



Cheshire Water
Safety Group

KS2 SUMMER WATER SAFETY NEWSLETTER

Staying Safe Around Water

This Summer

As the summer holidays approach, the Cheshire Water Safety Group is supporting schools to help children and families stay safe around water.

This newsletter has been designed for KS2 pupils and can be shared before the end of the academic year to help educate children about the risks of water and how to enjoy outdoor activities safely.

The information below includes key safety messages from the RNLI, RLSS, Canals & River Trust and Cheshire Fire & Rescue Service – key messages include the Float to Live campaign, the Water Safety Code & Cheshire Fire & Rescue Service water safety hierarchy and the Explorers. Links for further information and resources can also be added and shared with families.

Water Safety Code



**Stop and
think** – spot
the dangers

STOP AND THINK

Before going near water:

- Look for warning signs
- Check for dangers
- Always go with an adult



**Stay
together**

STAY TOGETHER

- Never swim alone
- Keep friends and family nearby
- Tell an adult where you are going



In an
emergency:
Float

FLOAT TO LIVE

- Tilt your head back with your ears underwater
- Relax and try to control your breathing
- Move your hands to help you stay afloat
- Spread your arms and legs out like a starfish
- Once calm, call for help or swim to safety if possible



Call
999 or 112

IN AN EMERGENCY

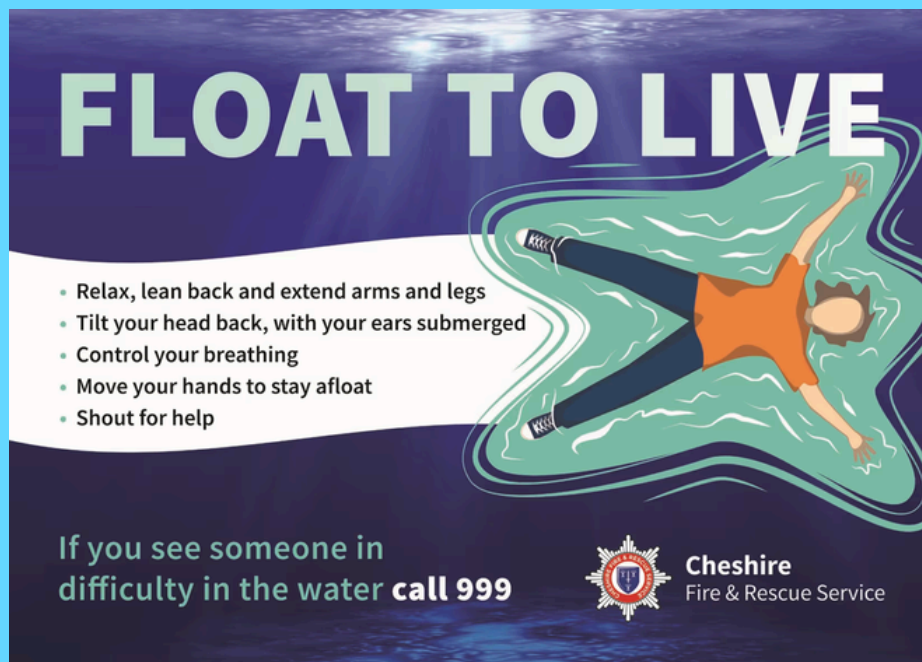
- Call 999 immediately
- Shout for help
- Use a float or throw line if available

REMEMBER

FLOAT TO LIVE

Cold water shock can happen suddenly, even on warm days. If you unexpectedly fall into water:

- ✓ Tilt your head back with your ears underwater
 - ✓ Relax and try to control your breathing
 - ✓ Move your hands to help you stay afloat
 - ✓ Spread your arms and legs out like a starfish
- ✓ Once calm, call for help or swim to safety if possible



If you see someone in trouble in the water:

- ✗ Do not jump in after them**
- ✓ Call 999 and ask for the Coastguard, Fire Service or Police
- ✓ Throw something that floats to help them

WATER RISKS AND HAZARDS TO LOOK OUT FOR

Rivers and Canals

- ⚠ Strong currents can pull you under
- ⚠ Slippery banks make it hard to climb out
- ⚠ Water may be deeper than it looks



Lakes, Reservoirs and Open Water

- ⚠ Water stays cold even in hot weather
- ⚠ Hidden objects may be under the surface
- ⚠ Steep sides can make exiting difficult

Beaches and the Sea

- ⚠ Waves and tides can change quickly
- ⚠ Rip currents can pull swimmers away from shore
- ⚠ Always swim at lifeguarded beaches if possible



TOP SUMMER SAFETY TIPS

☀️ Wear a life jacket when boating or paddleboarding



☀️ Never jump into unknown water

☀️ Stay away from flooded areas and fast-moving water



☀️ Listen to lifeguards and warning signs

☀️ **Keep hydrated and protect yourself from the sun**



What to do if you see someone in trouble in the water

Shout

- Are you in trouble?
- Can you swim - swim towards me?
- Can you stand up?
- Can you float on your back?



Reach



- Use an object like sticks, something you can let go of if you become in danger yourself
- Lie down or crouch so you are not pulled into the water

Throw

- What can we throw to them?
- Anything that floats and can be held onto to keep them above water
- Throwlines (floating lines)
- Footballs
- Rings



Don't go!

- **Do not be tempted to enter the water.** Keep eyes on the casualty and call 999.
- Try to give the best location or use What3Words.

HELP KEEP EVERYONE SAFE THIS SUMMER

Learning water safety can save lives. Please take time to talk with family and friends about staying safe around water during the holidays.

Further information, resources and educational links can be added below by your school.

School / Teacher: Water Smart Schools

Parents / carers: Parents Resources | Royal Life Saving Society UK (RLSS UK)

For parents, carers / schools - Water Safety Code: Water Safety Code Downloads | Royal Life Saving Society UK (RLSS UK) there's a SEND version here as well, created using 'Widgit' symbols suitable for children with ASD / non-verbal. Very popular! Also includes a link to the Water Safety Code in multiple languages.

Parents / carers: Water Safety Advice. General information for anybody, including those who work around water.

For parents, carers / schools – Canals & River Trust - Learning resources for Teachers | Primary school resources

For parents / carers - Cheshire Fire & Rescue Service - Water safety

National Water Safety Forum - April | National Water Safety Forum