

Top tips to keep them safe in WATER

- Teach your children **water safety** instructions
- Supervise your children in and around water
- **DO NOT** be distracted by your phone
- Be **ALERT** to ponds and pools when visiting other people's homes
- Take your **water safety** with you when you go to visit friends and family or on holiday
- Beaches can be busy and distracting. Stay together and keep an eye on your children **all times**

At Home:

At home babies and small children drown in the bath or in a garden pond or paddling pool. They can drown in just a few centimetres of water. Drowning happens silently.

Bath time:

- Get everything you need ready before bath time.
- Stay with your baby or young child at all times when they are in the bath.
- DO NOT let young children or older children with medical conditions lock the door.
- Babies SHOULD NOT be left alone in a BATH SEAT as they can slip out.
- DO NOT ask your toddler to watch your baby while you pop out for a towel. It only takes seconds for a baby or child to drown.

In the Garden:

Empty the paddling pool as soon as it has been used, then turn it upside down. Turn a pond into a sandpit or cover it while your children are little.

Make sure your child cannot get to the neighbour's pond.

Outdoor swimming:

Teach children and young people water safety.

- to choose safe places to swim like public pools and beaches with lifeguards.

Explain the dangers of swimming in open water.

- strong currents, deep, cold water and things under the surface they cannot see.

In OPEN WATER or the SEA

Children and young people may think they are a stronger swimmer than they are or not understand the risks in the sea or open water. Teach children to swim between the red and yellow flags the areas patrolled by lifeguards.

Do not use inflatables they can be swept out to sea when the wind is blowing. Swim in areas you know are safe and watch out for dangerous surf, tides and rip currents.

Further information:

Drowning: Child Accident Prevention Trust (capt.org.uk)

Beach Safety – Advice And Tips To Keep You Safe At The Beach (rnli.org)