

Always follow the **WATER SAFETY CODE**

Whenever you are in, on and around water:

**STOP
AND THINK**

always swim in a safe place



Spot the dangers, for example steep drops, deep or moving water, rip currents and offshore winds.

Take note of local signs or beach flags and act on their advice.



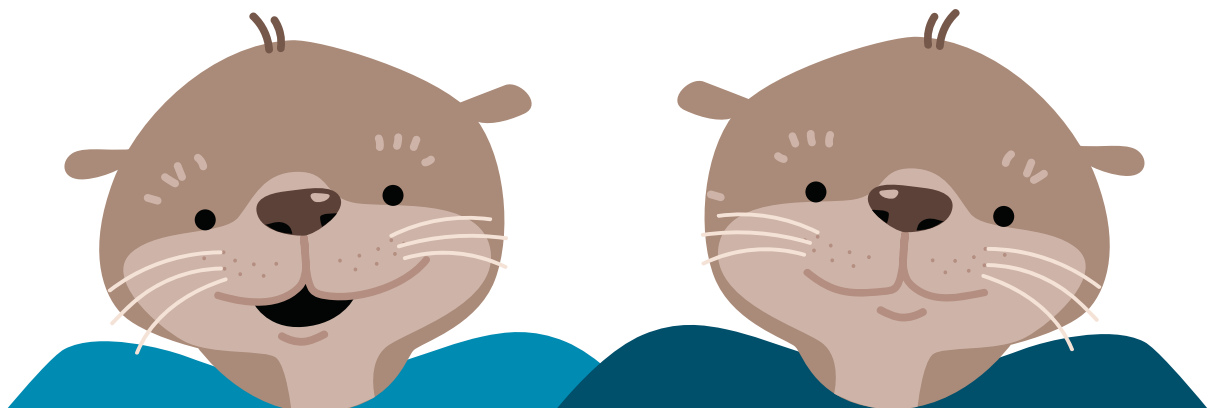
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to find out more.

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Whenever you are in, on and around water:

**STAY
TOGETHER**

Always swim with an adult



Young children should be within **arm's reach**.

Tell someone where you are going and when you will be back.



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In an emergency:

FLOAT

if you fall in, float, breathe and relax



Entering cold water makes you gasp, breathe fast and panic, **float for 60 seconds** or until this feeling passes.

Tread water and signal for help by putting one hand in the air and **shouting HELP!** loudly.



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In an emergency

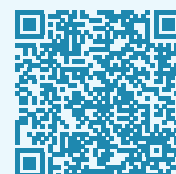
CALL 999

Ask for the Fire and Rescue Service
when inland or the Coastguard
if at the coast.



CALL for help, **TELL** them
to float on their back,
THROW something that
floats to them.

Do not enter the water
to rescue.



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