ALWAYS FOLLOW THE WATER SAFETY CODE

ROYAL LIFE SAVING Drowning Prevention Week SOCIETY UK

Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.



In an emergency:



CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



Enjoy Water **Safely**

Learn basic lifesaving and CPR skills.
Visit **www.rlss.org.uk**