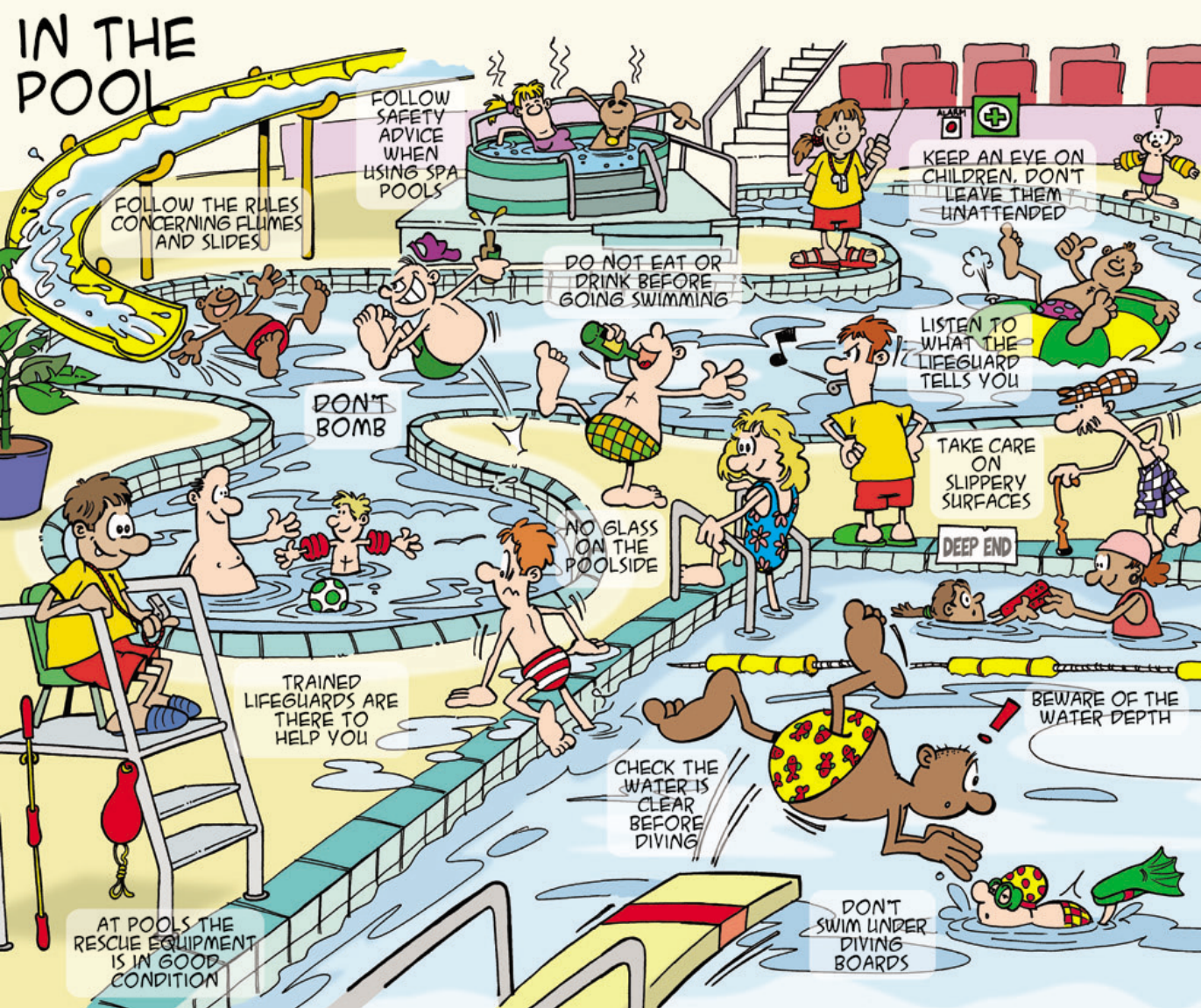


Can you spot the dangers at this pool? 🏊‍♂️💦



THE WATER SAFETY CODE

SPOT THE DANGERS
EACH KIND OF WATER OFFERS
A DIFFERENT DANGER
- KNOW THEM

TAKE ADVICE
FROM SIGNS, LEAFLETS
OR PEOPLE

DON'T GO ALONE
YOU MAY NEED HELP

LEARN HOW TO
HELP
EMERGENCY RESPONSE SKILLS,
RESUSCITATION AND
LIFESAVING ARE ALL WITHIN
YOUR CAPACITY



lifesavers
The Royal Life Saving Society UK

River House, High Street,
Broom, Warwickshire B50 4HN
Tel: 01789 773994
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Email: mail@rlss.org.uk
www.lifesavers.org.uk

How many did you guess correctly?

Below are some more things to think about when you are near water 

Why not try some of the water safety brain teasers and puzzles...

In the Pool

Swimming pools and areas supervised by a Lifeguard are safest. These places are safe because the water is clean and there is nothing on the bottom. There is also help if needed.

The role of the lifeguard includes:

- PREVENTION** ... of accidents or drowning
- INFORMATION** ... so you know what things are safe
- EDUCATION** ... learning skills to keep you safe
- SUPERVISION** ... to make sure you are safe

Lifeguards need to be physically fit, alert and trained in a range of skills. To help you on your way to Lifeguard Potential can you...?

- Swim on your front and back for 25m
- Tread water for 1 minute
- Run 200m
- Know Basic Life Support

Know what the signs mean around your local pool

Prohibition



Prohibition Signs
tell you not to do something
Black and Red on White

Hazard



Hazard Signs
warn of potential hazards
Black on Yellow

Mandatory



Mandatory Signs
give instructions to do something
White on Blue



If you want to learn more please contact
The Royal Life Saving Society UK
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Water Safety Quiz

1 How long should you wait after meals before swimming?

- a) 5 minutes
- b) 15 minutes
- c) An hour

2 Why should you wait before swimming after meals?

- a) Because of the taste in your mouth
- b) Because you might get a cramp or be sick
- c) Because you feel sleepy

3 Where shouldn't you dive?

- a) Into unknown waters
- b) Into shallow water
- c) Into a diving pool

S	W	T	A	R	Q	U	X	S	A	M	P	T	E
M	E	A	I	B	D	R	A	U	G	E	F	I	L
V	C	Z	E	T	O	O	C	E	U	K	P	S	X
E	L	E	L	B	N	I	U	M	N	L	J	G	T
G	O	L	D	E	N	B	A	L	B	K	O	I	U
I	N	T	K	U	D	B	X	S	Q	A	S	D	O
N	A	S	M	Y	W	S	O	U	A	L	A	E	H
S	L	I	P	P	E	R	Y	F	L	O	O	R	S
A	R	H	D	R	T	W	D	E	A	G	K	H	L
F	J	W	I	B	E	J	T	A	R	T	G	N	K
E	I	W	O	S	R	F	A	H	M	E	X	N	S
T	A	E	Q	A	S	U	D	R	P	I	R	M	D
Y	L	V	Y	R	G	E	E	O	E	H	J	A	Y
C	W	T	A	V	Y	A	I	D	S	D	C	A	O

Word Search

Find the eight words below hidden in the grid on the left.

- SLIPPERYFLOORS
- WET
- SHOUT
- AID
- LIFEGUARD
- WHISTLE
- ALARM
- SAFETY

Beach Safety Find a Word

Find all the words in this puzzle that relate to Water Safety at the Beach.



ROYAL LIFE SAVING
AUSTRALIA

F	R	U	S	F	S	L	I	F	E	G	U	A	R	D
F	U	N	W	V	U	T	A	R	R	I	P	S	S	H
L	D	D	A	D	P	D	S	T	N	E	R	R	U	C
O	F	E	T	R	E	L	Y	S	L	S	L	E	H	H
A	N	R	E	O	R	A	N	R	G	U	U	S	E	S
M	A	T	R	W	V	G	L	A	F	C	Y	L	L	I
A	S	O	C	D	I	B	L	L	S	L	L	Y	P	F
E	L	W	R	S	S	F	B	E	A	C	H	F	O	Y
R	E	O	O	K	I	N	R	O	C	K	P	O	O	L
C	W	E	P	R	O	P	A	T	R	O	L	C	T	L
N	N	A	H	A	N	Z	S	U	N	J	A	D	R	E
U	A	C	A	H	U	M	B	R	E	L	L	A	R	J
S	D	L	T	S	A	N	D	O	C	I	N	C	I	P
S	E	S	S	A	L	G	N	U	S	W	A	V	E	S
T	A	O	L	F	D	A	N	G	E	R	S	O	O	R

BEACH
CURRENTS
DANGERS
DROWN
FLAGS
FLOAT
FUN

HATS
HELP
JELLYFISH
LIFEGUARD
PATROL
PICNIC
RESCUE

RIPS
ROCKPOOL
SAND
SHARKS
SIGNS
SUNCREAM
SUNGLASSES

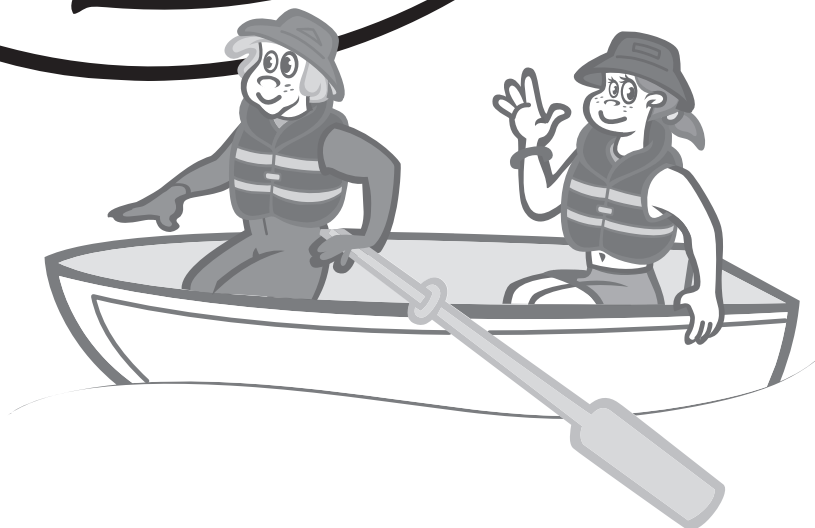
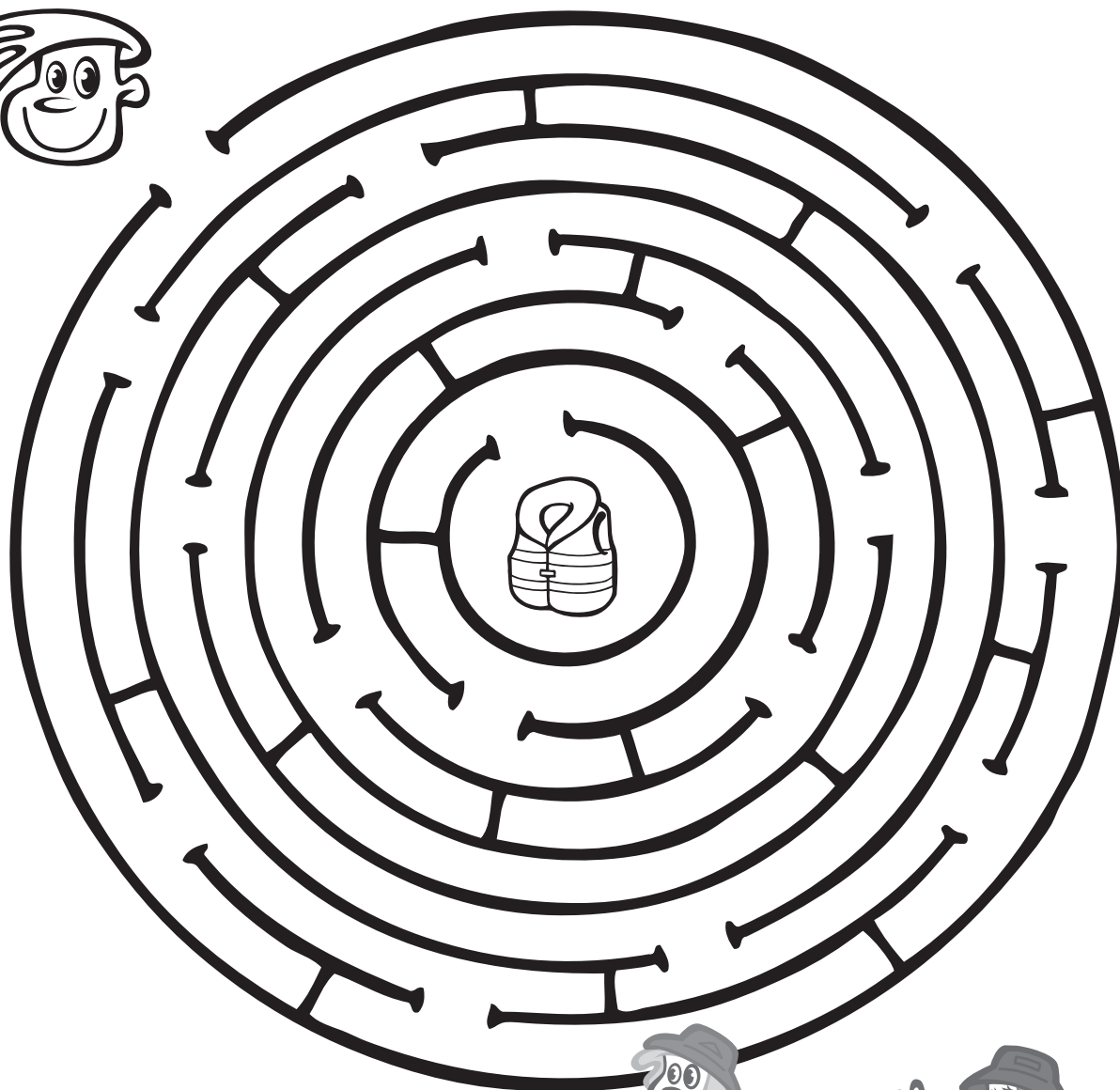
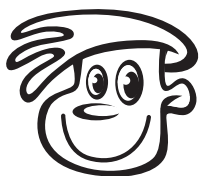
SUPERVISION
SURF
UMBRELLA
UNDERTOW
WATER
WAVES

Lifejacket Maze

Help Josh find his Lifejacket in the maze, so he can join Jack and Jen in the boat.



ROYAL LIFE SAVING
AUSTRALIA



Lost Goggles Maze

Jen has lost her goggles in the swimming pool. Can you help her find them?



ROYAL LIFE SAVING
AUSTRALIA

