

WATER SAFETY

STAY SAFE, HAVE FUN!

A QUICK GUIDE FOR YOUNG PEOPLE (11-18)

The water can be amazing – but it can also be dangerous.
Follow these **4** simple steps to stay safe.



**BE SAFE.
HAVE FUN.
RESPECT
THE WATER.**

1 STOP & THINK

Know the dangers.



- The water is powerful – currents and tides can move quickly.
- It's colder than you think – cold water shock can take your breath away.
- Waves can knock you off your feet.
- There may be hidden rocks, rubbish or sudden drops.
- Edges can be slippery and unstable.

✓ Ask yourself: Is this a safe place to be?

2 STAY TOGETHER

Never go near water alone.



- Go with friends or family.
- Let someone know where you're going and take a **charged phone**.
- Check the weather and tide times.
- Choose lifeguarded beaches where possible.
- Swim between the red and yellow flags.
- If a red flag is flying – **do not enter** the water.

Together, you're safer.

3 FLOAT

If you end up in trouble in the water...



- 1 Lean back.
- 2 Keep your ears in the water.
- 3 Spread your arms and legs.
- 4 Control your breathing.
- 5 Stay calm.

If you have something that floats, hold onto it.
When you feel calm, call or signal for help and swim to safety if you can.

4 CALL 999 OR 112

If you see someone in trouble.



- Call 999 or 112 immediately. Ask for the Coastguard (if at the coast).
- Tell them someone is in trouble in the water.
- Throw something that floats.
- Keep watching until help arrives.
- **Never go into the water to rescue them yourself.**

RESPECT THE WATER

Even on a calm day, conditions can change quickly. Be aware, be prepared and stay safe.



REMEMBER THE 4 STEPS



STOP & THINK



STAY TOGETHER



FLOAT



CALL 999 OR 112

USEFUL LINKS

RNLI Education Resources
rnli.org/education

RNLI Beach Safety Advice
rnli.org/beach-safety

Check Tides
www.gov.uk/check-tides

FIND MORE FUN
AND SAFETY TIPS AT

RNLI.org

