

Be
Safe
in the
Water



Drowning is the third highest cause of accidental death in children in the UK. Find out how to keep your child safe.



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Make sure that you and your loved ones are safe in and around water by following our top tips:

1. Always supervise children in or near water, whether they're playing near or swimming in a pool or even in the bath.
2. Before you or your children swim in any kind of water, take time to check the temperature, depth, flow and layout of the water.
3. At home, always use self-closing gates, safety nets, fences and locks to prevent children from gaining access to pools of water.
4. Children can drown in just a few inches of water so make sure that you empty containers of water such as paddling pools and buckets immediately after use.
5. Make sure you and your children always wear support aids such as water wings and lifejackets if you are on the water or at the water's edge. Many of those who drown have fallen into the water by accident.
6. If your children, or any other children in your care, are swimming, swim with them. It's more fun and you can keep them close and safe.
7. If your children can't swim, try to book lessons for them. If you're a non-swimmer, there are plenty of leisure centres that offer adult lessons too.

If you know someone with a pond or pool, ask them to put safety measures in place to protect children.

For more information on being safe in, on or near water visit www.rlss.org.uk

