

SAFETY ADVICE QUIZ

Can you spot any water hazards near your home or school?

List 3 water hazards you have spotted:

- 1
- 2
- 3

Tick the four things you should check before getting into open water:

1. HOW COLD IS THE WATER?
2. HOW DEEP THE WATER IS?
3. IS THERE A LIFEGUARD?
4. IS THERE SAFETY EQUIPMENT?
5. SHOULD YOU KEEP YOUR THICK JUMPER ON?

Learn how to help. If you see someone in danger at the beach or the swimming pool what should you do? Look in the word search to find what would help you:

lifeguard phone emergency
help buoy

H	L	I	F	E	G	U	A	R	D	A
P	I	Y	E	S	D	G	C	E	B	X
H	F	S	H	F	H	S	V	W	I	
O	E	M	E	R	G	E	N	C	Y	Z
N	D	Y	J	E	H	J	K	U	J	W
E	E	W	Q	S	R	U	I	E	A	B
A	J	N	B	V	Z	X	D	F	W	U
E	R	Q	V	X	M	E	N	H	X	O
K	D	E	H	E	L	P	J	U	Y	

For more information visit: kal.org.uk/swim

THE WATER SAFETY CODE



The water safety code is a short, easy to remember guide to acting safely and responsibly around water



Always swim in a safe place, check for dangers and always read the signs.



Never go alone! Always swim with an adult.



If you fall in or become tired – stay calm, float on your back and call for help



Call 999 and ask for the Fire Brigade or Coastguard (if on the beach). Throw something that floats to help but never enter the water to rescue.

AT THE BEACH

- Only swim at lifeguarded beaches
- Learn what the coloured flags mean
- Read safety signs
- Always swim where you can stand, close to the beach and where the Lifeguard can see you
- DO NOT let the current pull you out!



Red & Yellow Flag

Lifeguards on patrol. Between these 2 flags are where the Lifeguards watch and it is safe to swim



Red Flag

Dangerous. Do not go into the water



Black & White Flag

This is where watersport activities like kayaks, boats & surfing take place. It is not safe to swim here



Orange Windsock

When this flag is flying it is a warning that it is windy! Do not use inflatables and take care near the water

SPOT THE HAZARDS

At the Swimming Pool:

Its slippery, different depths, steps and equipment that you may trip over, other people who are swimming

At the Beach

Waves and tides, hidden deep water, hidden dangers like rocks and stones, slippery sides on cliffs

At Rivers, Lakes and Canals:

Fast running water, rubbish and dirty water, deep cold water, dangerous slippery paths and grass, canal bridges and gates for the boats (locks)

WHAT TO DO IF OTHERS ARE IN DANGER

- Call 999 or 112
- Shout and wave to the person in danger to let them know that you have seen them, and to alert others to help
- Throw something that floats for them to hold
- Shout loudly and tell them to kick or swim if they can
- Use hand signals and a loud voice to help guide the person to safety
- Keep watching them until help arrives

COLD WATER SHOCK & SURVIVAL SKILLS

Cold water shock can make you feel out of breath, scared and your heart race. Your muscles will start to get cold and not work properly. You will not be able to think clearly and you will feel panicky

Floating – Float on your back to save energy and help control your breathing



Treading Water – Helps you stay up in deep water and lets you look around and signal for help by raising one hand and shouting "HELP!" as loud as you can

Heat Escape Lessening Position (HELP) – Stops heat escaping your body by bringing your knees up to your chest, hugging them close to your body with both arms



Huddle Position – If you are with others huddle together in a tight circle to stay warm and make it easier for rescuers to spot you

WHAT NEXT?

Now you have learnt about Water Safety turn over to do our fun quiz

