WISE UP TO WATER! DON'T LET IT BE YOU!

DROWNING IS THE 3RD MOST COMMON CAUSE OF ACCIDENTAL DEATH IN 11-18 YEAR OLDS

- Most people who drown in the UK can swim!
 - Outdoor water is cold Cold water kills!
 - The effects of alcohol can play a major role in incidents!
 - Every year people drown trying to rescue others!

IF YOU SEE SOMEONE IN DIFFICULTY DIAL 999/112
STAY CALM • DON'T ENTER THE WATER • LEARN HOW TO HELP

FOR MORE INFORMATION CONTACT: **LEEDS LIFESAVING**Tel: 0113 214 5322 • Email: louise.wells@leeds.gov.uk









WISE UP TO WATER... STRONG CURRENTS The water is moving not still NO SWIMMING like the pool! Too Rough! Dangerous! MURKY SURFING AREA Between the flags WATER SPOT TAKE SWIMMERS Is it deep? THE SAFER TO SWIM SAFETY KEEP OUT! NO DANGER LIFEGUARDED LIFEGUARDS! ADVICE BETWEEN THE FLAGS LOOK OUT FOR SIGNS & COLD WATER KILLS INFORMATION The cold stops you from moving The safest place to swim is in a MOST DROWNINGS LIFEGUARDED AREA! HAPPEN IN RIVERS, LAKES, CANALS AND RESERVOIRS **BUT YOU CAN** DROWN IN THE BATH! SHOUT & SIGNAL GO to encourage with a mate! to the side! TELL REACH Lay flat someone Use a stick, DONT LEARN TELL THROW when umbrella, you will be HOW TO something that racket or anything! GO someone back! ALONE floats! where HELP Use a ball or you are plastic bottle! going! DON'T GO IN! STAY Dial 999/112 SAFE!

OPPORTUNITIES IN LIFESAVING

RLSS BRONZE MEDALLION

Use towards the GCSE PE, Duke of Edinburgh

RLSS/IQL NATIONAL POOL LIFEGUARD QUALIFICATION A must have for the leisure Industry

BECOME A SCHOOL WATER SAFETY STUDENT TRAINER Deliver water safety in your school and in primary schools

JOIN A LIFESAVING CLUB Learn and have fun!

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