



# WATER SAFETY ADVICE

As the weather warms up, many families will be spending more time near water – whether at the coast, rivers, lakes, or canals. While this can be a great way to enjoy the outdoors, it's important to remember that water can be unpredictable and dangerous. It's important that everyone is aware of a [few simple steps to stay safe](#):

- Know the risks – conditions can change quickly, and it's easier than you might think to get into difficulty in open water.
- Always supervise children and young people closely around water – even if they can swim.
- Avoid jumping into unknown water – there may be hidden hazards, and sudden entry can lead to cold water shock.
- Teach children what to do if they get into trouble: Float to Live – tilt your head back, keep your ears submerged, relax and gently move your hands and feet to stay afloat while you control your breathing.
- Know how to call for help – in an emergency, **dial 999 or 112 and ask for the Coastguard.**

Talking to children about water safety before visiting any location near water can make a vital difference.

## Further information and resources

Parents, carers, colleges, and schools can find more guidance and free resources from the RNLI and Merseyside Fire and Rescue Service:

- Water safety advice and guidance: <https://rnli.org/safety>
- Float to Live advice: <https://rnli.org/safety/float>
- Education and teaching resources for children and young people: <https://rnli.org/youth-education>
- Merseyside Fire and Rescue Service water safety advice: [Water Safety | Merseyside Fire & Rescue Service](#)

Please consider using these resources to discuss water safety in your education setting and sharing these resources with your family networks. Raising awareness of water safety helps keep everyone safe and could save lives.

