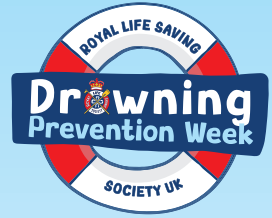


# ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

## STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



## STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.



In an emergency:

## CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast.

Don't enter the water to rescue.



## FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



Enjoy Water Safely

Learn basic lifesaving and CPR skills.  
Visit [www.rlss.org.uk](http://www.rlss.org.uk)