

A MESSAGE FROM LANCASHIRE FIRE & RESCUE SERVICE

General Message

Water safety is not just about staying safe on beaches or at local swimming parks. Water safety covers all types of water based activities from paddling pools to open water swimming. Keep your family safe around water by making sure they know the Water Safety Code:

Whenever you are around the water:

Stop and think – look for the dangers, always read the signs

Stay together – never swim alone. Always go with friends or family

In an emergency:

Call 999 or 112 and shout for help

Float – if you fall in, float or swim on your back.

Throw something in that floats to anyone that falls in.

Summer safety messages:

At home

- Always use self-closing gates, fences and locks to prevent children gaining access to pools of water
- Securely cover all water storage tanks and drains
- Empty paddling pools as soon as they have been used.
- Always turn paddling pools upside down once empty
- Always supervise bath time, (never leave children unattended). Empty the bath as soon as possible after use.

On holiday/local beaches

- Check the safety arrangements of any water-based activities and whether there is lifeguard cover at the pool or beach



- Check bathing sites for hazards, check the safest places to swim and always read the signs – find out what local warning signs and flags mean. Take time to check the depth, water flow and layout of pools
- Swim with any children in your care – it's more fun and you can keep them close and safe
- On beaches check when the tide will be high and low and make sure that you won't be cut off from the beach exit by rising tide. Also, be aware of dangerous rip-currents
- Inflatables like dinghies or lilos are a well-known hazard – every year someone drowns when inflatables are blown out to sea. Do not use them in open water
- Do not swim near to or dive from rocks, piers, breakwater or coral
- Swim parallel to the beach and close to the shore

In Open Water

- **Don't** swim at unsupervised (un-lifeguarded sites) including lakes, quarries, reservoirs and rivers
- **Don't** jump into the water until you have acclimatised to the water temperature
- **Don't** jump into the water from heights or 'tombstone'
- **Don't** swim into deep water which will be cooler
- **Do** swim at supervised (lifeguarded) sites
- **Do** swim parallel with the shore, where you can quickly get to safety
- **Do** swim with friends or family, so that you can help other if you need to
- **Do** look for signs and advice about the specific dangers at the place where you are swimming
- **Do** think about what you will do if something goes wrong
- Contact a reputable outdoor pursuits or coasteering centre if you want to take part in more extreme activities



A MESSAGE FROM LANCASHIRE FIRE & RESCUE SERVICE



A red flag means don't enter the water

Between the red and yellow flags is lifeguarded

This is not a safety flag and means beach is clean

For non-powered water crafts such as surf boards. No swimming

Don't use inflatables



KNOW YOUR FLAGS

It is safest to visit a lifeguarded beach. A lifeguarded beach will display **safety flags**

