

Keep Children Safe In The Water

Drowning is the third highest cause of accidental death for children in the UK. Keep them safe.



HERTFORDSHIRE
safeguardingchildren
BOARD



www.rlss.org.uk

KEEP CHILDREN SAFE IN WATER – Follow our top tips:

1. Always supervise children playing near water: pool, lake, pond, sea or bath.
2. Don't let them swim till you know the depth, temperature and current/flow.
3. If you control access – use self-closing gates, safety nets, fences and locks.
4. Be careful with older children near lakes, hot tubs and places you think are safe.
5. Drowning can happen in moments – empty pools and buckets straight after use.
6. A few inches are enough to kill – it's silent and quick! Don't take risks.
7. Many drown by accidentally falling into water – wear the right kit to stay safe.
8. Supervise use of water wings, arm bands, life vests and inflatables so they work.
9. If your children are swimming, swim with them – it's more fun and much safer.
10. If your children can't swim – get them lessons. If you can't swim, you need to learn.
11. If you can't see it – cover it; so you know it'll be safe for your children.
12. Train people in safe rescue and resuscitation or get trained yourself!
13. Always make sure children and young people who may go out unsupervised know about water safety.