



# Water Safety Pack



## What to look out for on holiday

Here are some essential safety tips to remember on your summer holidays!

### On the beach

The beach is a great place to spend the day with the whole family, whether you're building sandcastles or flying a kite, but it's important to be aware of possible dangers and how to avoid them.

- Don't get in the sea at beaches where there are no lifeguards - they are there to keep you and your family safe so keep them nearby.
- It's important to know what the flags mean on the beach, so you know when it's okay to swim and when it's not. They're the easiest way to check what the water conditions are.
- Always stay near a responsible adult at the beach and make sure they know where you are at all times.
- Don't go swimming near piers - this goes for adults too! Piers can sometimes create dangerous currents in the sea and so are always best to avoid.

### In the pool

What better way to cool down in the sunshine than taking a dip in the pool! Just be mindful of these top tips to keep you safe:

- Be careful of floats and inflatables - while they can be great fun in the water, they can also be potentially hazardous by obstructing or hindering essential swimming techniques.
- Stay in the shallow end - some pools can be very deep, so always make sure your feet can touch the floor and an adult is watching you.
- Don't run around the pool. The floors are usually very hard and slippery and it's easy to fall and hurt yourself.
- Don't dive into the water - a lot of pools are too shallow to dive properly and can be dangerous if you haven't been taught the correct technique.

### At the water park

There is so much fun to be had at water parks - zooming down the slides or splashing in the plunge pools - they are a great way to enjoy the water. These tips are essential to remember when you're next off adventuring!

- Only go on slides you are comfortable with - if you're not sure, it's best not to go on them. Being panicked in the water can be dangerous, making it harder to remember key swimming techniques you've learnt.
- Know the rules - every water park has different rules on how to best to keep safe, so always follow them. If you're unsure, ask an attendant or lifeguard.
- Always ask the adult you're with if it's okay to go on a slide or join an activity - they will know best if you can take part at your swimming ability or not.

## Visiting the lake

Lakes are great for feeding the ducks and spying any fish swimming around in the water, just make sure you follow these rules while you're there!

- Never go swimming in a lake. You can't be sure how deep the water is or if there are any nasty germs in there.
- Don't get too close to the edge of the lake – it can get very slippery and easy to lose your stepping.
- Sometimes you can go on paddle boats at lakes – if you go on one with an adult, always make sure you wear the life jacket they give you and keep your hands and feet inside the boat.

## Walking along the canal

Walking or riding your bike along a canal is a great way to spend a sunny afternoon – but don't forget these tips!

- If someone falls into a canal, never jump in after them. Call 999 and get an adult for help. Look around to see if there are any lifesaving rings along the path that you can throw in for them.
- If you fall into a canal, keep calm and breathe deeply. Try and hold something to keep you afloat whilst you wait for help. If you can, lie flat on your stomach and kick your legs until you get to the side.

## Playing in the paddling pool

Paddling pools are great entertainment and a fun way to cool down in the sun. But where there's water, there is potential danger:

- Don't jump or slide in the paddling pool – the floor can get very slippery and could hurt if you fall!
- Always watch younger ones near the water. It's possible to drown in less than two inches of
- water so always keep them away from the paddling pool unless there is a responsible adult with them.

## Splashing in the river

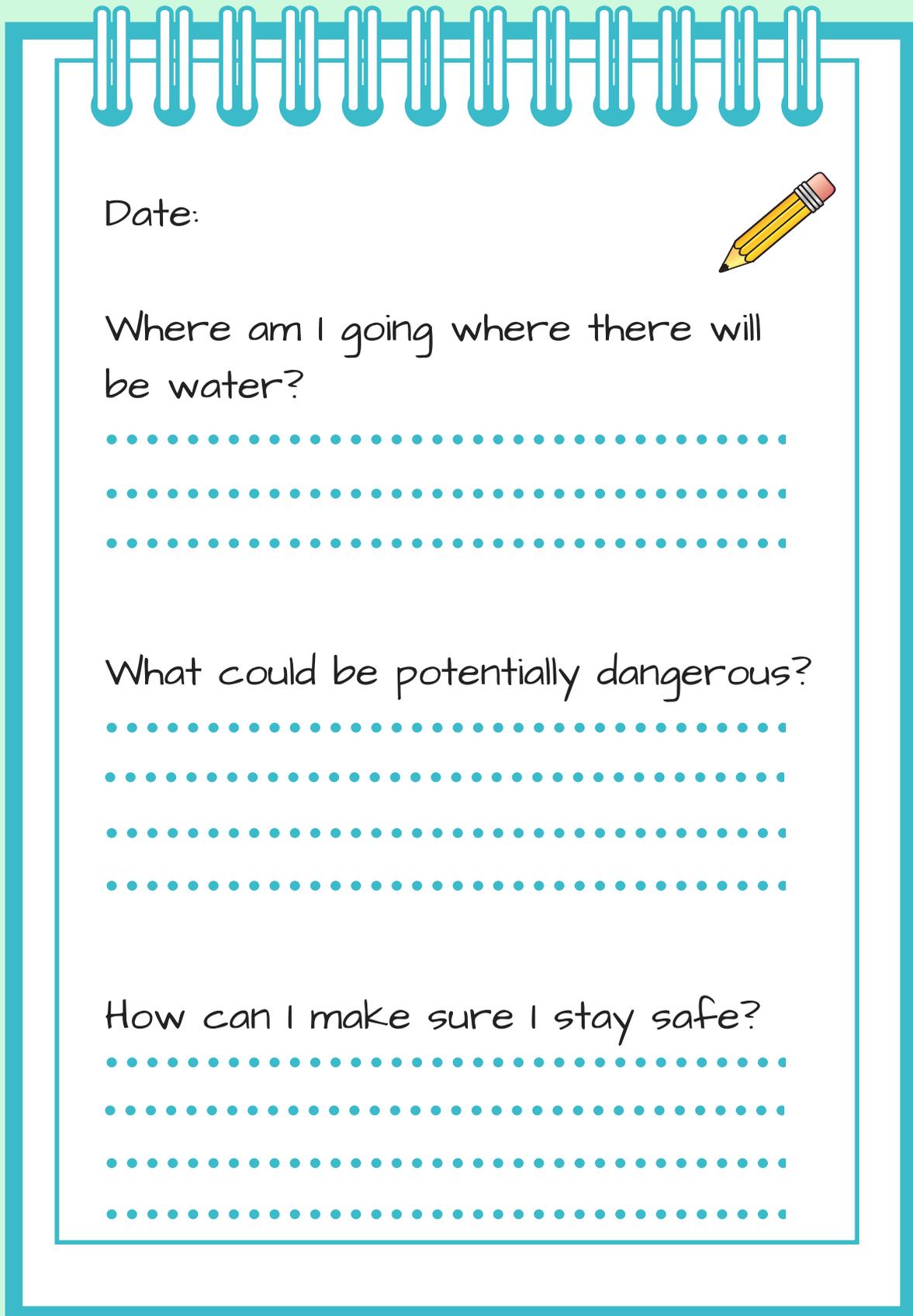
Dipping your feet in the river is a great way to cool off after a nice walk – here are some rules you must follow to keep yourself out of danger:

- Remember the three S's of dipping your feet in a river – it has to be Small, Shallow, and Slow. You should never go in the river unless an adult says it's safe to do so.
- Never go further than getting your feet wet – rivers can be dangerous as the rocks can be slippery and there is often a strong undercurrent.
- Do not jump into the river – you don't know how deep it is and you can really hurt yourself on the rocks.



# Activities

Why not test your new water safety knowledge and create a diary for your holiday plans?  
Use the template below:



Date:



Where am I going where there will be water?

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What could be potentially dangerous?

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How can I make sure I stay safe?

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