

Winter safety

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

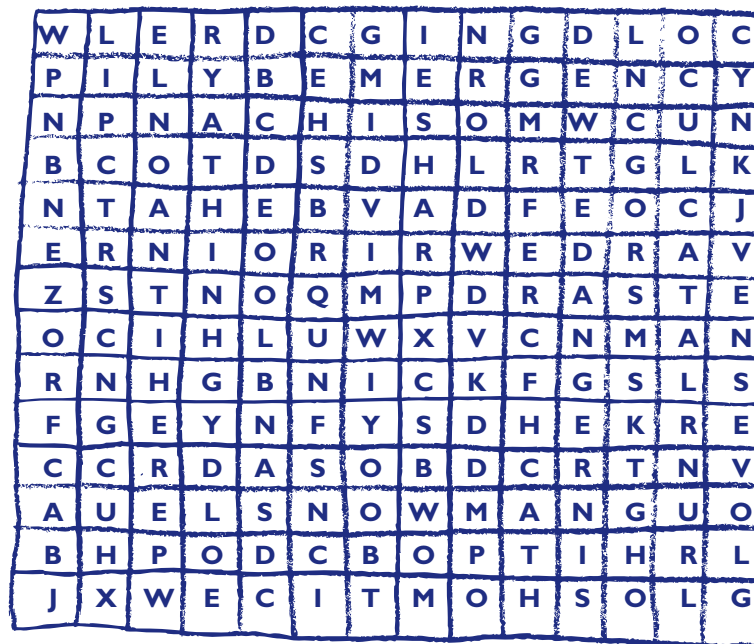
Winter Safety Advice:

- 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.

01789 773994 or info@rlss.org.uk

Wordsearch



WINTER

ICE

CRACKS

COLD

SIGNS

FROZEN

THIN

EMERGENCY

SNOWMAN

GLOVES

DANGER

SHARP

Draw a snowman lifeguard!



Why not share your pieces of art with us? Simply post with the #watersafety.

At the river



DANGERS

Can you number the following dangers on the picture?

- 1 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
- 5 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
- 8 Banks often have crumbling or steep edges
- 9 You may risk getting trapped in weeds, branches underwater
- 10 There may be rubbish or debris hiding beneath the surface
- 11 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

In an Emergency

- Call 999 or 112
- Float

At the river

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

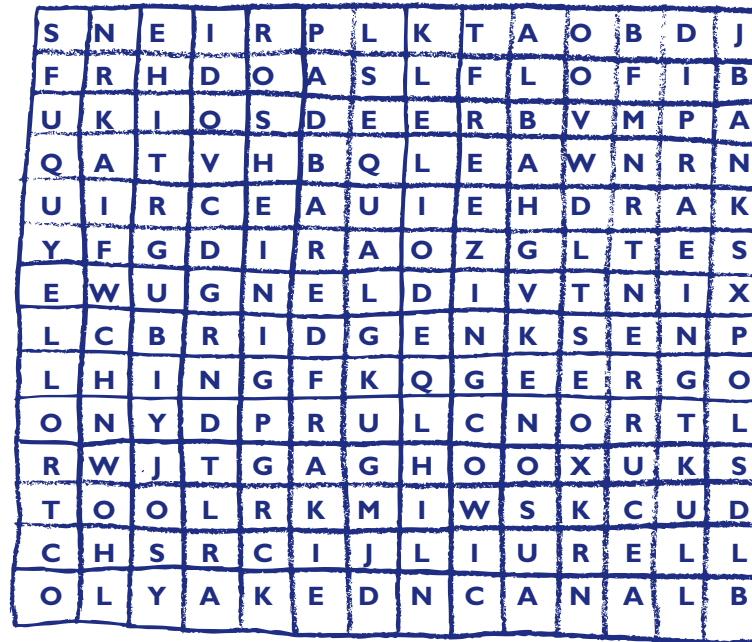
River Safety Advice:

- 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

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

01789 773994 or info@rlss.org.uk

Wordsearch



RIVER
CANAL
TROLLEY
BANKS

DIRTY
QUARRY
FREEZING
REEDS

CURRENT
DUCKS
BOAT
BRIDGE

River Safety Quiz

1. 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?
.....

Why not share your pieces of art with us? Simply post with the #watersafety.

At the Beach

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

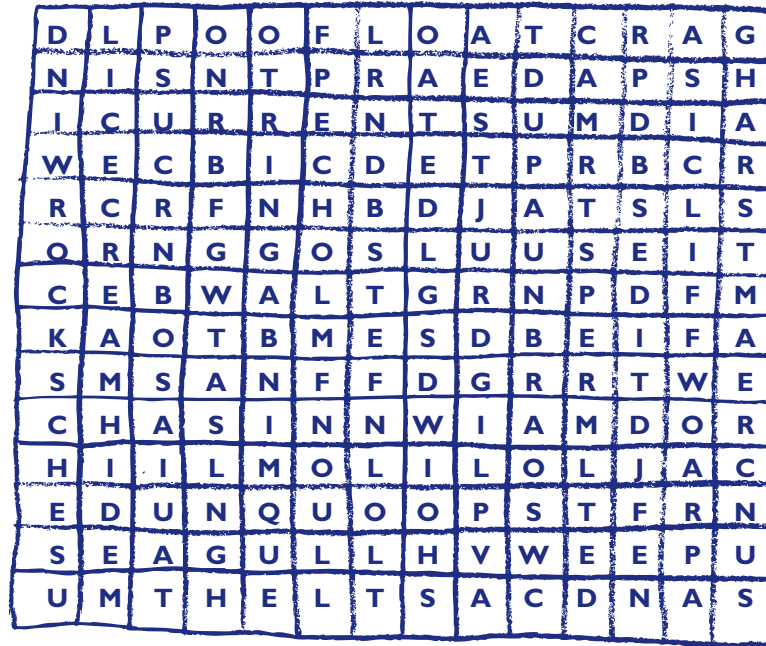
Beach Safety Advice:

- 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

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

01789 773994 or info@rlss.org.uk

Wordsearch



SAND CASTLE

FLAGS

ROCKS

LIFEGUARDS

ICE CREAM

FLOAT

BOATS

SEAGULL

CLIFF

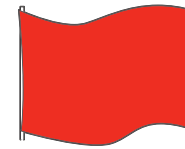
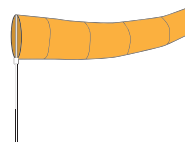
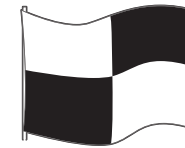
SUN CREAM

SPADE

WIND

Beach Flag game

Draw a line from the flags to their correct meaning.



No Swimming

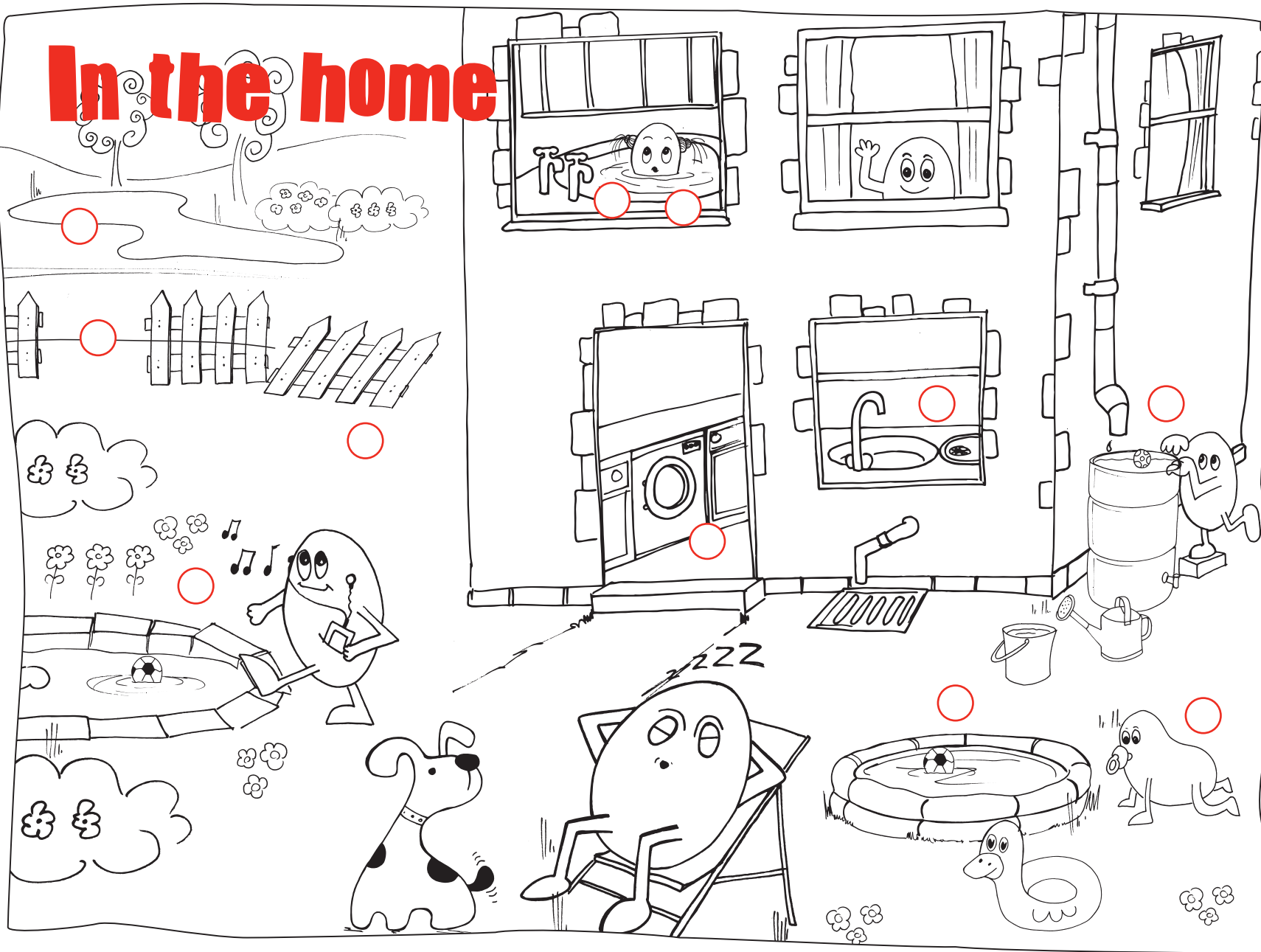
Safe Area to Swim

Water Sports Only

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

Why not share your pieces of art with us? Simply post with the #watersafety.

In the home



DANGERS

Can you number the following dangers on the picture?

- 1 Empty paddling pools, baths and buckets after use
- 2 Cover outdoor water containers
- 3 When out and about, take extra care around open water
- 4 Make sure garden gates are in place and locked
- 5 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
- 8 Don't leave children unattended in the bath
- 9 Empty sinks after use
- 10 Keep bath plugs out of the reach of children
- 11 Keep children away from washing machines

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

In an Emergency

- Call 999 or 112
- Float

In the home

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

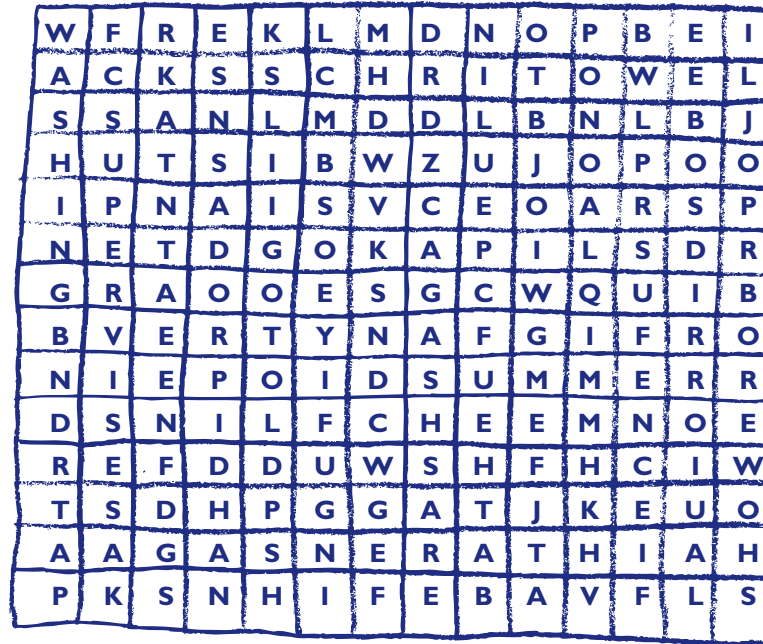
Home Water Safety Advice:

- 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

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

01789 773994 or info@rlss.org.uk

Wordsearch



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

Water Safety at Home

PADDLING POOL

BATH

SINK

POND

SHOWER

WASHING

SUMMER

BUCKET

FENCE

SUPERVISE

TOWEL

PLUG

Why not share your pieces of art with us? Simply post with the #watersafety.

In the Pool

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

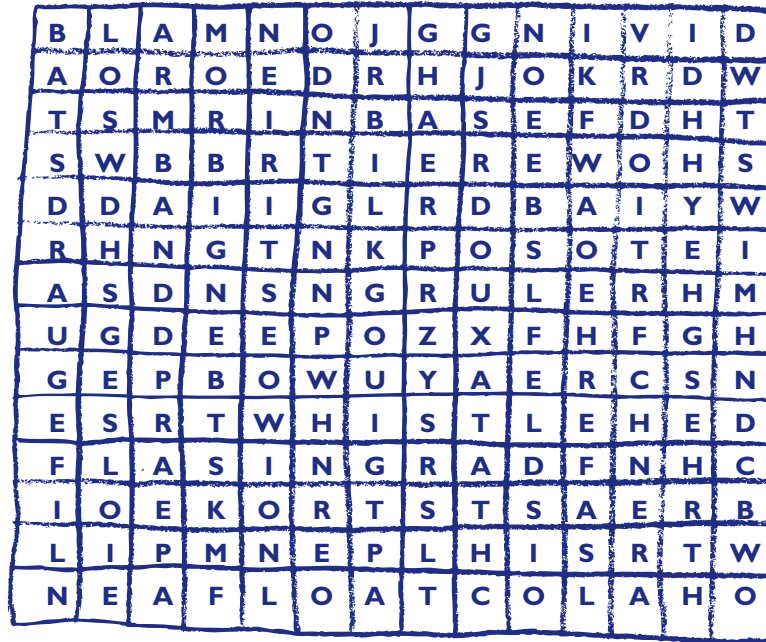
Pool Water Safety Advice:

- 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

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

01789 773994 or info@rlss.org.uk

Wordsearch



- | | | |
|---------------|----------|---------|
| 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

Why not share your pieces of art with us? Simply post with the #watersafety.