



EVERYONE

WANTS TO BE SAFE THIS SUMMER...





...RESPECT THE WATERS

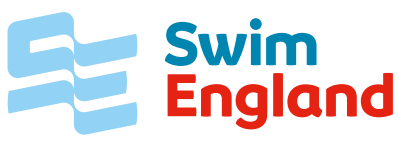
If you got into trouble in the water, would you know what to do?

What about if it was someone you care about in danger?

Find out how to keep you and your loved ones safe with advice from the RNLI and Everyone Active.

STAYING SAFE AT THE BEACH

-  **RED AND YELLOW FLAGS** will show the safe places to swim, body board and use inflatables on the beach. You will often see a lifeguard positioned between the red and yellow flags
-  **RED FLAG** is the sign for danger and means **NO SWIMMING**. Never go in the water when the red flag is flying, under any circumstances. Possible reasons may be fog, large waves or pollution
-  **BLACK/WHITE FLAG** for hard surf craft including surfboards, kayaks, canoes and other craft without engines. Never swim or body board in this area
-  **ORANGE WINDSOCKS** indicate offshore winds blowing out to sea or strong wind conditions – never use an inflatable when the sock is flying



LISTEN TO YOUR HELPFUL LIFEGUARD

Lifeguards are there to help you to stay safe by seeing the dangers, preventing accidents before they happen and responding instantly. They wear a red and yellow uniform, sometimes in black wetsuits, with Lifeguard clearly marked on the back.

Where to find your helpful lifeguard

- At the Beach Lifeguard Unit – a white hut at the beach with an RNLI flag
- They patrol along the shoreline and between the red and yellow flags
- On larger beaches they may be on the sand in a white or red truck
- Wardens operate, patrol and rescue services at large inland lakes



COLD WATER AND HAZARDS

- Be aware that there are hazards that you may not be able to see
- Sea and inland water is cold and will make swimming more tiring and difficult
- Most inland and coastal water is less than 15°C
- Rocks and other objects could be hidden under the water
- Tides and water currents can be very strong and change without warning
- If you plunge into cold water breathing is difficult – remain calm
- Enter water gradually and keep your head out of the water until breathing has settled

WHAT TO DO IF YOU GET IN TROUBLE

- Put your hand in the air and signal for help
- Tread water, kick your legs and try to keep your head above water
- If you have a body board or surf board hang onto it – it will help keep you afloat and make you easier to find
- Wear a leash/wrist strap connected to your body board and keep it attached

If someone else is in trouble:

- Alert a lifeguard as quickly as you can. Look for them near the red and yellow flags, their truck or at the Beach Lifeguard Unit
- If there are no lifeguards call 999 or 112 and ask for the coastguard on the coast, the fire service inland. Tell them where you are, what the problem is and how many people are involved
- Stay in the area in case they need to speak to you again
- DO NOT try to rescue the person yourself

KEY SKILLS THAT COULD JUST SAVE YOUR LIFE!

F

Fight your instinct to panic and swim hard

L

Lean back in to the water to keep your air way clear

O

Open your body up and extend your arms and legs, pushing your stomach up

A

Actions gently move your hands and feet will help you float

T

TIME In 60 to 90 seconds you will be able to control your breathing



HELP US PROMOTE WATER SAFETY

Help us spread the word about the importance of staying safe in the water by creating an engaging poster.

Share your finished post with us on Facebook by using the hashtag #easafeswimming2022.

Make your poster really stand out by using bold colours, punchy words and different materials.

Keep an eye on our Facebook page as we'll reshare as many as we can!

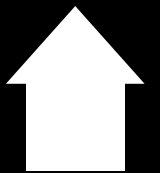
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LEARN TO SWIM
WITH
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HELPING TO KEEP **EVERYONE** SAFE IN THE WATER



LEARN TO SWIM WITH AWARD-WINNING LESSONS FROM THE UKS LEADING PROVIDER

We all love to swim! Not only does being able to swim allow you to enjoy your time a little bit more on holiday, but the most important reason is that swimming is the only sport which can save you or your child's life.

Why learn to swim with us?

- Learn from four months old
- Adult lessons available
- Available up to seven days a week
- All teachers are Swim England or equivalent qualified
- Pay monthly by Direct Debit
- Follow your child's progress on our interactive Aqua passport

**DROWNING IS STILL
ONE OF THE MOST
COMMON CAUSES
OF ACCIDENTAL DEATH
IN CHILDREN, SO
BEING ABLE TO SWIM
IS AN ESSENTIAL
LIFE-SAVING SKILL.**

For details of your nearest centre, visit
www.everyoneactive.com

everyone
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