

Water Safety

Learning to be safe around water is easy, just follow the Water Safety Code.

Spot the dangers.

When you arrive at a beach or pool make sure you read all the signs and ask the lifeguard about the dangers of that particular area.

Take advice.

Signs, leaflets and lifeguards are all there to give you safety advice so make sure you take notice!

Don't go it alone.

Never go swimming on your own, you may need someone to go for help if you get into difficulty.

Learn how to help.

Everyone can learn some of the skills of a lifeguard and learn how to help a person in difficulty without putting themselves in danger.

**For more information, advice and downloads visit
www.lifeguardsupport.co.uk**