

# INFORMATION FOR PARENTS

## WHAT IS DROWNING PREVENTION WEEK?

Drowning Prevention Week is the annual safety campaign provided by the Royal Life Saving Society UK, RNLI and Swim England, and supported by many other delivery partners.

By spreading water safety advice far and wide, Drowning Prevention Week aims to teach people how to stay safe in and around water.



## WHY IS IT IMPORTANT?

Every year over 700 people drown in the UK and Ireland, with many more suffering life changing injuries through near-drowning. More people die from drowning in the UK and Ireland than from domestic fires or cycling accidents.

## WHAT CAN YOU DO?

- Keep your family safe by making sure your children learn to swim as soon as they are able to, and that they also learn essential survival and self-rescue skills in a programme such as the Rookie Lifeguard Programme (find out more at [rlss.org.uk](http://rlss.org.uk))
- Always take your family swimming where there are lifeguards, and remember there is no better supervision than the constant supervision of a parent or guardian (lifeguards have lots of people to watch, you can keep a much closer eye on your family).
- Practice the Water Safety Code with your children every time you go swimming or anywhere near water.

## FOLLOW THE SAFETY TIPS AND HAVE A FANTASTIC AND SAFE SUMMER!

Always follow the Water Safety Code:

Whenever you are around water:

- **STOP AND THINK**
- **STAY TOGETHER**

In an emergency:

- **CALL 999 OR 112**
- **FLOAT**

- Look for the dangers. Always read the signs.
- Never swim alone, always go with friends or family.
- Shout for help and phone 999 or 112 and shout for help.
- If you fall in, float or swim on your back. Throw something that floats to anyone that has fallen in.

Find out more about our  
Rookie Lifeguard programme at [rlss.org.uk](http://rlss.org.uk)





# ALWAYS FOLLOW THE WATER SAFETY CODE

# BEACH FLAGS

Whenever you are around water:

## STOP AND THINK

Look for the dangers. Always read the signs.

## STAY TOGETHER

Never swim alone. Always go with friends or family.

In an emergency:

## CALL 999 OR 112

Shout for help and phone 999 or 112.

## FLOAT

If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in.



### RED AND YELLOW

#### LIFEGUARDS ON DUTY

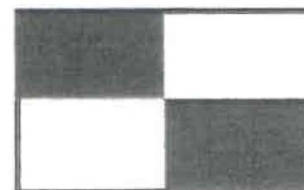
Between the flags is the safest place to swim



### RED

#### DANGEROUS AREA

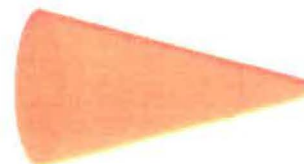
Lifeguards are not watching this area  
Do not swim here



### BLACK AND WHITE

#### WATER SPORTS AREA

Do not swim here



### ORANGE WINDSOCK

#### SHOWS THE DIRECTION AND STRENGTH OF THE WIND

Beware of winds blowing out to sea