1. Spot the Dangers
Water may look safe, but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you'd be able to swim in cold outside water.

2. Take Safety Advice
Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

3. Don't go Alone
Children should always go with an adult, not by themselves. An adult may be able to point out dangers or help if someone gets into trouble.

4. Learn how to Help
You may be able to help yourself and others if you know what to do in an emergency.
Introduction

Did you know that the majority of people that drown are actually strong swimmers!

It’s not just about being able to swim; it’s about being aware of the dangers and how to keep yourself and others safe.

Here at STA we have created this Water Safety Booklet for you to learn all about how to stay safe in and around water!

Did You Know?

Around 400 people drown in the UK every year (that’s one person every 20 hours) and thousands more suffer because of near-drowning. Shockingly, more people drown in the UK currently than die in a fire-related incident.

“IT’S not enough just to know how to swim; the majority of people who drown accidentally every year are actually strong swimmers.”

“Being water safe aware is important all-year round. As a leading water safety body, we don’t want to discourage people from enjoying the water safely, but to understand where it is safe and to know how to spot the dangers.”

Dave Candler, STA CEO

Thank you

Thank you to Konfdice for supporting our 2016 National Water Safety Week. Having fun and being safe in the water is an important part of our charitable message and swim products like their Konfdence Jacket buoyancy aid play an important part in the learn to swim journey by helping to give learners independence and confidence in and around the water when away from their swimming lessons.

www.konfdence.co.uk

Thank you to ‘Doing it for Dylan’ for there continued support of STA’s Water Safety campaign and educational materials.

‘Doing it for Dylan’ is a water safety campaign started by Rebecca Ramsay who tragically lost her 13-year old son, Dylan, in an open water drowning incident in 2011. Since then Rebecca has campaigned tirelessly to highlight the importance of water safety education to help prevent further tragedies.

@ Doing It for Dylan

Answers - Page 20-21

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@ Doing It for Dylan

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Water Safety in Your Home

Being water safe isn’t just for when you are swimming, it also means keeping your home and garden water safe.

People can drown in just 2cm of water, so making sure anything containing water is emptied after use is a great first step to take.

Can you match these household hazards with the action you could take to make it safe?

- **Cover with a secure lid**
  - Beds

- **Empty after use and remove the plug**
  - Washing machines

- **Children should be supervised at all times, empty and remove the plug after use**
  - Fishponds

- **Check these are empty after use and store away from children**
  - Paddling pools

- **Keep the door shut at all times**
  - Water butts

- **Fence these off and cover with mesh**
  - Buckets

Cold Water Shock

One of the most dangerous aspects of open water is cold water shock.

Cold water shock is the bodies’ response to being in cold water; if you fall into cold water you may:

- Find it hard to breathe and end up gasping for breath
- Find it difficult to think
- Become disorientated
- Suffer heart problems
- Have muscle cramps.

This is caused by the cold restricting blood flow, making the heart work harder.

Always remember in sunny weather the water may feel warm, but underneath the surface where the heat of the sun cannot reach the water is likely to be very cold.
Water Safety in Rivers, Lakes and Canals

Visiting rivers, lakes and canals can be a great day out for everyone, however to enjoy them completely it’s important to know the dangers.

Always remember:

- Read and listen to any warning signs you find
- Do not enter the water in unsupervised / non-lifeguarded areas
- It’s often colder than a warm indoor swimming pool even in the summer. This cold makes it harder to swim and much more dangerous
- It’s hard to tell how deep the water is, jumping in could cause injury
- Be careful near edges, they could be slippery and unstable
- In the winter be aware that frozen water can be thin and easily broken. The water beneath is freezing cold and is very dangerous.

REMEMBER: 44% OF PEOPLE WHO DROWN HAD NO INTENTION OF ENTERING THE WATER

Quarries

Many quarries up and down the country are on private land and off limits to the general public because they can be extremely dangerous places. If this sounds like your local quarry do NOT attempt to go near, it’s for your own safety.

Quarries can be very deep and much colder than other open water areas. This means the risk of cold water shock is extremely likely, even in the summer.

Never go near a quarry without an adult. If you fall in you will need someone to get help. Remember to tell someone where you are going and what time you plan to return.

What is in the water could also be very dangerous. Disused quarries can contain sharp rocks, rubbish, dead animals, pollution and rusted metals. These objects could easily cause injury or illness.

Lakes

Lakes are nice to visit but always make sure you take an adult with you, they can get help if someone gets into trouble.

Check if there is any safety equipment around the lake that could be used if needed. Follow the instructions of any safety signs you find.

If you are with friends and someone gets into trouble do not enter the water, you may end up in trouble yourself. Call for help and see if there is any safety equipment or objects that float which you can throw in to help them.
Rivers

Riverbanks can be unstable and slippery so always stay well back from the edge. Most people that drown actually never planned to enter the water and simply fell in, so always be careful.

Just as with quarries and any other water environment never go alone, always go with an adult and make sure someone knows where you have gone.

Even calm rivers can have hidden currents that can be very dangerous. These can be extremely strong and quickly move you away from safety, even in shallow water. This combined with cold water shock and underwater hazards such as rocks and tree branches makes rivers dangerous.

If you do fall in point your feet in the direction of travel to protect your head.

Can you match the hazard with the open water locations here?
(Some hazards are present at more than one location)

Overhanging, sloping or grassy banks that can cause slip and trip hazards

The depth is unknown and can change suddenly

Strength of current and even tides

Often polluted with oil, fuel and harmful bacteria

Weeds, mud, silt and plant life can make it difficult to swim and climb out

Often contain objects hidden beneath the surface such as shopping trolleys

The walls are often steep and slippery with very few places to climb out

Quarries
Deep and cold water which will make swimming very difficult

There may be boats

Steep, slippery and weak banks could make it difficult to climb out.

Remember
If you are participating in an activity in or around open water remember to:

- Only participate in activities led by a trained person / organisation
- Wear a buoyancy aid or personal flotation device (PFD)
- Wear protective clothing – like a wetsuit and a helmet
- Avoid alcohol
- Carry a whistle so you can alert others in the group if you get into difficulty
- Wear a brightly coloured hat if you are swimming so you can easily be seen
- If you feel cold – get out and get warm.
Staying Water Safe on Holiday

Holidays are a great time to relax and are often spent around the swimming pool or on the beach. However, it is important to keep safe as accidents can still happen.

When on holiday always remember the following:

- Don’t be tempted to explore by yourself; always take an adult with you.
- Learn how to get help in an emergency; what is the local number for the emergency services?
- Check if there is a lifeguard and don’t swim without an adult present.
- When near open water, look out for safety warning signs and follow their instructions. If abroad, these may not be in English, so take extra care to stay safe.

Top Tip!
STAnley’s top tip to staying safe on the beach is to learn the beach flags!

Red: Danger, no swimming.

Orange windsock: Shows the direction of wind. Offshore winds can sweep you out to sea and make it difficult to return to shore.

Red and Yellow: Lifeguard on duty – always swim between the flags.

Green: The water is calm. This doesn’t make the water safe; you must still be careful and look for areas where a lifeguard is present.

Black and White chequered flag: Safe for boats and water crafts only. No swimming.

Purple: Dangerous marine life has been spotted e.g. sharks, jellyfish etc.

Note:
Always swim in areas patrolled by a lifeguard.
What hazards should I be aware of at the beach?

Waves

A strong wave could knock you off your feet even in shallow water. Always be careful as waves can drag you out to sea.

Tides

Tides can come in very quickly trapping the unwary away from safety. When visiting the beach stay alert and learn the times of the tides.

Rip currents

Rip currents are strong flowing areas of water that move out to sea from the shoreline, they can quickly drag swimmers out to sea.

If you get caught in a rip current you must
- Stay calm and try to stand up if possible
- Shout for help
- Wave your arm above your head so you can be seen
- Swim parallel to shore until you are out of the rip.

Rocks and rock pools

Rocks and rock pools may appear to be an exciting place to play but are extremely dangerous.
- Rocks may be slippery particularly if wet or covered in sea weed
- Surfaces are often very uneven making it easy to trip
- Unwary swimmers may become cut off by a rising tide.

Cliffs

Attempting to jump from cliffs into the water below is extremely dangerous as the water may be shallow and there could be hidden dangers underneath the surface which could cause injury or make it difficult to get out the water.
Staying Water Safe on Holiday

How can I keep myself safe if I want to swim on holiday?
- Swim where there is a lifeguard
- Only swim when you see the flags
- Use a buoyancy aid or personal flotation device to be safe around the water on holiday
- Wear a wetsuit to keep you warm
- Wear a swimming hat so you can be seen easily and to keep your head warm
- Make sure you have an adult with you and someone on shore who knows you are swimming.

How can I stay safe near water?
- Stick to marked footpaths
- Do not go near cliff edges
- Take extra care after rainfall as surfaces will be slippery
- Ensure you pay attention to high tide and the weather
- Never go out walking by yourself, always go with an adult.

Water Safety at the Pool

Swimming pools are considered the safest place to swim, but accidents can still happen. Make sure you follow our advice to stay safe at every swimming pool you visit.

Lifeguards

Lifeguards are there to keep everyone safe in the pool, so make sure you always swim in pools that have a lifeguard on duty.

Circle all the jobs below, which a lifeguard should do:
- Observe the pool and its users
- Answer the phone
- Provide help and advice
- Prevent accidents
- Perform rescues if needed
- Show off their diving skills.

What colour T-shirt should a lifeguard wear?
- Red
- Yellow
- Green
- Blue
**STAnley says always:**

- Listen to the lifeguards
- Read and take note of safety signs - if it says don’t do it - DON’T
- Walk, don’t run on the poolside as it’s often slippery
- Check how deep the water is before you get in, or jump in.
- Leave the pool when told to do so.

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**Can you think of 3 signs you might find around your local pool?**

1. 
2. 
3. 

---

**Can you list 3 things you must do when visiting a pool?**

1. 
2. 
3. 

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**Water Safety at the Pool**

The pool can be full of many other hazards that people often overlook.

Can you match the pictures below to the correct hazard description?

- Poolside Ladders
- Grate
- Floats / Toys on Poolside
- Pool Floor Shape
- Lane Ropes

Be aware of objects such as toys and buoyancy aids left out on the poolside, which could cause swimmers to trip over.

If used incorrectly you may slip and fall down them.

Do not swim down to them, lie over them or stick your fingers in as you may become trapped.

Weak swimmers may pull themselves into deeper water.

A sudden change in pool depth may mean a weaker swimmer becomes out of their depth.
Water Safety at the Pool

Diving

Diving can be fun but could cause serious injuries so follow the rules and stay safe:

- Look for signs to see if you are allowed to dive. If unsure, ask the lifeguard before diving
- Check the depth of the water, it may be too shallow to dive safely
- Check the water is clear of other swimmers before diving
- Do not run before diving
- Bombing, somersaults and backwards dives are dangerous as you may injure yourself and others.

Be careful when playing in the pool; games, activities and acrobatics increase the chances of swimmers colliding with each other, the poolside or landing on top of other swimmers, increasing the risk of injury.

Four key points to remember at the pool:

- Check the pool signs and obey the pool rules
- Look out for hazards to avoid hurting yourself and inform your friends of the dangers
- Listen to the lifeguard at all times
- If you see someone in difficulty in a swimming pool, attract the attention of the lifeguard or another adult who will be able to help.