



East Sussex
Fire & Rescue Service



Always
Follow the



ROYAL
LIFE SAVING
SOCIETY UK

SAFE Code

Spot

Spot the Dangers

Look for dangers whenever you're near water

Advice

Take Advice

Read the signs
Ask lifeguards and adults

Friend

Go with a Friend

Always go with friends or family, it's more fun, and they can help in an emergency

Emergency

Know what to do in an emergency

Call 999 and shout for help
Never go in to the water to help someone

For more information on how to stay **SAFE** visit

www.esfrs.org

Summer WATER SAFETY

Help to spread the summer water safety message!

Drowning accidents are especially high in the summer months and over the last few years there have been too many tragedies that could have been prevented.

Every year people drown both at home and on holiday because they don't take simple

precautions, so understanding how to enjoy the water safely is vital.

Please help to avoid another tragic summer this year by spreading the following water safety advice:



LOOK OUT FOR LIFEGUARDS

If you're looking for a place to cool off, always find a lifeguarded swimming site



IT'S COLDER THAN IT LOOKS

Water at open and inland sites is often much colder than it looks, cold water can affect your ability to swim and self-rescue



DON'T GO TOO FAR

Always swim parallel to the shore, that way you're never too far away from it



IT'S STRONGER THAN IT LOOKS

Currents in the water can be very strong. If you find yourself caught in a current – don't swim against it. Stay calm, float on your back, call for help and swim out of the side of the current when it is safe



BRING A FRIEND

Always bring a friend when you go swimming so if anything goes wrong, you've got someone there to help

