

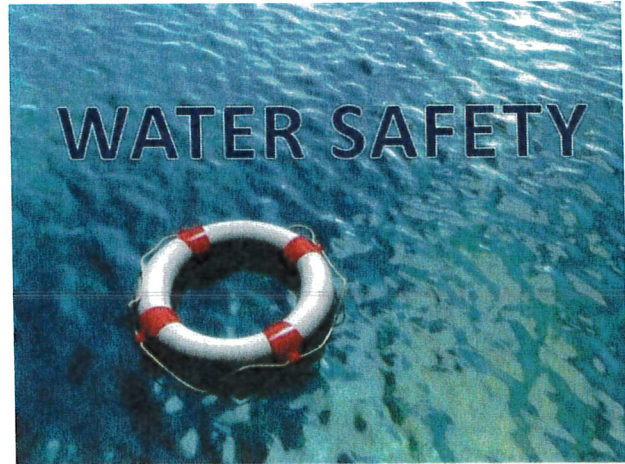


# Water Safety

With the good weather approaching (hopefully) students will be spending more time outside and perhaps near open water. Here are some tips from the Berkshire Fire Service to help children stay safe over the holidays.

## Water Safety

- ✓ Every year several young people drown in water incidents across the UK
- ✓ The highest risk group is aged **15 to 24**
- ✓ In 2020 nationally, **47 young people** aged 15 to 24 lost their lives in a water incident
- ✓ In a number of cases, young people did not have the knowledge and understanding of cold water shock and the hidden dangers below the surface



By teaching young people how to protect themselves from harm and to take responsibility for their own and others safety when being near to or in the water, we are taking vital steps in keeping young people safe.

## What to do in an Emergency



- ✓ Call 999 and ask for the Fire Service or the Coastguard if you are at the coast
- ✓ Give an accurate location, look for identifying landmarks or display boards
- ✓ If you are using an app to locate yourself, pass on the information to the Emergency Services
- ✓ Shout loudly for help - someone may be around to help you
- ✓ Shout to the person - if they can talk, it means cold water shock has passed, so can be encouraged to swim to the side
- ✓ Use a throwline / life-ring if available or a stick / scarf to pull them to the bank
- ✓ Never jump in to get them out - cold water shock affects even the best swimmers and you could become a second casualty



## Coastal Dangers

- ✓ Try to swim at a beach with a lifeguard - swim between the red and yellow flags
- ✓ Make sure you understand and obey any safety flags at the beach
- ✓ Check the weather and tides before setting out
- ✓ If possible, avoid swimming alone









- ✓ Always pay attention to the lifeguards instructions when given
- ✓ Tell someone where you are going and when you will be back
- ✓ Inflatable rings or dinghies can be a well-known hazard when using them in open water, a strong wind or current could take you out further than you think
- ✓ Keep in touch - take some means of communication with you, like a mobile phone or a whistle.

Royal Berkshire Fire and Rescue Service hope you remain safe when close to open water... enjoy the summer and stay safe!

For further information and links to different activities, please visit:-

[Water Safty Additional Information Link: www.rbfrs.co.uk/your-safety/out-and-about/water-safety](http://www.rbfrs.co.uk/your-safety/out-and-about/water-safety)

-  [RoyalBerksFRS](#)
-  [@RBFRSofficial](#)
-  [RoyalBerkshireFire](#)
-  [Royal Berkshire Fire & Rescue Service](#)
-  [rbfrs.co.uk](http://rbfrs.co.uk)

## ROYAL BERKSHIRE FIRE AND RESCUE SERVICE



### Beach & Open Water Safety Tips

Many of us travel to the beach in the warm weather - how fun! Make sure to follow these tips to ensure that everyone stays safe near the beach and/or ocean!



**1** Never leave kids unsupervised near ANY body of water, and ALWAYS ensure there's a Water Watcher on duty.

**2** Remind children they're NOT to go near any body of water without permission from an adult.

**3** DO NOT rely on water wings or any other inflatable flotation device to save a child in a water emergency.

**4** Have children wear a properly-fitting life jacket if needed.

**5** DO NOT allow your children to engage in any horseplay, breath-holding games or dunking in the water.

**6** Only swim in designated areas with a lifeguard present, and avoid areas with high waves or rip currents.

**7** Adhere to all posted rules, warnings and flags, which may indicate the presence of unsafe swimming conditions or deep water.

**8** Enter the water feet first - DO NOT dive in!

**9** Always swim with a buddy, who can signal for help if you need it.

[britishswimschool.com/water-safety](http://britishswimschool.com/water-safety)

