



NO LIFEGUARD NO SWIM

Lakes and canals are cold, deep and unpredictable, with hidden dangers below. Without a lifeguard, fun can turn **fatal**.

Always follow the **RLSS UK Water Safety Code**, whenever you are in or around water

STOP & THINK!

Take time to assess your surroundings.
Look for the dangers and always research local signs and advice.

STAY TOGETHER

When around water always go with friends or family.
Swim at a lifeguard venue.



IN AN EMERGENCY...

CALL 999

Ask for the Fire and Rescue Service when onland and the Coastguard if at the coast.

Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.

