

**Summer Water Safety for kids**

**Wiltshire Primary Schools Water Safety Super Hero Poster Competition**

**Useful information for teachers ( two pages)**

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| **In and around the home**  | **Swimming pools** |
| Key issues * **Babies & young children** are at greater risk and need constant adult supervision in and near water
* **Baths** – empty immediately after use
* **Paddling pools** – empty after use
* **Ponds** – little children need to be supervised near a pond, by an adult
* **Buckets/water butts**– empty or use secure lids
 | Key issues* More children from the UK, drown in hotel and villa pools abroad, in the first hour of arriving.
* No barrier or gate between pool and surrounding area creates an additional danger to young children
* Private pools without a lifeguard mean adults should be extra vigilant
* Follow pool rules
* Check the depth of the water in the pool
* Don’t dive in the shallow end
* Non swimmers need buoyancy aids
* Adult supervision is important and

alcohol and swimming don’t mix |
| **The beach and sea** | **Open water - Rivers, canals, reservoirs, quarries and lakes** |
| Key issues* Swim at a lifeguarded beach, when possible
* Check the flag system on beach
* Swim between red & yellow flags
* Be careful not to get out of your depth
* Watch out for rip currents in the sea, they can pull you under
* Wear lifejackets on boats, jet skis and for other water activities
* Inflatables in the sea, can quickly pull you out of your depth, with the wind and tides
* Jumping/tombstoning into sea from rocks, cliffs and piers is dangerous
* Look at tide times and prevent getting cut off on the beach
* Always swim with others
* Adult supervision is important
 | Key issues* Open water stays cold, all year round
* Cold water shock, affects our ability to swim and self rescue
* Stay back from the edge of the water bank, as it can be slippery & unstable
* Swim in lifeguarded lakes
* Get out of the water as soon as you begin to feel cold
* Always take someone with you when you are in or near open water
* Wear a lifejacket on boats
* Jumping in or tombstoning is dangerous
* Beware of underwater hazards
* River weirs have undercurrents- don’t walk across or swim near them
* Don’t swim if you have been drinking alcohol
* Know who to call in an emergency
* Adult supervision
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| **The SAFE code****S – Spot** Spot the dangers**A – Advice**Follow safety signs and advice**F – Friend**Stay close to a friend or family member**E – Emergency**Shout for help and know the emergency numbers at home and abroad | **Useful links**Royal Life Saving Society UK[www.rlss.org.uk/watersafety](http://www.rlss.org.uk/watersafety) Royal National Lifeboat Institute[www.rnli.org/safetyandeducation](http://www.rnli.org/safetyandeducation)The Angus Lawson Memorial Trust[www.almt.org/the-danger-age-video](http://www.almt.org/the-danger-age-video)Child Accident Prevention Trust[www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk)Royal Society for the Prevention of Accidents[www.rospa.org.uk](http://www.rospa.org.uk) |