

WATER SMART



_____ 'S
RUFF GUIDE TO HAVING
FUN AND STAYING SAFE
NEAR THE WATER



HELLO

MY NAME IS RUFF AND I LOVE THE WATER. IT'S AMAZING FUN BUT IT CAN BE POWERFUL AND SCARY TOO. OUR LIFEBOAT CREWS AND LIFEGUARDS RESCUE PEOPLE WHO GET INTO TROUBLE BUT THERE ARE FOUR THINGS YOU CAN DO TO STAY OUT OF DANGER. SO GET WATER SMART WITH US AND HAVE FUN SAFELY!



1 STOP AND THINK

When you're by the water ask yourself:

- Is it a safe place to swim and is there a lifeguard?
- How deep is it?
- What dangers could be under the surface?
- At the beach, have you asked the lifeguards for advice?



Spot the Dangers

Can you find all 4?



1. The river: someone jumping in onto unseen, dangerous rubbish; a boy getting swept away by the current.
2. The beach: a girl slipping on the shore and about to fall in to the sea; a boy in the water who has got too cold.

2 STAY TOGETHER

Family and friends can help in an emergency

- Always go with someone else
- Tell someone where you're going and when you'll be back
- Carry a phone to call for help



Two sisters were enjoying a trip to the beach when they got stranded on a small island. They crossed the sand to explore but the sea level rose as the tide came in. Their way back was under water!

Somebody saw them and called 999. Emily says: 'The RNLI boat came zooming around and the man got off. I felt scared because I didn't know how we were going to get to the boat. But he said: "I'll give you a piggy back!"'

The lifeboat Crew Member Daf says: 'They did right to stick together and stay where they were.'



EMILY

LYDIA

3

FLOAT

If you get into trouble in the water, **FLOAT** until you feel calm

- Practise floating the next time you're at the swimming pool



1



Try not to panic. Don't swim hard. Grab hold of anything that floats, like a bodyboard or ball.

2



Lean back to keep your mouth and nose out of the water.

3



Push your belly up and stretch out your arms and legs into a star shape.

4



Gently move your hands and feet to help you float.

5



Do this until you feel calmer. Then think about what you will do next.

6



When you're calm, raise your arm and shout for help. Swim to safety if you can.

4

**CALL
999 OR
112**



You can help
if someone else
is in trouble

Once you've
called for help...



BE SAFE HAVE FUN!

ALWAYS REMEMBER TO:

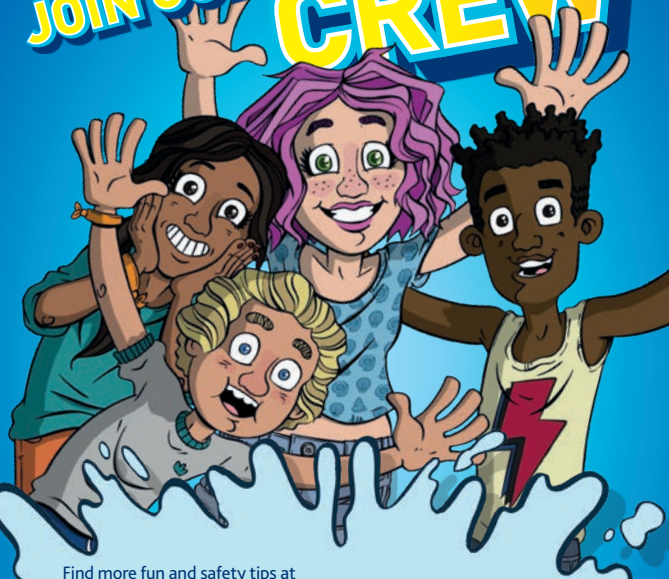
1 STOP AND THINK

2 STAY TOGETHER

3 FLOAT

4 CALL 999 OR 112

JOIN OUR CREW



Find more fun and safety tips at
RNLI.org

Join Storm Force, our club for kids at
RNLI.org/JoinStormForce

Get a free outdoor swim session at
SwimSafe.org.uk

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603) and Scotland (SC037736).
Registered charity number 20003326 in the Republic of Ireland