

Stay safe near water this summer



Advice from South Yorkshire Fire & Rescue to parents and guardians:

During spells of warm weather, especially in the last few years, we have seen huge numbers of young people flocking to open water sites – such as quarries, lakes and reservoirs – for a dip.

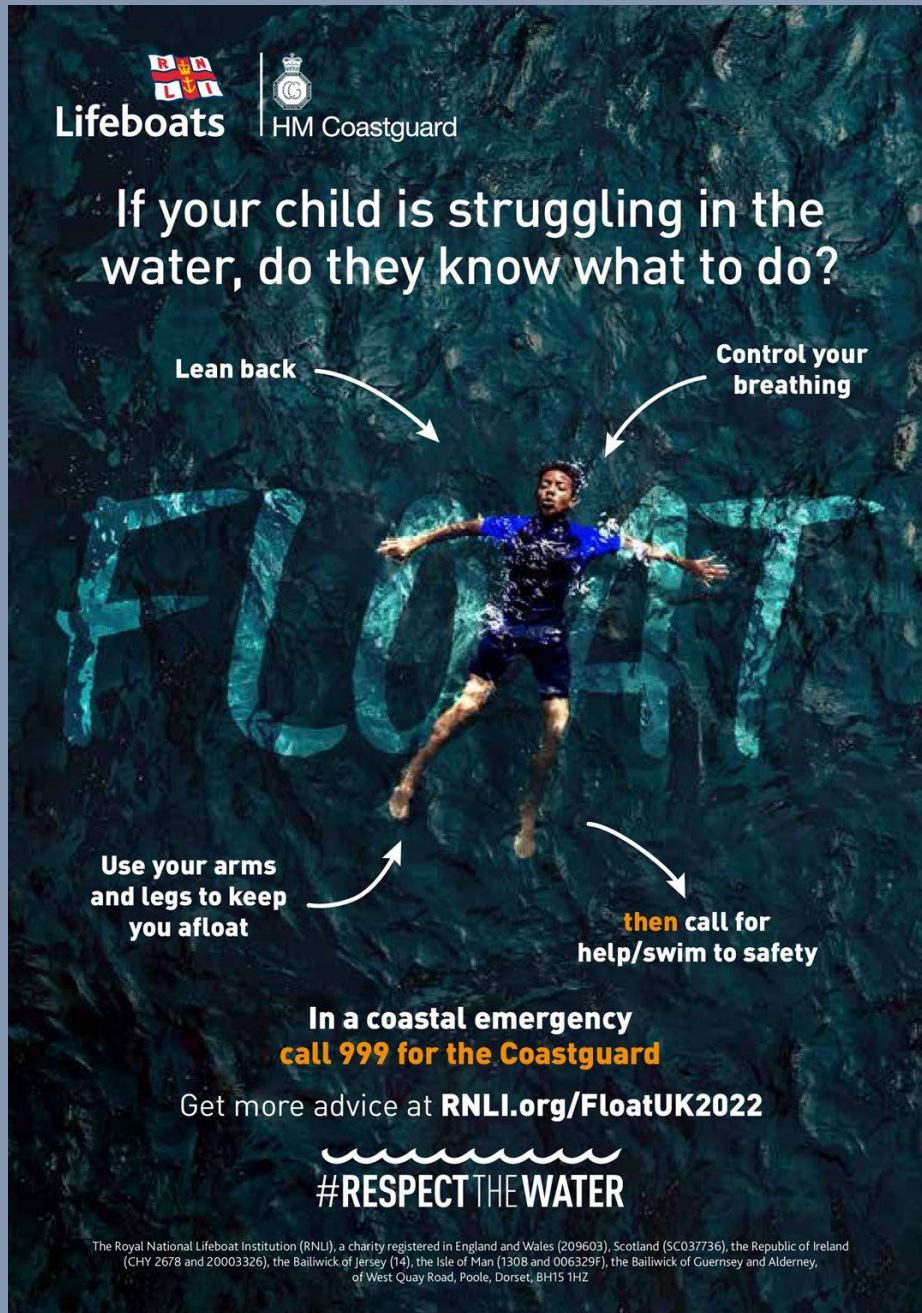
Unfortunately, there are a number of examples in South Yorkshire alone where this has ended in a fatality.

If you have a child or young person who you suspect is spending their holidays and weekends at open water sites, please talk to them about how they can stay safe around open water.

Our key messages for young people are:

- Never jump into open bodies of water – this can cause cold water shock and impact on your ability to swim.
- Do not 'drink and swim' – alcohol can significantly impact your ability to swim and get to safety.
- Don't be peer pressured into swimming where you aren't comfortable, or if you can't swim.
- If you get into trouble, float to live – there is advice on this below.
- If a friend gets into trouble, encourage them to float to live and call 999 immediately.

Float to live

A photograph of a person floating in the water, demonstrating the 'float to live' technique. The person is lying on their back with arms and legs extended. White arrows point to the person's back, head, arms, and legs, each with a corresponding instruction. The background is a dark, textured blue-green water surface.

Lifeboats | **HM Coastguard**

If your child is struggling in the water, do they know what to do?

Lean back

Control your breathing

Use your arms and legs to keep you afloat

then call for help/swim to safety

In a coastal emergency
call **999 for the Coastguard**

Get more advice at **RNLI.org/FloatUK2022**

#RESPECTTHEWATER

The Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

What to do if you get in trouble

If you get into trouble, you should float to live:

- Fight the instinct to thrash around and instead lean back, extend your arms and legs
- Gently move around, if you need to, to try and stay afloat
- Stay afloat until you feel calmer and can control your breathing
- Only then, shout for help or try and swim to safety

More information and resources can be found on the following websites:

- [Water safety and drowning prevention - South Yorkshire Fire and Rescue](#)
- [Water Safety Advice - Royal Life Saving Society UK](#)