

# Winter safety



## DANGERS

Can you number the following dangers on the picture?

- 1 Call for help out loud or on the never go on the ice
- 2 Always use a safe reach rescue, never go on the ice
- 3 Never follow animals on the ice
- 4 If you fall in, lie on your back and use something that floats to stay on the water's surface
- 5 Obey warning signs
- 6 Ice is thin around drainpipes, trees and plants
- 7 Ice is always thin around platforms and at the edge of river banks

Always follow the Water Safety Code

When you are around water:

- Stop and Think
- Stay Together

In an Emergency

- Call 999 or 112
- Float

# Winter safety

This poster is designed to help you enjoy water safely in winter.

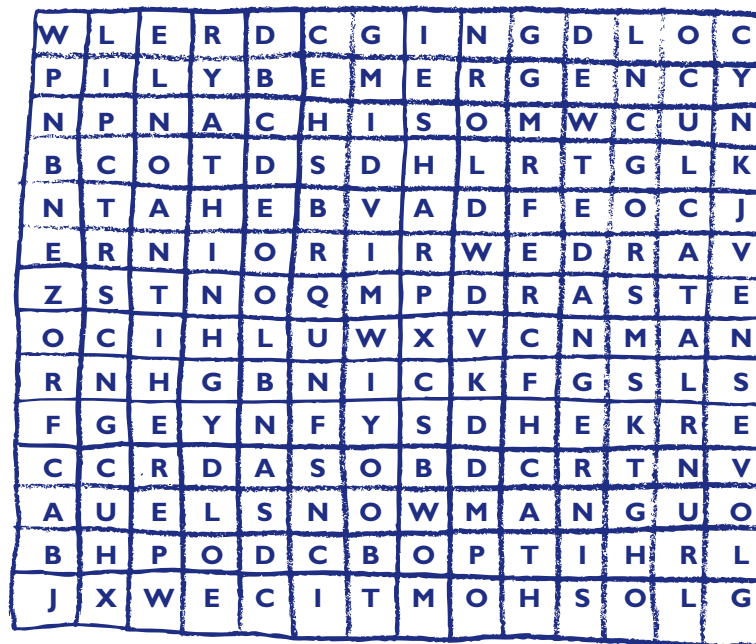
## Winter Safety Advice:

- Pay attention to water safety signs
- Don't go on to the ice, it is not safe
- Never go on to the ice to rescue someone, try to reach them with an object
- Keep clear of the water's edge in case you fall in
- Never play in floodwater; you may get swept away or it may be deeper than you think

Contact RLSS UK to find out how you can become a Rookie Lifeguard and learn lifesaving and self rescue skills.

01789 773994 or [info@rlss.org.uk](mailto:info@rlss.org.uk)

## Wordsearch

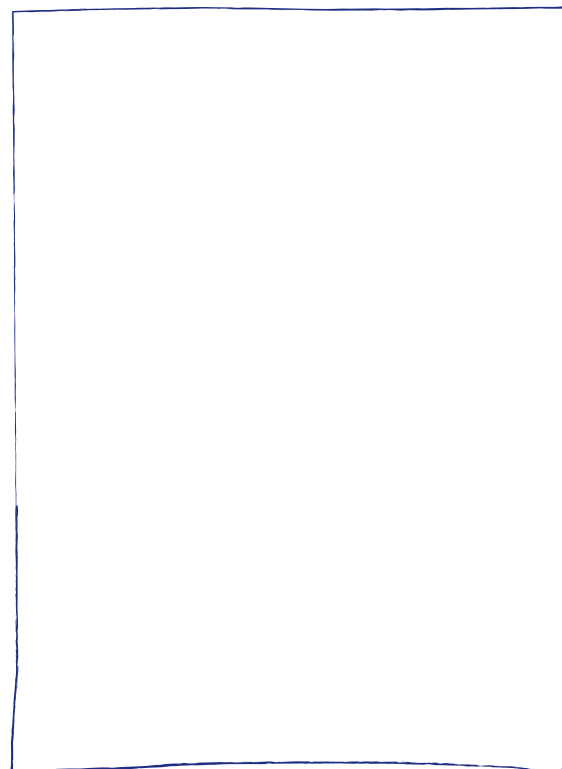


WINTER  
ICE  
CRACKS  
COLD

SIGNS  
FROZEN  
THIN  
EMERGENCY

SNOWMAN  
GLOVES  
DANGER  
SHARP

## Draw a snowman lifeguard!



Why not share your pieces of art with us? Simply post with the #watersafety.

# At the river

A black and white line drawing of a river scene. In the top left, the text "At the river" is written in a large, bold, red font. The scene depicts a river with several cartoon characters and objects. On the left, a boat with a smiling face is on the water. A person is fishing from the bank on the right. A person is in a basket in the water. A person is running on the bank. A person is holding a sign that says "NO SWIMMING". A dog is running on the bank. A broken fence is on the right. There are 12 red circles marking specific points of interest: 1. On the boat's face. 2. On the fishing rod. 3. On the person in the basket. 4. On the person running. 5. On the "NO SWIMMING" sign. 6. On the dog's head. 7. On the broken fence. 8. On the fishing net. 9. On the person in the basket. 10. On the person running. 11. On the "NO SWIMMING" sign. 12. On the broken fence.

**Can you number the following dangers on the picture?**

- Always follow the**  
**Water Safety Code**

When you are around water:

- Stop and Think
- Stay Together

## In an Emergency

- Call 999 or 112
- Float

# At the river

This poster is designed to help you enjoy swimming safely at the river.

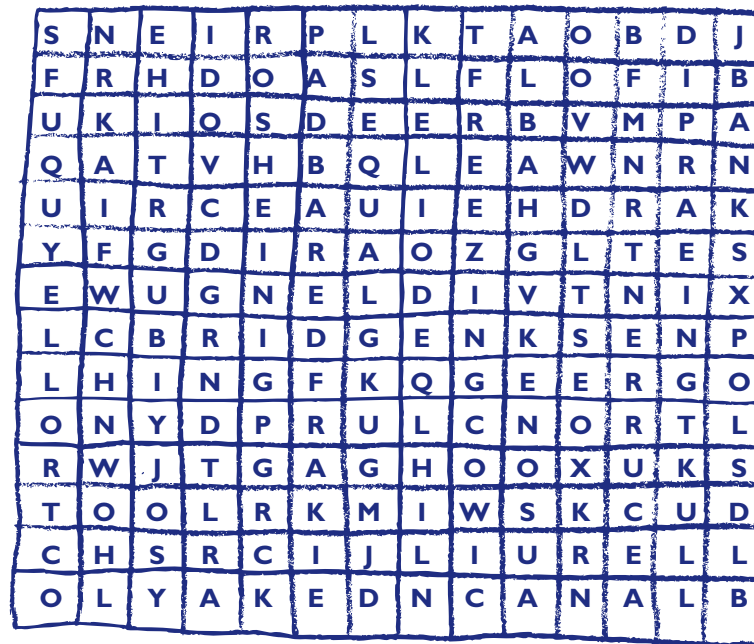
## River Safety Advice:

- Swim at lifeguarded lakes
- When around water, stay back from the edge so you don't fall in
- Remember that lakes and rivers remain cold all year round
- Always wear a lifejacket for activities on or around the water

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## Wordsearch



RIVER  
CANAL  
TROLLEY  
BANKS

DIRTY  
QUARRY  
FREEZING  
REEDS

CURRENT  
DUCKS  
BOAT  
BRIDGE

## River Safety Quiz

1. What number should you call if someone needs help?  
.....
2. What should you throw to help someone in trouble – a rubber duck, a life ring, your teacher or a brick?  
.....
3. What should you wear if you can't swim?  
.....
4. Why should you stay back from the water's edge?  
.....
5. You should never jump in to save someone in trouble, true or false?  
.....

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# At the Beach

A detailed black and white line drawing of a beach scene. In the foreground, a lifeguard wearing sunglasses and a whistle stands on the left. A beachgoer lies on a towel under a beach umbrella, with a bottle and a glass nearby. A dog is on the right. In the water, several people are swimming and playing. A cliff on the right has a 'DANGER CLIFFS' sign. The sky has a bird. There are 15 red circles placed throughout the scene for a dot-marker activity.

**Can you number the following dangers on the picture?**

- 1 Make sure the water is not too shallow or too deep
- 2 Never jump off cliffs into the water
- 3 Take care in the sun – it can take you as little as an hour to burn
- 4 Don't ignore the danger signs
- 5 Never swim when a red flag is flying
- 6 Don't swim near pipes and rocks
- 7 Beware of currents – they can carry you out to sea
- 8 Alcohol limits your ability to swim
- 9 Don't use inflatables in the sea if it's windy
- 10 Red and yellow flags mean lifeguards and supervised swimming
- 11 Listen to what the lifeguard tells you
- 12 Keep an eye on children. Don't let them wander off

**Always follow the**  
**Water Safety Code**

When you are around water:

- Stop and Think
- Stay Together

## In an Emergency

- Call 999 or 112
- Float



# At the Beach

This poster is designed to help you enjoy swimming safely at the beach.

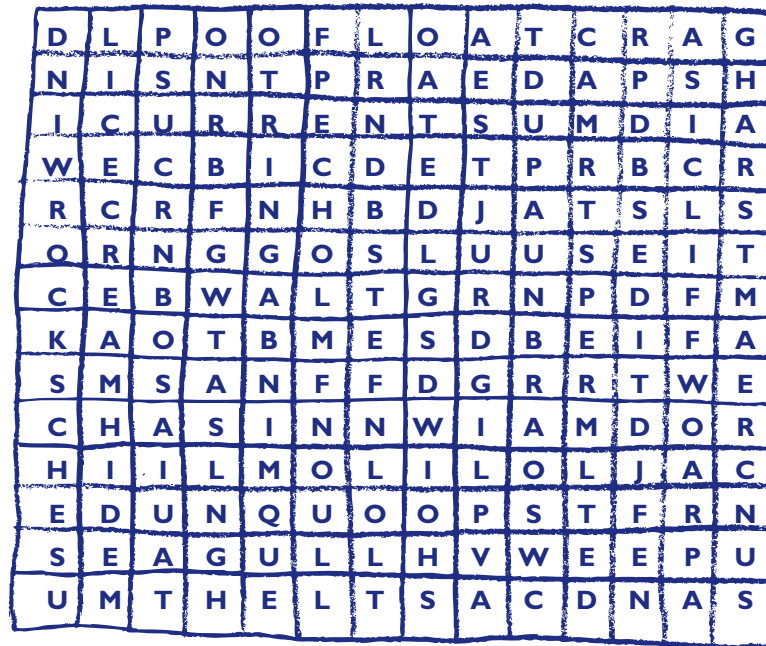
## Beach Safety Advice:

- Only swim at lifeguarded beaches
- Read safety signs at the entrance to the beach
- Learn the meanings of the lifeguard flags
- Check if the tide is coming in or out and make sure you won't be cut off from the beach exit

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## Wordsearch



SAND CASTLE

FLAGS

ROCKS

LIFEGUARDS

ICE CREAM

FLOAT

BOATS

SEAGULL

CLIFF

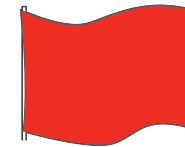
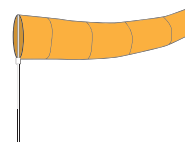
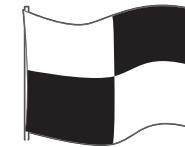
SUN CREAM

SPADE

WIND

## Beach Flag game

Draw a line from the flags to their correct meaning.



No Swimming

Safe Area to Swim

Water Sports Only

Always check wind direction and when, pointed offshore, avoid using inflatables

Why not share your pieces of art with us? Simply post with the #watersafety.

# In the home

A black and white line drawing of a house with various rooms and outdoor areas. Red circles are placed on different objects for coloring. The house has a chimney, a front door, a window with a person inside, a kitchen with a sink and stove, a bathroom with a bathtub, and a bedroom with a bed. Outside, there is a garden with a pond, a dog, a cat, and a bird.

- Call 999 or 112
- Float

# In the home

This poster is designed to help you enjoy water safely in the home.

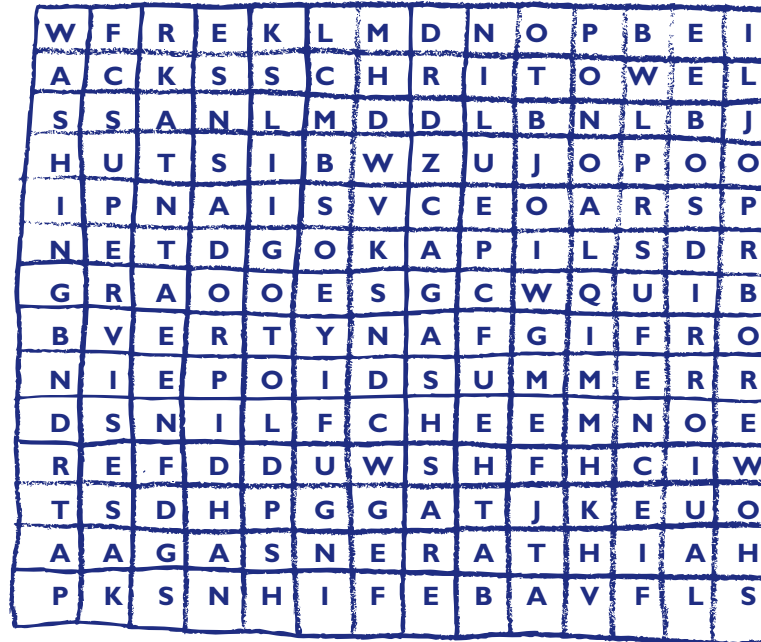
## Home Water Safety Advice:

- Never have a bath or shower without telling your parents
- Always play with friends or family in a paddling pool
- Always close garden gates to make sure other children can't wander in
- Stay away from the edge of ponds
- Always empty paddling pools, buckets and baths after use

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## Wordsearch



Make as many words as you can from the following phrase:

**Water Safety at Home**

PADDLING POOL

BATH

SINK

POND

SHOWER

WASHING

SUMMER

BUCKET

FENCE

SUPERVISE

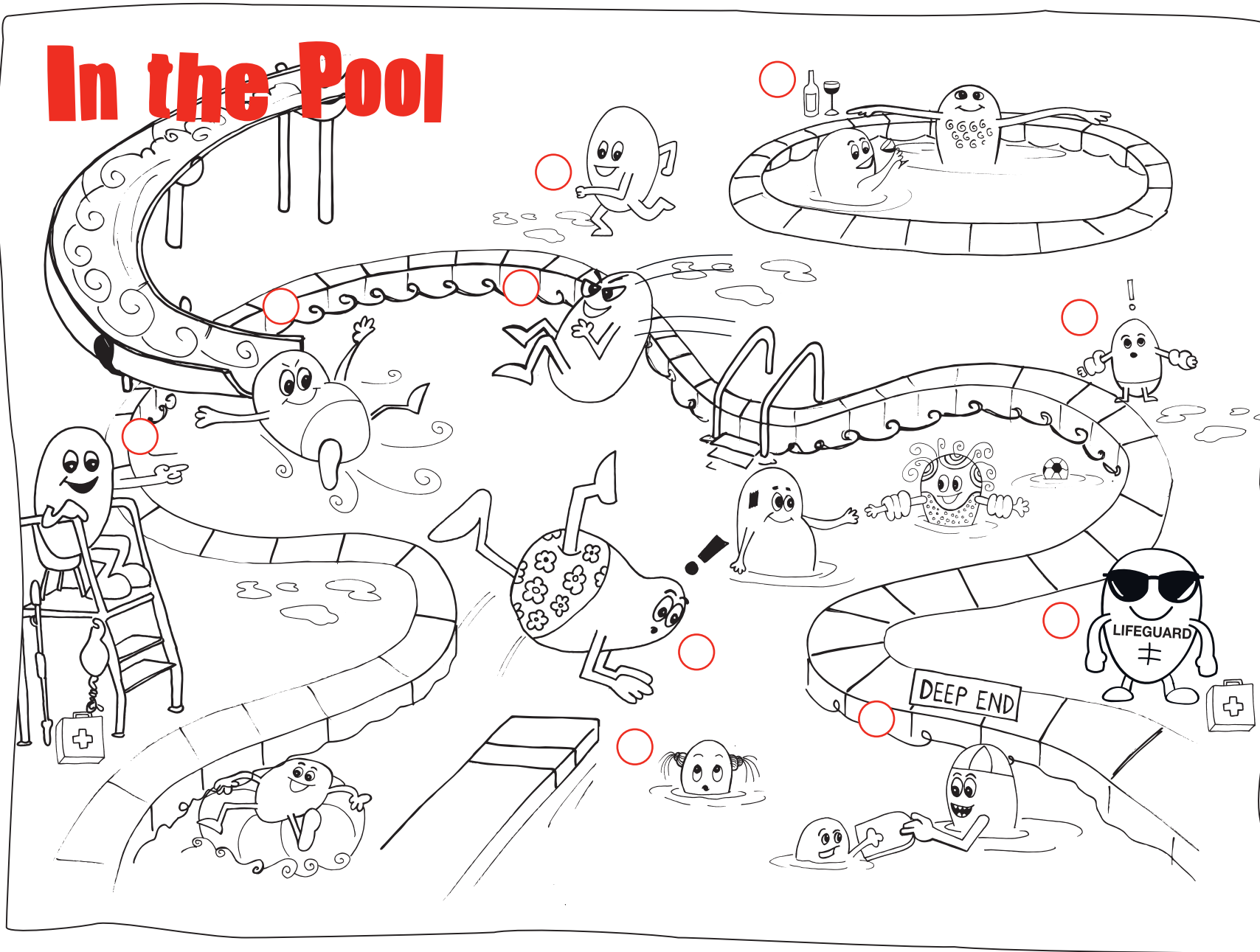
TOWEL

PLUG

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# In the Pool



## DANGERS

Can you number the following dangers on the picture?

- 1 Keep an eye on children. Don't leave them unattended
- 2 Make sure the water isn't too deep
- 3 Check the water is clear before diving
- 4 Follow the rules for flumes and slides
- 5 Don't run on slippery floors
- 6 Do not drink alcohol before going swimming
- 7 Don't swim under diving boards
- 8 Listen to what the lifeguard tells you
- 9 Trained lifeguards are there to help you
- 10 Don't water bomb

**Always follow the**  
**Water Safety Code**

When you are around water:

- Stop and Think
- Stay Together

**In an Emergency**

- Call 999 or 112
- Float

# In the Pool

This poster is designed to help you enjoy swimming safely in the pool.

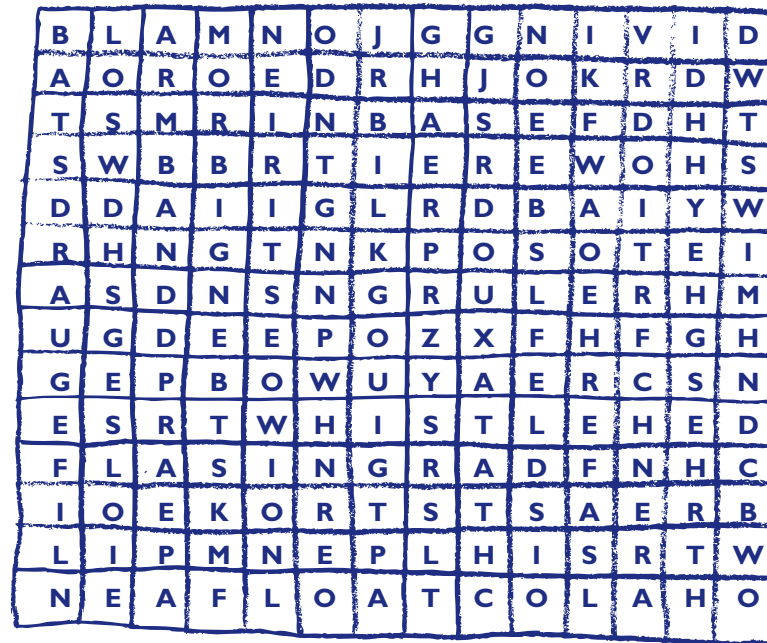
## Pool Water Safety Advice:

- Only swim at a lifeguarded pool
- Pay attention to the pool safety signs
- Stay in the right depth for you
- Use floats or wear inflatables if you aren't a strong swimmer
- Have regular swimming lessons

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## Wordsearch



LIFEGUARD  
SHOWER  
WHISTLE  
BREAST STROKE

ARMBAND  
CHLORINE  
DEEP  
DIVING

BOMBING  
FLOAT  
SWIM  
SAFETY

## Match the signs with the meaning



No diving  
No bombing  
No inflatables  
No running  
No pushing

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