

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.

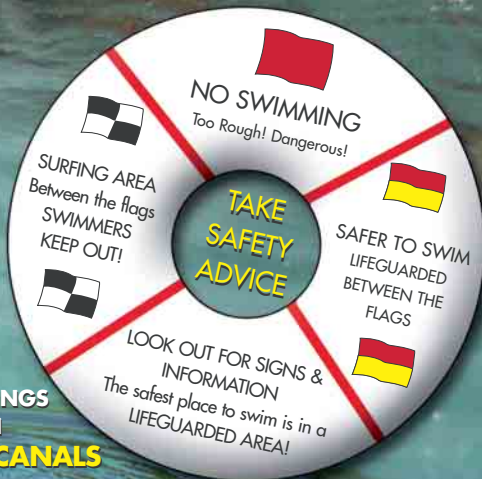
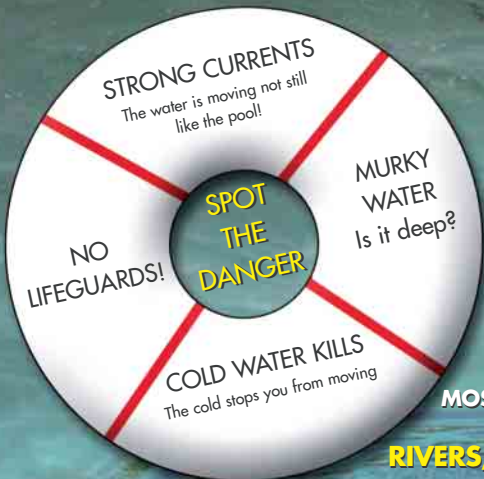
- Most people who drown in the UK can swim!
 - Outdoor water is cold - Cold water kills!
 - The effects of alcohol can play a major role in incidents!
 - Every year people drown trying to rescue others!

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...



MOST DROWNINGS HAPPEN IN RIVERS, LAKES, CANALS AND RESERVOIRS

BUT YOU CAN DROWN IN THE BATH!



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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