

## Water Safety for Children and Young People

During the school holidays, and in particular in hot weather, increasing numbers of children put themselves at risk of drowning. In 2005, 39 children aged between 0-14 accidentally drowned in the UK.

To keep yourself safe, when you are in, on or beside water, always follow the Water Safety Code.



### The Water Safety Code

#### Spot the dangers!

Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.

*The dangers of water include:*

- *Very cold temperatures*
- *Hidden currents*
- *It can be deep*
- *It is difficult to estimate depth*
- *There may be hidden rubbish like shopping trolleys or broken glass*
- *It can be difficult to get out (steep slimy banks)*
- *No lifeguards*
- *Water pollution may make you ill*

#### Take safety advice!

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

#### Go together!

Children should always go with an adult, not by themselves. An adult can point out dangers or help if somebody gets into trouble.

#### Learn how to help!

You may be able to help yourself and others if you know what to do in an emergency. If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial **999**, ask for the **Police** at inland water sites and the **Coastguard** at the beach.