**The Water Safety Code**

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| **The Water Safety Code**  The water safety code is a short, easy to remember guide to acting safely and responsibly around water. |
| **Key safety messages:**   * Always swim in a safe place * Always swim with an adult * If you fall in: float, breathe, relax * If someone else is in trouble call 999 or 112. |
| In order to stay safe around water, remember:   1. **Stop and Think:**    * Water is always moving    * The water is colder than you think    * Edges can be dangerous    * There may be dangers under water. 2. **Stay Together:**    * Never swim alone – stay close to a friend or family member    * Find a safe place to go – only swim in the sea where there is a lifeguard    * Plan your activity – check weather, tide times, get local advice and wear the right clothing for your activity.   **3 Float:**   * If you fall in, float until you feel calm * Signal for help, raising one hand in the air and shouting for help * If you can, swim to safety or hold on to something that floats * Keep warm if you can’t swim to safety, using the Heat Escape Lessening Position (HELP) or huddle position.   **Call 999 or 112:**   * If you see someone else in trouble in the water call 999 or 112 * Never enter the water to save others * Look for something you can throw to help them float, like a life ring or even a football could help * Keep watch until help arrives. |
| Students work in small groups to design a presentation on the dangers in or near water, how to stay safe and what to do if they or others get into difficulty.  Resources to assist delivery of this objective can be obtained from the Canal and River Trust: canalrivertrust.org.uk/explorers/water-safety |