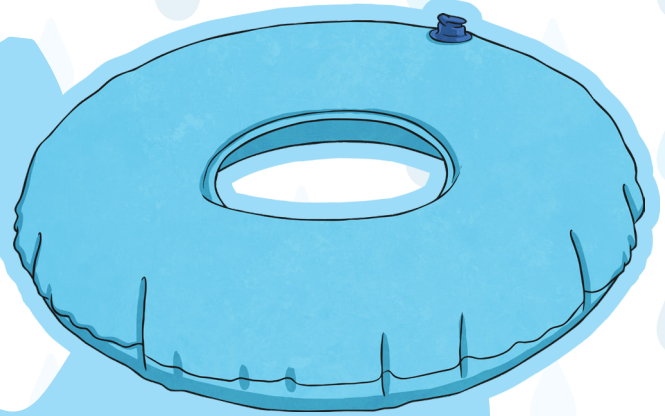




All About

Water Safety

Booklet



Water Safety

There are lots of different ways we can make sure we stay safe in any kind of body of water – and you probably already know some of them!

Use this page to write down everything you know about water safety. Use a 30 second timer to challenge yourself.

[illegible]

General Water Safety

Learning to swim is an important part of being safe in the water. Do you know how to swim? If not, make sure you don't go to a depth where you can't stand up.

There are also lots of things you can wear to help you stay afloat. Can you find them all in this word search?

l d o y m c w t f s u w x h x
o t f z s n q s h o v x g r k
p a r m b a n d s j p e q q b
k o w r u e t d w p e b h m d
d i o a o v p b i i l y x r
l n c l y n q g m t e i g f e
y u w k n l n m m s j f w s e
e m k i b o e y i r g e n k e
m m n l g o o c n w q j w a q
i i m e w i a d g k k a t v i
o i i k f m m r l j f c d b j
j k g n h k z k d e w k y s w
f l o a t a t i o n v e s t b
i j o s c r o r p b t g w y
t z z v w k i s y c l j h l h

life jacket

buoy

floatation vest

arm bands

pool noodle

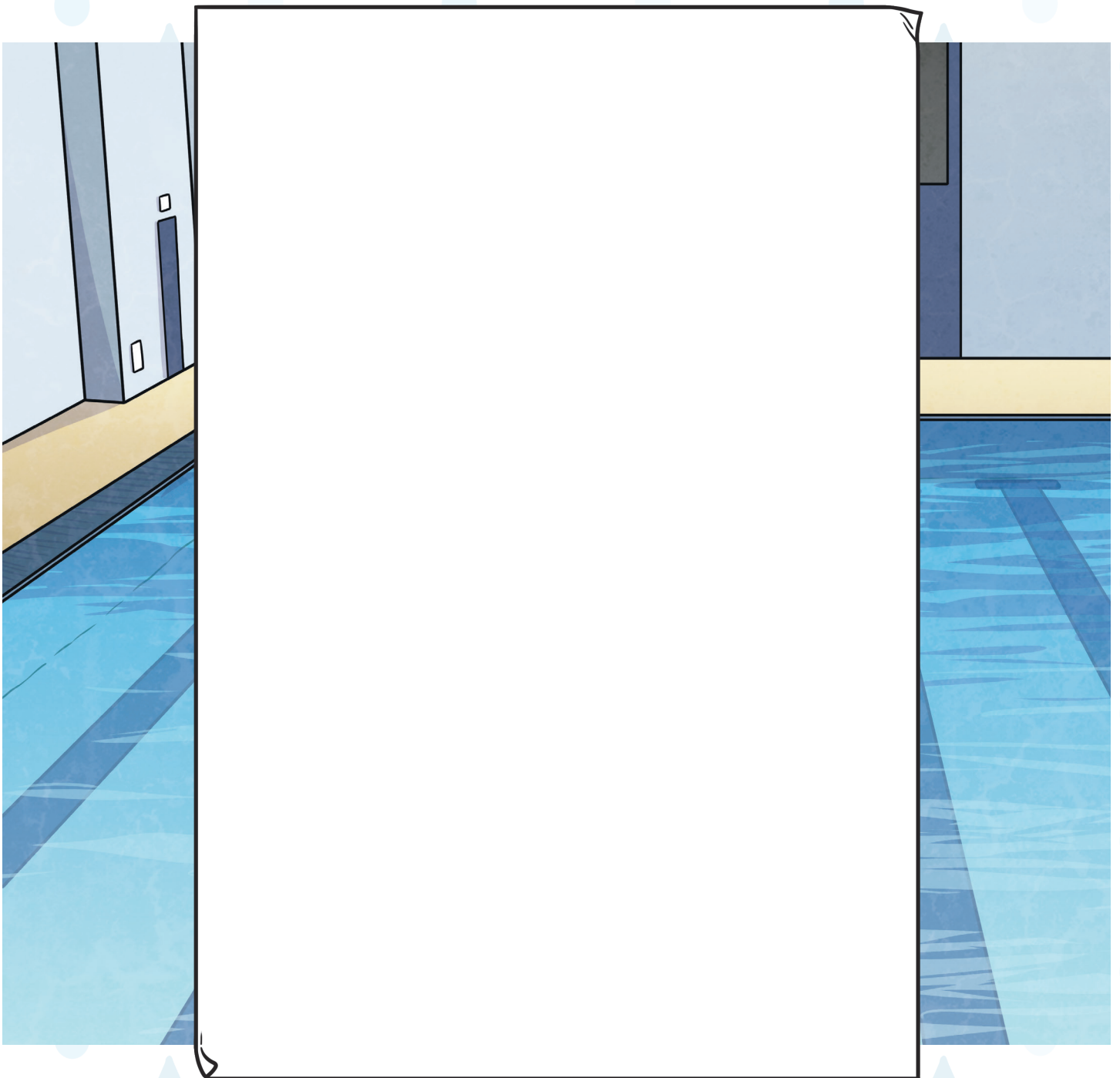
kickboard

swimming

Swimming Pools

There are many ways to stay safe at the swimming pool.
These rules are usually displayed on posters around the pool.

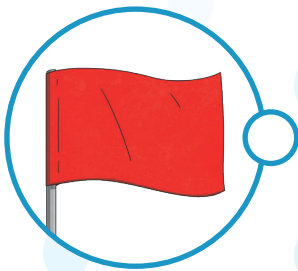
Use the space below to design a poster that you could find next to a pool.
Try and list at least three rules that apply when you are pool-side.
Make sure it is eye-catching and easy to read.



In the Sea

The best beaches to swim at are those with flags and lifeguards.
Do not go swimming at any beach unless you are with an adult, making sure that you stay where they can see you.

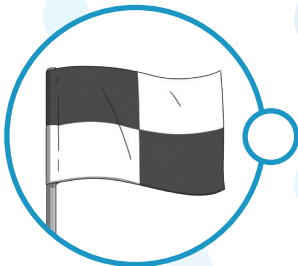
Do you know what these beach flags mean? If not, do a little research and draw a line to match the flag with the correct meaning.



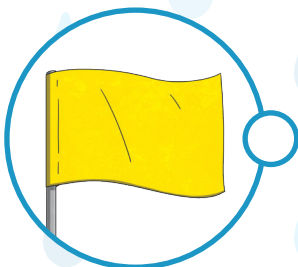
Swim between these flags.



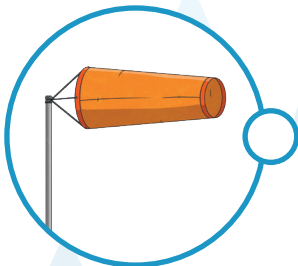
No swimming here – surfers using the area.



No swimming.



Dangerous winds. Do not use inflatables or dinghies.



Take care when swimming.

Rip Currents

This picture shows a rip current. Use the word bank to fill in the following information about the dangers of rip currents.

foam	strong	help	quickly
waves	calmer	sideways	lifeguard
warnings	float	panic	

A rip current is a _____ stream of water that can _____ carry a person far out to sea. It usually forms when _____ crash and the water gets pushed back out to sea, creating a narrow, strong current. You can often spot a rip current because it looks like a channel of water separate to the usual waves. It may seem _____ than the surrounding waves because it's usually free of _____ and bubbles.

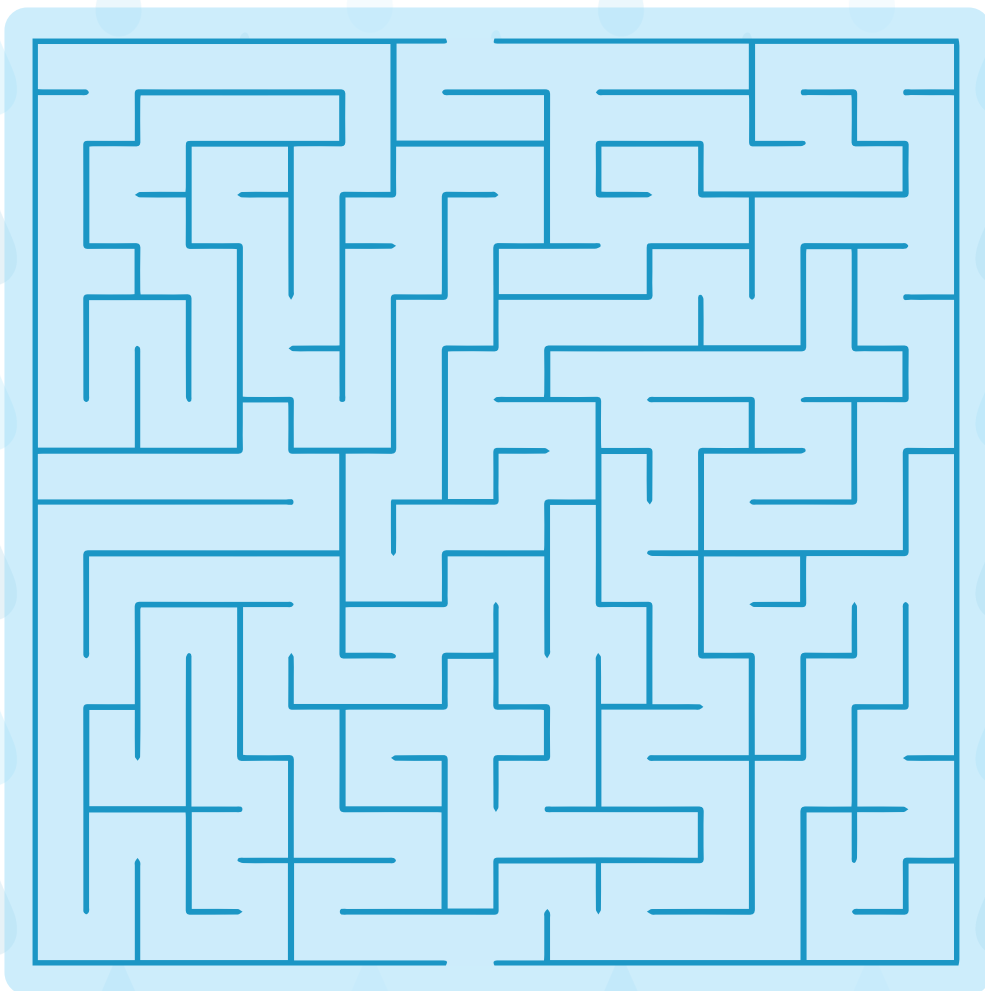
If you get caught in a rip current, it's important not to _____. Instead of trying to swim directly back to shore (which can be really hard), swim _____, parallel to the shore, to escape the current. Once you're out of the current, swim back to land at an angle. If you can't escape, try to _____ on your back and signal for _____. The best way to avoid rip currents is to always swim near a _____ and pay attention to any _____.



Inflatables

As fun as they seem, inflatables aren't safe to use on the beach. It only takes one gust of wind to be blown far out to sea. The Royal Life Saving Society UK suggests that they are only used in confined water, like a swimming pool.

Guide the inflatable through the waves to reach safety. Can you find the way back to the beach?



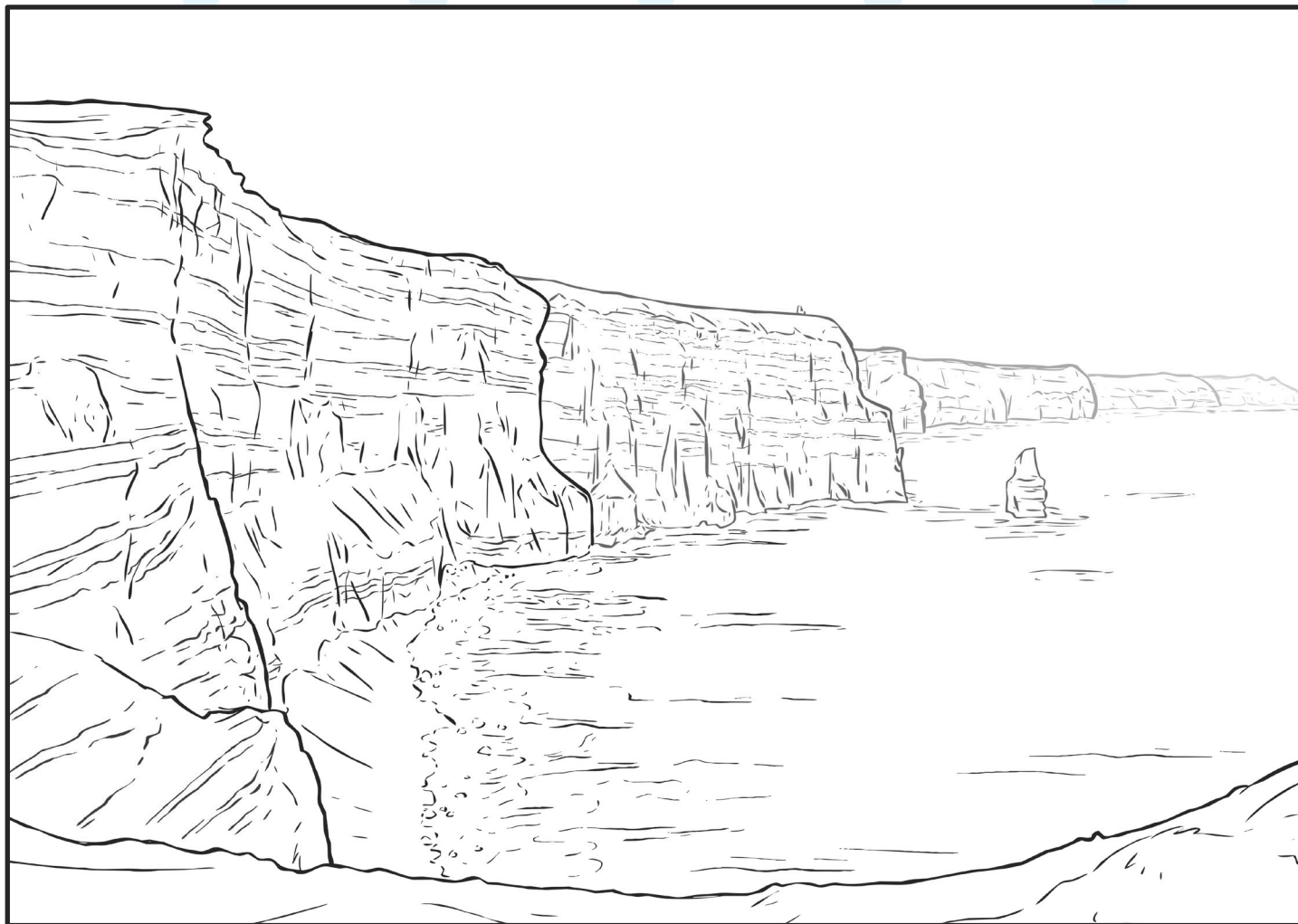
Cliff Jumping

Sometimes, you may see people jumping from big heights (such as cliffs) into the sea. This is sometimes called tombstoning or cliff jumping. Although it looks like a lot of fun, this is extremely dangerous for several reasons:

You could hurt yourself when you hit the water.

You probably don't know how deep the water is – if it is too shallow you may cause permanent damage to your legs or spine.

In fact, people have been seriously injured and even killed tombstoning.

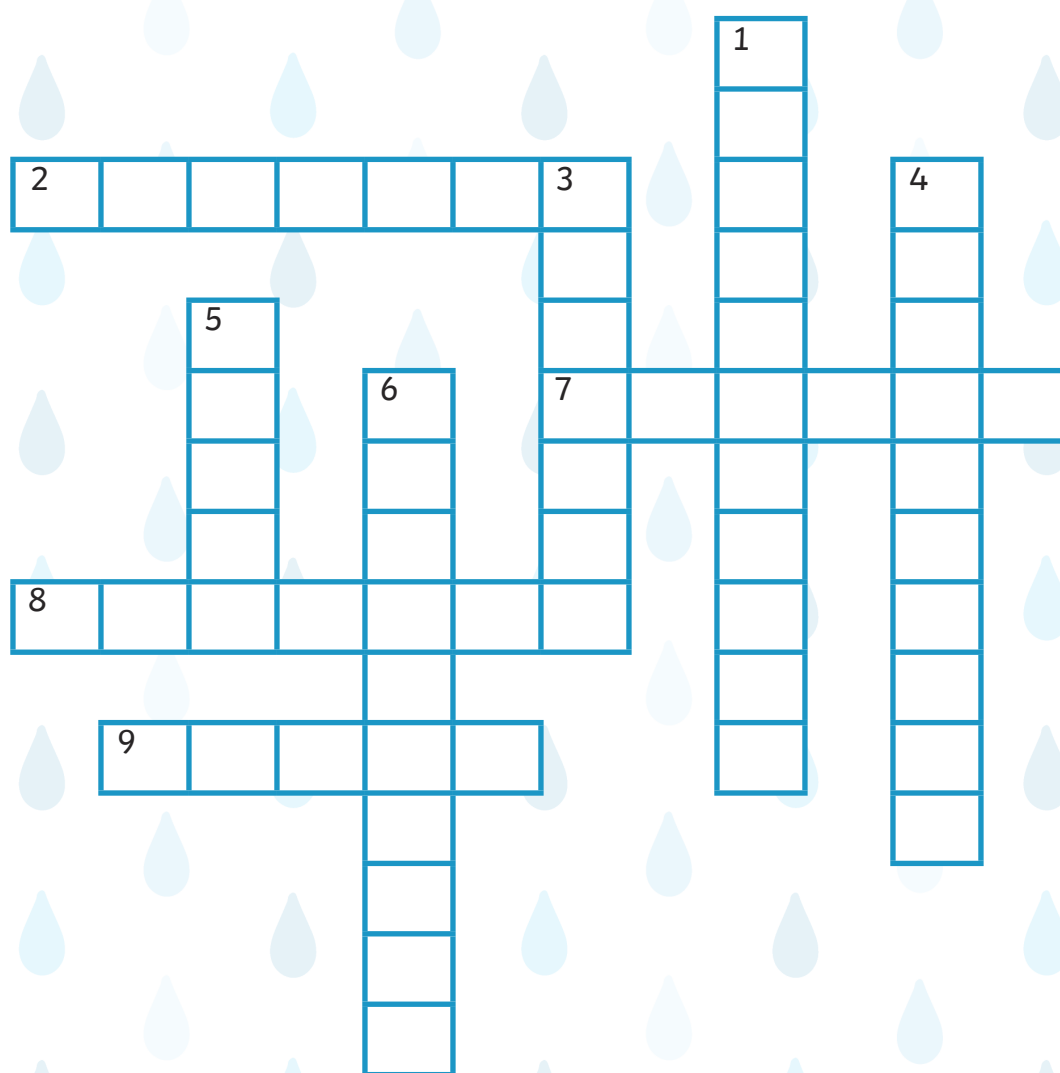


Wild Swimming

Wild swimming in open water refers to any open body of water, such as ponds, lakes, rivers, canals or reservoirs. This can be a lovely way to cool off in the summer, but there are a few rules you need to follow to make sure you stay safe.

- Do not swim unless you have an adult with you.
- Look out for warning or safety signs.
- Do not enter very fast-flowing water.
- If you are doing an activity such as sailing, make sure you are wearing a life jacket.

Complete the wild swimming crossword. You will find the answers to some, but not all, of the questions in this booklet.



Wild Swimming

Down

1. The type of water you should never enter.
3. A special suit worn to keep you warm in cold water.
4. Who you should call if you need emergency help when near the sea.
5. A natural waterway where wild swimming might take place.
6. Something you should always wear when you are in a boat.

Across

2. Water that is not very deep, where it's safer to swim.
7. The sound you make when you jump into water.
8. The flow of water that can be very strong and carry swimmers in the wrong direction.
9. What you do to stay on the surface of the water.



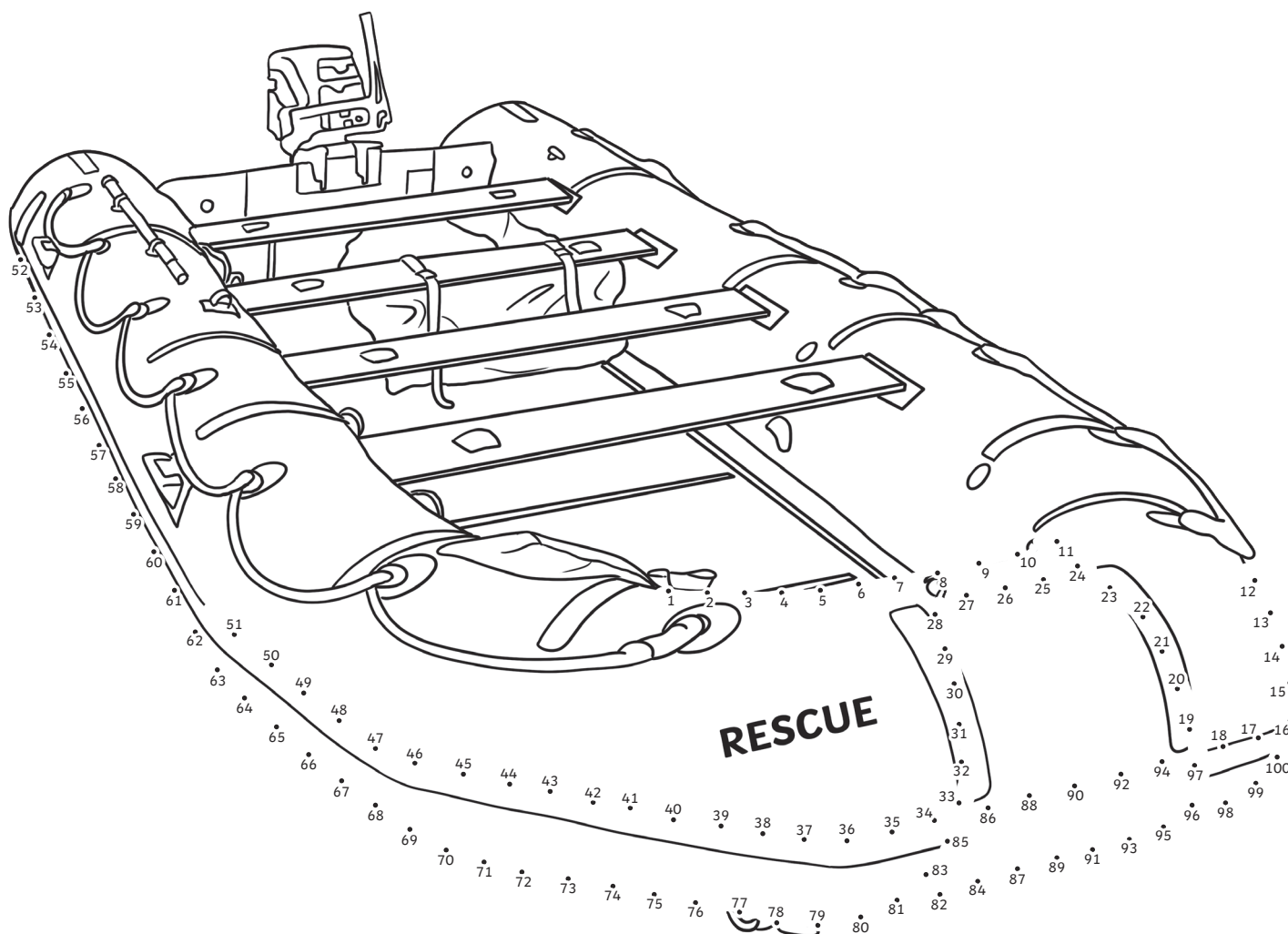
Emergency Services

The Emergency Services are made up of the:

- police
- fire service
- emergency medical services (ambulances)

Did you know that if you are by the coast there is another emergency service?
The coastguard service is on hand to help you if you need them.

Join the dots to complete the vehicle you may see the coastguard using to help people.



Contact any of the Emergency Services on

999 or 112