







...RESPECT THE WATERS

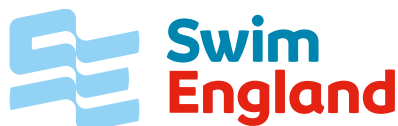
If you got into trouble in the water, would you know what to do?

What about if it was someone you care about in danger?

Find out how to keep you and your loved ones safe with advice from the RLSS and Everyone Active.

STAYING SAFE AT THE BEACH

-  **RED AND YELLOW FLAGS** will show the safe places to swim, body board and use inflatables on the beach. You will often see a lifeguard positioned between the red and yellow flags.
-  **RED FLAG** is the sign for danger and means **NO SWIMMING**. Never go in the water when the red flag is flying, under any circumstances. Possible reasons may be fog, large waves or pollution.
-  **BLACK/WHITE FLAG** for hard surf craft including surfboards, kayaks, canoes and other craft without engines. Never swim or body board in this area.
-  **ORANGE WINDSOCKS** indicate offshore winds blowing out to sea or strong wind conditions – never use an inflatable when the sock is flying.



LISTEN TO YOUR HELPFUL LIFEGUARD

Lifeguards are there to help you to stay safe by seeing the dangers, preventing accidents before they happen and responding instantly. They wear a red and yellow uniform, sometimes in black wetsuits, with Lifeguard clearly marked on the back.

Where to find your helpful lifeguard

- At the Beach Lifeguard Unit – a white hut at the beach with an RNLI flag
- They patrol along the shoreline and between the red and yellow flags
- On larger beaches they may be on the sand in a white or red truck
- Wardens operate, patrol and rescue services at large inland lakes



ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are in, on and around water:



LEARN MORE ABOUT OUR SWIMMING LESSONS.



FLOAT TO LIVE

If You Get into Trouble in the Water — Float to Live.
No matter how you entered the water, if you feel yourself struggling, Float to Live.



1

Tilt your head back

Let your ears submerge and allow your face to stay clear of the water.



2

Relax

Slow, steady breathing will help your body float more naturally.



3

Gently move your arms and legs

Use small movements only if needed to help you stay afloat.



4

Don't worry if your legs sink

Everyone floats differently — this is normal.



5

Find your float

Practise floating in a safe, supervised environment so it feels familiar when you need it.



HELP US PROMOTE WATER SAFETY

Help us spread the word about the importance of staying safe in the water by creating an engaging poster.

Share your finished post with us on Facebook by using the hashtag **#EASafeSwimming**.

Make your poster really stand out by using bold colours, punchy words and different materials.

Keep an eye on our Facebook page as we'll reshare as many as we can!

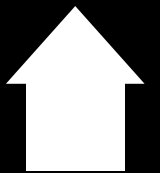
Scan the code to find our page.



LEARN TO SWIM
WITH
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HELPING TO KEEP **EVERYONE** SAFE IN THE WATER



LEARN TO SWIM WITH AWARD-WINNING LESSONS FROM THE UK'S LEADING PROVIDER

We all love to swim! Not only does being able to swim allow you to enjoy your time a little bit more on holiday, but the most important reason is that swimming is the only sport which can save you or your child's life.

Why learn to swim with us?

- All Lessons are lifeguarded
- Free public swimming all year round
- Learn from four months old
- Adult lessons available
- Available up to seven days a week
- All teachers are Swim England or equivalent qualified
- Pay monthly by Direct Debit
- Follow your child's progress on our interactive Sport Passport

**DROWNING IS STILL
ONE OF THE MOST
COMMON CAUSES
OF ACCIDENTAL DEATH
IN CHILDREN, SO
BEING ABLE TO SWIM
IS AN ESSENTIAL
LIFE-SAVING SKILL.**

For details of your nearest centre, visit
www.everyoneactive.com

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