

## **HOMEWORK FOR SWIMMING**

Please learn the Water Safety Code and design a poster based on the Water Safety Code.

### **The Water Safety Code**

*Have Fun, Stay Safe*

#### **1. Spot the dangers**

Whenever you're near water always take extra care:

- Never fool around or run besides water – you might trip and fall in
- Take care on the riverbank – it may be slippery and can crumble
- Keep away from the edge of canals – the water is often very deep
- Beware of locks and weirs – the water flows very quickly

#### **2. Take safety advice**

To be safe, choose a swimming pool or beach where there are lifeguards:

- Always follow the advice of a lifeguard – find out where and when it is safe to swim
- Look for signs or flags which tell you if it is safe to swim
- Never swim where a sign or flag tells you not to

#### **3. Do not go alone**

If you're alone there will be no-one to help you if you get into trouble in the water

- Never go swimming, fishing or boating on your own
- Go with a friend who can help you if you're in trouble in difficult water – even if they cannot help you out, they can get help
- Always make sure a grown-up known where you are going and when you will be back

#### **4. Learn how to help**

If you see someone in trouble in the water, here's how you can help:

- Keep calm – always think before you act
- Try to get help – shout "help, help" as loud as you can
- Reach out with a stick, a pole, a towel or clothing to pull the person to the water's edge – always lie down when you are trying to pull someone in so that you don't get pulled in
- If you can't reach the person and no-one comes when you shout for help, telephone 999 or 112 and ask for help

**NEVER JUMP INTO THE WATER YOURSELF!**