

Water safety

Royal Lifesaving Society

Following several drownings this summer, there is a continued need to share and reinforce water safety messages with families and schools, helping to keep key safety measures at the forefront of minds.



In an emergency, you can call 999 or 112 from a mobile phone even if it has no credit.

[Water Safety Advice](#)

[Water Safety for Teenagers | Royal Life Saving Society UK \(RLSS UK \)](#)

London Fire Brigade

[Water Safety | London Fire Brigade](#)

The Royal Society for the Prevention of Accidents (RoSPA)

[RoSPA- Water safety code | RoSPA's essential guide for the public](#)



Child Accident and Prevention Trust

[250403 WatchOutInWaterFactSheet.pdf](#)

Watch out in water

“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”

Coroner's report, bath seat drowning of 7-month-old

Drowning happens silently. A drowning child can't speak or control their arms. They slip quietly under the water. It's only in the movies they splash about and cry for help. It's a scary thought.

But once you understand how and where drowning happens, there are things you can do to prevent it.



Babies and small children – mostly drown at home in the bath or in the garden, in just a few centimetres of water. Keep your baby or young child in arm's reach all the time when they're in or near water.

Older children – can still get into difficulties. They may over-estimate how strong a swimmer they are or under-estimate risks in the sea or open water. Teach them to float until help arrives.

Baths

- Get everything you need ready before bath time. You'll need to stay with your baby or young child all the time they're in the bath.
- Bath seats are great for supporting your baby in the bath but they're not safety aids. Don't leave your baby alone in one even for a moment. They can topple or your baby can slip out.
- Don't rely on your toddler to keep an eye on the baby while you pop out for a towel, as they're still too young to understand danger.

Out and about

- Teach older children to choose safe places to swim like public pools and beaches with lifeguards
- Explain the dangers of swimming in open water, including strong currents, deep, cold water and things under the surface they can't see.

At the beach

- Teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Inflatables can be swept out to sea when the wind is blowing – keep children off inflatables when the orange windsock is flying and always keep an eye on them.

In the garden

- Empty the paddling pool out after use and turn it over
- Securely cover hot tubs after every use
- Turn a pond into a sandpit, or fence it in or cover it while your children are little
- Be alert to ponds, pools or hot tubs when visiting other people's homes or in neighbours' gardens

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