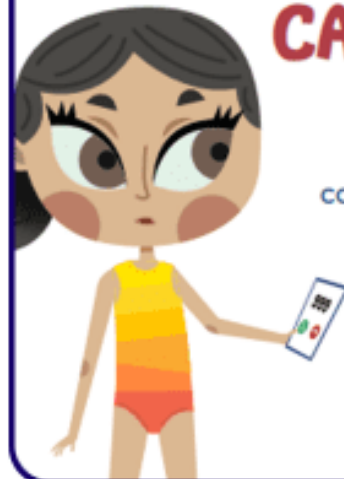
When around water always go with friends or family.
Swim at a lifeguarded venue.



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.



Don't suffer alone

Water safety is a very serious concern, recent events both locally and nationally can be upsetting.

If you are worried about the safety of yourself or someone else, please speak to a trusted adult in school or at home.

Service such as [kooth.com](https://www.kooth.com) are available for all young people to access and speak confidentially about any worries you may have.