



STOP AND THINK

Take time to assess your surroundings

Look out for the dangers and always research local signs and advice.







STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.







CALL 999 OR 112

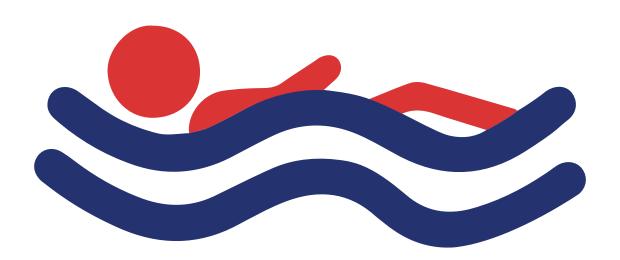
In an emergency, call 999 or 112

Ask for the Fire and Rescue Service if inland or Coastguard if at the coast.

Do not enter the water to rescue.







FLOAT

If you fall in or become tired – stay calm, float on your back and call for help.

If you see someone in the water that needs help, throw them something that floats to hold onto.

