Summer WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off.

Here are our top tips if you plan on going for a paddle:

LOOK OUT FOR LIFEGUARDS

IT'S COLDER THAN IT LOOKS

DON'T GO TOO FAR

IT'S STRONGER THAN IT LOOKS

BRING A FRIEND

www.rlss.org.uk

ROYAL LIFE SAVING SOCIETY UK

SUMMER WATER SAFETY

Help spread our summer water safety message!

Drowning accidents are especially high in the summer months and over the last few years, we have heard of too many tragedies that could have been avoided.

Every year people drown both at home and on holiday because they don't take simple precautions, so reaching people with water safety messages is vital. We want people to enjoy the water safely. Please help to avoid another tragic summer this year by spreading the following water safety advice far and wide.

Our Tips

Look out for lifeguards

If you're looking for a place to cool off always find a lifeguarded swimming site.

It's colder than it looks

Water at open water and inland sites is often much colder than it looks, cold water can affect your ability to swim and self-rescue.

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Don't go too far

Always swim parallel to the shore, that way you're never too far away from it.

It's stronger than it looks

Currents in the water can be very strong. If you find yourself caught in a riptide – don't swim against it – you'll tire yourself out. Swim with the current and call for help.

Bring a friend

Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.

Thank you for reading

Make sure you share these safety tips with your friends and family and don't forget to check out all our other water safety tips by clicking here.