



## Top Water Safety Tips

### Have fun; stay safe; Splash Now!

#### DID YOU KNOW?

People can drown in just 2cm of water!

Make sure that any containers or paddling pools are emptied after use and that an adult is always around during Splash Now.



1. Always ensure an adult is present. If splashing at your local pool, make sure a lifeguard is always available.



2. Pay attention to any warning signs or posters around the pool.



3. Be aware of changes in water depth and make sure to stay in an area suitable for your swimmers' abilities.



4. Take care on slippery surfaces - DO NOT RUN!



5. Be aware of where nearby safety equipment is located and keep the local emergency number to hand.

#### STAnley says...

#### "Make sure you follow the rules below!"

1. Don't go alone; always have an adult present.
2. Take safety advice from your local pool and lifeguard, and pay attention to warning signs.
3. If you see someone in trouble, shout **"Help!"** immediately and alert an adult.

