



Lincolnshire
FIRE & RESCUE

Water Safety Starts with You: a Parent/Guardian Guide

WATER CAN BE GREAT FUN FOR YOUNG PEOPLE, BUT IT CAN ALSO PRESENT HIDDEN DANGERS. WHETHER YOU'RE AT THE BEACH, BY A RIVER, NEAR A POND, OR POOL IN THE GARDEN, ACCIDENTS CAN HAPPEN QUICKLY AND UNEXPECTEDLY.

HOW TO HAVE FUN AND STAY SAFE



STAYING TOGETHER

- DO THEY ALWAYS TELL SOMEONE WHERE THEY ARE GOING
- DO YOU KNOW WHEN THEY PLAN ON RETURNING?
- ARE THEY ABLE TO CALL FOR HELP? TAKE A PHONE WITH THEM?
- DO THEY ALWAYS GO OUT IN A GROUP

ACCIDENTS CAN HAPPEN WHEN YOU LEAST EXPECT THEM. IF THEY ENJOY SPENDING TIME NEAR WATER REMIND THEM TO:

- STAY BACK FROM THE WATER'S EDGE, STICK TO SAFE PATHS
- PAY ATTENTION TO WHERE YOU ARE WALKING OR CYCLING
- BE EXTRA CAREFUL IN POOR WEATHER OR LOW LIGHT
- WATER SAFETY STARTS ON LAND.



SOMEONE IN TROUBLE IN THE WATER? TEACH THEM TO:

- PHONE 999 TO GET HELP
- TELL THEM TO STAY CALM AND FLOAT ON THEIR BACK
- THROW RESCUE EQUIPMENT TO HELP THEM FLOAT
- NEVER ENTER THE WATER TO ATTEMPT A RESCUE



1 PHONE

Phone **999**
to get help.



2 FLOAT

Tell them to stay calm
and **float** on their back.



3 THROW

Throw rescue equipment
to help them float until
emergency services arrive.





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HOW TO HAVE FUN AND STAY SAFE



YOU MIGHT THINK THAT TAKING A DIP IN A RIVER IS THE PERFECT WAY TO COOL DOWN - DANGERS LIE BENEATH THE SURFACE

- **STRONG CURRENTS**
- **COLD TEMPERATURE**
- **UNEXPECTED ITEMS THAT COULD HARM**

Float to Live



IF YOU FIND YOURSELF STRUGGLING IN THE WATER, TEACH THEM TO FLOAT TO LIVE:

- **RELAX AND TRY TO BREATHE NORMALLY.**
- **TILT HEAD BACK AND SUBMERGE EARS.**
- **USE HANDS AND LEGS TO HELP YOU STAY AFLOAT.**
- **ONCE BREATHING IS UNDER CONTROL, CALL FOR HELP OR SWIM TO SAFETY.**



ENSURE YOUNG CHILDREN:

- **STAY TOGETHER**
- **STAY CLOSE TO AN ADULT, PARENT OR GUARDIAN**
- **KEEP WITHIN THEIR DEPTH**
- **KNOW TO CALL 999 IN AN EMERGENCY**

SPOT THE DANGERS TOGETHER



THE STAYWISE WEBSITE PROVIDES A RANGE OF RESOURCES ON SAFETY RELATED TOPICS

