

**GET
SOAKED!**



YOUR GUIDE TO HAVING FUN AND STAYING SAFE



Lifeboats

WINNI J



**CREW MEMBER
WINNI JARVIS SAVES LIVES
WITH TOWER LIFEBOAT STATION,
ON THE RIVER THAMES**

VOLUNTEER LIFEBOAT CREW TOWER LIFEBOAT STATION

- Joined RNLI:** My dad was on the crew in Rye and I wanted to be part of a close team doing something important but also exciting!
- It's like:** It's really fast-paced on the Thames and mostly it's people we're going to help, rather than boats.
- Proud of:** Becoming a firefighter with the London Fire Brigade. My time on the crew while at uni made me realise how much I wanted to go into full time emergency work.
- Awkward moment:** When the pager goes, you just grab whatever clothes you can. When I was on the Rye crew I found myself in flip-flops and pyjamas outside the station in the middle of the night once or twice!
- Loves:** Anything that gives me an adrenaline rush, especially watersports. I also love knowing that, as crew, I've helped someone in some way.

There's nothing quite like the buzz of being near the water. But, in the excitement, it's easy to forget about staying safe.

Don't spoil your fun by putting yourself at risk, just remember to:

NEVER, EVER UNDERESTIMATE THE POWER OF THE WATER. EVEN IF IT LOOKS SAFE, THERE CAN BE HIDDEN DANGERS.

STOP AND THINK –
what dangers can you see?

Don't be caught out on your own – **STAY TOGETHER**

If you fall in, stay calm and **FLOAT** *to live*

Someone in trouble?
CALL 999 OR 112 *and tell them that someone's in trouble in the water*

READ ON TO FIND OUT HOW TO HAVE A GREAT TIME EVERYTIME YOU'RE NEAR THE WATER



Lifeboats

STOP AND THINK

KNOW THE DANGERS

*'WHAT'S THE BIG DEAL?
I'VE BEEN IN THE SEA BEFORE.'*



Seas and rivers around the UK and Ireland get colder than you think. And falling in when you're not expecting it can cause a massive shock to your body, weakening your muscles and making it hard to swim. You won't be able to stop yourself gasping and could inhale water, so you need to know what to do: float to live!

EDGES AND CLIFFS

Slips and trips often happen, near the water's edge. Cliff edges and riverbanks can crumble or collapse too.



ROCKS

Yes. Hidden rocks can be lethal, especially if you're jumping in.



RUBBISH

Yes. Watch out for sharp stuff like glass and metal.

HIDDEN DANGERS

IT'S EASY TO FORGET ABOUT THE THINGS WE CAN'T SEE.
WHAT MIGHT LURK UNDER THE WATER?



STINGERS

Maybe. Weever-fish can be a real risk on some beaches (ask a lifeguard), but it's less likely you'll be stung by a jellyfish.



SHARKS

21 species of shark are regularly found around UK and Irish coasts – and none of them will eat you!

KNOW THE DANGERS

CURRENTS

TREGONHAWKE BEACH IN CORNWALL ...



THE WATER AROUND OUR COASTS AND IN OUR RIVERS IS ALWAYS MOVING. IT HOLDS AN AWESOME AMOUNT OF POWER, EVEN WHEN IT LOOKS CALM.

IT'S EARLY EVENING, AFTER THE LAST RNLI PATROL OF THE DAY. ELLA AND JOEL GREEN ARE TRYING OUT THEIR NEW BODYBOARDS IN THE SURF.

THEY'RE HAVING A GREAT TIME WHEN, SUDDENLY, JOEL IS DRAGGED OUT TO SEA BY A POWERFUL RIP CURRENT.

HIS SISTER ELLA TRIES TO HELP BUT STRUGGLES IN THE WAVES. THEIR DAD PHILLIP RUSHES IN TO SAVE THEM BUT THE RIP IS TOO STRONG AND NOW THEY'RE ALL IN DANGER.

RIP CURRENTS

What's a current?

Water flowing in a certain direction inside a bigger area of water. Imagine the sea having lots of different rivers flowing inside it.

What's a rip current?

A very fast and powerful current that can be difficult to spot. They're caused by the shape of the seabed underneath.

TIDES

WHAT ARE TIDES?

The rise and fall of the sea level, mainly affected by the moon's pull on the earth. Water depths can change by as much as 10m and it happens surprisingly quickly.

WHAT'S THE PROBLEM?

If you've walked around rocks, or to a cove or island at low tide, the rising tide can block your way back. And if there's no other escape route, you're in trouble.



THE RIP IS TOO STRONG AND THEY'RE ALL BEING DRAGGED OUT. THEY DON'T KNOW TO SWIM SIDWAYS TO THE CURRENT SO THEY'RE ALL BEING PULLED OUT INTO DEEPER WATER.

LUCKILY, OFF-DUTY LIFEGUARDS DAN AND TEGAN ARE TEACHING A SURF CLASS NEARBY AND SPEED OVER TO HELP. DAN RESCUES JOEL ...TEGAN AND A NEARBY SURFER SAVE ELLA AND PHILLIP.

THE GRATEFUL GREEN FAMILY VISIT LIFEGUARD DAN AFTERWARDS TO SAY THANKS.

WATCH OUT FOR POWERFUL WAVES. THEY CAN QUICKLY KNOCK YOU OFF YOUR FEET

Where are rips?

Hidden in the sea, mainly near beaches and structures like piers.

Why are rips dangerous?

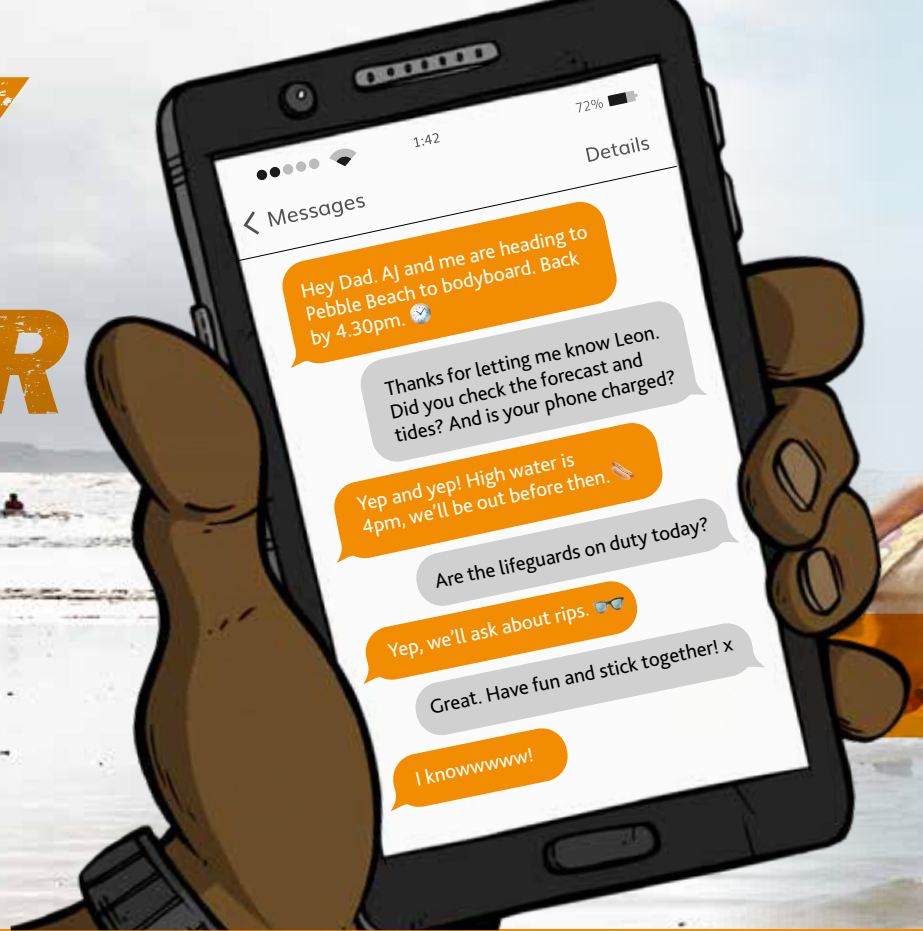
They can quickly pull you out of your depth – faster than anyone could swim – and are a major cause of drowning.

What can I do if I'm caught in a rip?

Swimming against it will exhaust you. Instead swim to the side, parallel with the beach, to escape it. If you can stand, wade.

STAY TOGETHER

BE PREPARED



CAN YOU FLOAT AND SWIM?

IF NOT, TURN OVER THE PAGE TO LEARN HOW – AND PRACTISE IN A LIFEGUARDED SWIMMING POOL.



WHAT TO PACK

ESSENTIALS:

- HAT
- SUN CREAM
- T-SHIRT
- SUNGLASSES

DO YOU NEED:

- REEF SHOES?**
Get a grip on rocks and avoid weever-fish stings in sandy shallows
- WETSUIT?**
Stay warm if you're going in the water
- BOARD LEASH?**
You'll need this to keep hold of your board
- LIFEJACKET OR BUOYANCY AID**
Essential on the water (such as kayaking or boating)

KNOW YOUR FLAGS



RED AND YELLOW
Lifeguarded area. The safest area to swim and bodyboard.



BLACK AND WHITE
For surfing, stand-up paddleboarding and kayaking. No swimming or bodyboarding here.



RED
Danger! Don't go in the water.



Lifeboats

FLOAT



ANT, STAR OF CHANNEL 4'S SAS: WHO DARES WINS, HAS TEAMED UP WITH THE RNLI TO EXPLAIN HOW BEST TO FLOAT AND SURVIVE:



Ant Middleton
Adventurer and soldier

1

Try not to panic. Don't swim hard.

2

Lean back to keep your mouth and nose out of the water.

3

Push your belly up and stretch out your arms and legs into a star shape.



FLOAT

If you suddenly fall into cold water, float until the shock has passed.



4

Gently move your hands and feet to help you float.

5

Do this until you have controlled your breathing and are calm.

6

Swim to safety if you can or raise a hand and shout for help.

PRACTISE FLOATING IN A SAFE ENVIRONMENT, LIKE YOUR LOCAL SWIMMING POOL



Lifeboats

CALL 999 OR 112

FLOATING SAVED MY LIFE! EVAN CHRISP, BEADNELL BAY



HELP YOUR MATES IN TROUBLE

1. Tell a lifeguard if you're at the beach.
2. Call 999 or 112 and tell them that someone is in trouble in the water.
3. Once you've called for help, stay back from the edge and don't go in the water. Look for anything you can throw to them, like public rescue equipment (lifering or throw bag) or even a football. Keep watch until help arrives.



TRUE STORY...

1 Evan was having fun splashing about in the sea with his mates when they were suddenly hit by two massive waves. When he tried to get to shore, Evan was pulled back out by a rip current.





2

'I was panicking and getting really anxious and scared,' he says. 'I was trying to swim and fight the water but realised it wasn't working.'

'I REMEMBERED SEEING ONE OF THE RNLi'S VIDEOS ON YOUTUBE. I LAY ON MY BACK AND ALLOWED MYSELF TO GET MY BREATH BACK.'

3

Then, as his dad called 999, Evan remembered the RNLi's advice. He stopped kicking, put his head back and floated. 'Ultimately, that's what saved my life,' he says.



Lifeboats

BARNEY H



*LIFEGUARD
BARNEY HEDGECKOCK -
A REAL LIFESAVER*

**RNLI LIFEGUARD,
WEYMOUTH**

**Joined RNLI:
I learned that:**

To keep people safe
Lifeguarding can only happen with
great teamwork

Proud of:

First ever rescue, saving a kayaker
that had drifted out to sea

Top moment:

Being a lifeguard in
New Zealand twice

Loves:

That I get to show up at a beach
every day!

We hope you've picked up some handy tips from this guide. Keep it close – this info could save your life one day or help someone else. So what are you waiting for? Remember our advice and

GET SOAKED!

**STAYING SAFE
ON THE WATER
MAKES SENSE:
IT MEANS YOU'LL
ALWAYS HAVE A
GREAT TIME!**

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what dangers can you see?

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your own –* **STAY TOGETHER**

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WANT MORE KNOWLEDGE AND SKILLS?
SEE THE NEXT PAGE FOR SOME USEFUL LINKS



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Boost your knowledge with our ultimate guide

[RNLI.org/safety](https://www.rnli.org/safety)

Sharpen your skills with a free outdoor swim session

[SwimSafe.org.uk](https://www.swimsafe.org.uk)

Find out more about our lifesaving work

[RNLI.org/WhatWeDo](https://www.rnli.org/WhatWeDo)

The RNLI is the charity that saves lives at sea

Royal National Lifeboat Institution, a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland