

Can you number the following dangers on the picture?

- Call for help out loud or on the never go on the ice
- 2 Always use a safe reach rescue, never go on the ice
- 3 Never follow animals on the ice
- 4 If you fall in, lie on your back and use something that floats to stay on the water's surface
- 6 Obey warning signs
- ilce is thin around drainpipes, trees and plants
- Olce is always thin around platforms and at the edge of river banks

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

- Call 999 or 112
- Float







Winter safety

This poster it designed to help you enjoy water safely in winter.

Winter Safety Advice:

- · Pay attention to water safety signs
- Don't go on to the ice, it is not safe
- Never go on to the ice to rescue someone, try to reach them with an object
- · Keep clear of the water's edge in case you fall in
- Never play in floodwater, you may get swept away or it may be deeper than you think

Contact RLSS UK to find out how you can become a Rookie Lifeguard and learn lifesaving and self rescue skills.

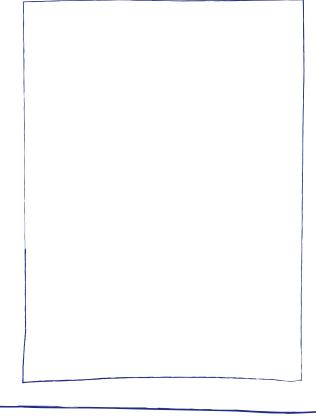
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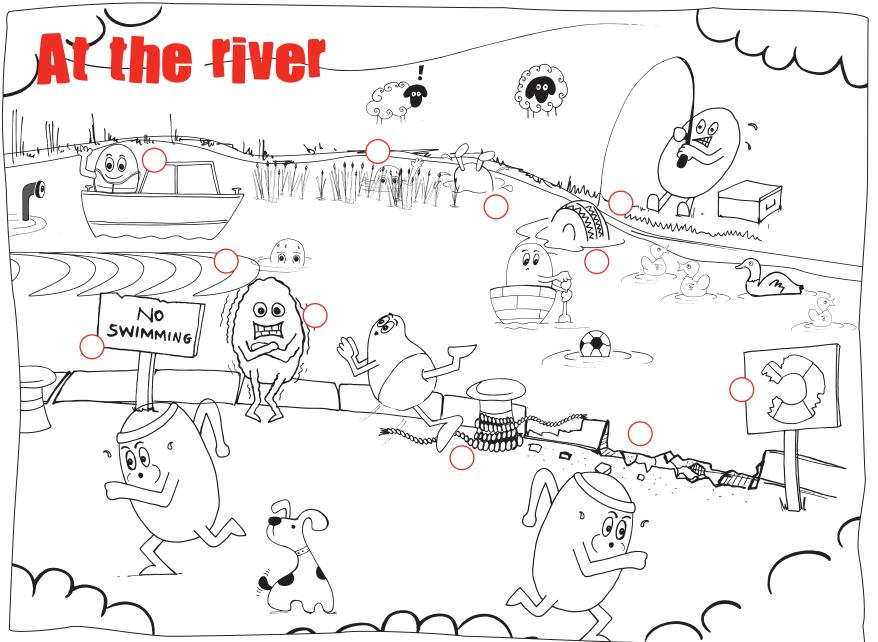
Wordsearch

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WINTER SIGNS SNOWMAN
ICE FROZEN GLOVES
CRACKS THIN DANGER
COLD EMERGENCY SHARP

Draw a snowman lifeguard!





Can you number the following dangers on the picture?

- Beware of trip hazards
- 2 The water will be muddy and not as clean as swimming pool
- 3 Rescue equipment may be missing or broken
- 4 Pay attention to water safety signs
- S Always wear a buoyancy aid when on water
- 6 Beware of currents, they can carry you away in seconds
- 7 Water may be too shallow or deep
- Banks often have crumbling or steep edges
- You may risk getting trapped in weeds, branches underwater
- 10 There may be rubbish or debrishiding beneath the surface
- Most rivers are far too cold to swim in

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

- Call 999 or 112
- Float







At the river

This poster it designed to help you enjoy swimming safely at the river.

River Safety Advice:

- Swim at lifeguarded lakes
- When around water, stay back from the edge so you don't fall in
- Remember that lakes and rivers remain cold all year round
- Always wear a lifejacket for activities on or around the water

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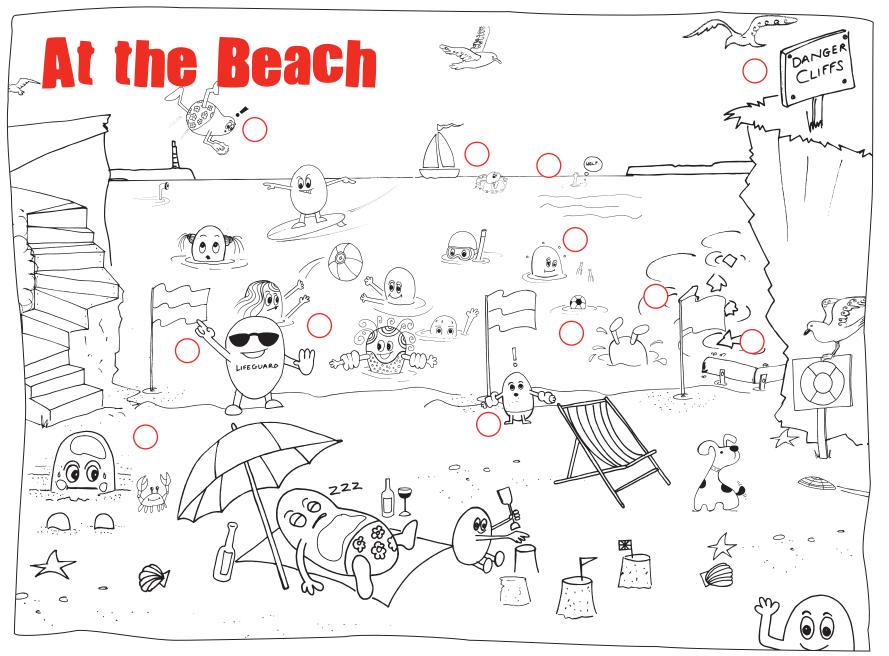
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RIVER DIRTY CURRENT CANAL QUARRY DUCKS TROLLEY FREEZING BOAT BANKS REEDS BRIDGE

River Safety Quiz

- I. What number should you call if someone needs help?
- 2. What should you throw to help someone in trouble a rubber duck, a life ring, your teacher or a brick?
- 3. What should you wear if you can't swim?
- 4. Why should you stay back from the water's edge?
- 5. You should never jump in to save someone in trouble, true or false?



Can you number the following dangers on the picture?

- Make sure the water is not too shallow or too deep
- Never jump off cliffs into the water
- 3 Take care in the sun it can take you as little as an hour to burn
- 1 Don't ignore the danger signs
- 5 Never swim when a red flag is flying
- 6 Don't swim near pipes and rocks
- Beware of currents they can carry you out to sea
- Alcohol limits your ability to swim
- On't use inflatables in the sea if it's windy
- 10 Red and yellow flags mean lifeguards and supervised swimming
- U Listen to what the lifeguard tells you
- 12 Keep an eye on children. Don't let them wander off

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

- Call 999 or 112
- Float







At the Beach

This poster it designed to help you enjoy swimming safely at the beach.

Beach Safety Advice:

- Only swim at lifeguarded beaches
- · Read safety signs at the entrance to the beach
- · Learn the meanings of the lifeguard flags
- Check if the tide is coming in or out and make sure you won't be cut off from the beach exit

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Wordsearch

D	L	Р	0	0	F	L	0	Α	T	C	R	Α	G
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SAND CASTLE ICE CREAM CLIFF
FLAGS FLOAT SUN CREAM
ROCKS BOATS SPADE
LIFEGUARDS SEAGULL WIND

Beach Flag game

Draw a line from the flags to their correct meaning.



No Swimming
Safe Area to Swim

Water Sports Only

Always check wind direction and when, pointed offshore, avoid using inflatables





Can you number the following dangers on the picture?

- Empty paddling pools, baths and buckets after use
- Cover outdoor water containers
- When out and about, take extra care around open water
- 4 Make sure garden gates are in place and locked
- Make sure fencing is secure
- 6 Cover or fence in ponds and pools
- 7 Keep an eye on children. Don't let them wander off
- B Don't leave children unattended in the bath
- 9 Empty sinks after use
- Keep bath plugs out of the reach of children
- Keep children away from washing machines

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

- Call 999 or 112
- Float







In the home

This poster it designed to help you enjoy water safely in the home.

Home Water Safety Advice:

- Never have a bath or shower without telling your parents
- Always play with friends or family in a paddling pool
- Always close garden gates to make sure other children can't wander in
- · Stay away from the edge of ponds
- Always empty paddling pools, buckets and baths after use

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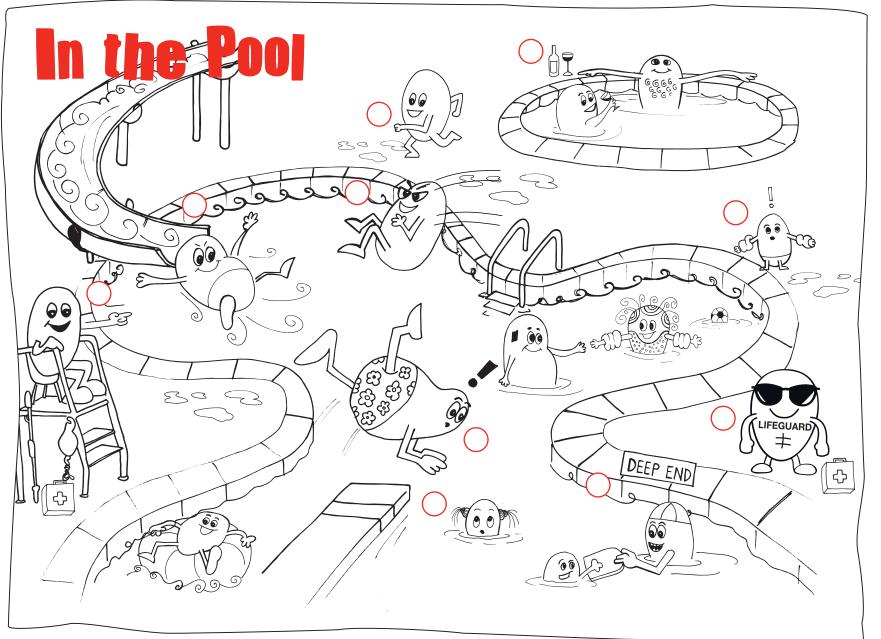
Wordsearch

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Make as many words as you can from the following phrase:

Water Safety at Home

PADDLING POOL SHOWER FENCE
BATH WASHING SUPERVISE
SINK SUMMER TOWEL
POND BUCKET PLUG



Can you number the following dangers on the picture?

- Keep an eye on children. Don't leave them unattended
- 2 Make sure the water isn't too deep
- 3 Check the water is clear before diving
- 4 Follow the rules for flumes and slides
- 5 Don't run on slippery floors
- On not drink alcohol before going swimming
- Don't swim under diving boards
- B Listen to what the lifeguard tells you
- Trained lifeguards are there to help you
- Don't water bomb

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

- Call 999 or 112
- Float







In the Pool

This poster it designed to help you enjoy swimming safely in the pool.

Pool Water Safety Advice:

- Only swim at a lifeguarded pool
- · Pay attention to the pool safety signs
- Stay in the right depth for you
- Use floats or wear inflatables if you aren't a strong swimmer
- · Have regular swimming lessons

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Wordsearch

В	L	Α	М	N	0	J	G	G	N		V	E	D
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LIFEGUARD ARMBAND BOMBING
SHOWER CHLORINE FLOAT
WHISTLE DEEP SWIM
BREAST STROKE DIVING SAFETY

Match the signs with the meaning











No diving
No bombing
No inflatables
No running
No pushing