



## Water Safety

Young people who drown are often victims of their own misjudgement of their swimming ability. They may view a river or a lake as a tempting means of cooling off in a hot spell, but fail to appreciate the harmful effects that the cold water can have on stamina and strength.

- Drowning is the third most common cause of accidental death among the under 16s.
- Spot the dangers. Water may look safe, but it can still be dangerous. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water outdoors!
- Always take extra care around the water's edge, cliff faces and open mudflats.
- Take safety advice: always follow the flags on beaches and notices that may warn you of danger.
- Don't go alone: children should always be accompanied by an adult.
- Always tell someone where you are going and when you expect to be back.
- Learn how to help: you may be able to help yourself and others if you know what to do in an emergency.
- If you see someone in difficulty tell a Lifeguard or go to the nearest telephone, dial 999, ask for the Police or the Coastguard.

### Useful contact points and further information:

RoSPA website: <http://www.rosipa.com/leisuresafety/adviceandinformation/watersafety/water-safety-signs.aspx>

You can download a copy of our home fire safety leaflet at:

[www.hantsfire.gov.uk/homesafetyinformation.pdf](http://www.hantsfire.gov.uk/homesafetyinformation.pdf)

Hampshire Fire and Rescue Service homepage: [www.hantsfire.gov.uk](http://www.hantsfire.gov.uk)

Community Fire Safety Department: 02380 626809

Email: [community.firesafety@hantsfire.gov.uk](mailto:community.firesafety@hantsfire.gov.uk)

