

## All Saints School Swimming.

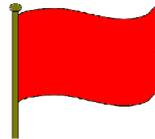
Swimming is great fun. Remember keeping safe is the most important part of swimming. If you are on the beach, the safest place to swim is between the red and yellow flags. This means there is a Lifeguard nearby.

Swim parallel to the shore (left to right) and make sure you can stand up easily. Avoid swimming further out where you can't touch the bottom. Make sure you are always with someone who is watching you. Even Olympic swimmers can get into difficulty in the sea or in rivers as the cold water can make your body go into shock.

If you are in difficulty;

Stay calm. **FLOAT TO LIVE! Float on your back in a star shape.** Calm your breathing and then gently scull or kick your legs to safety if you can.

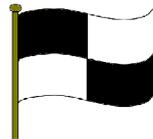
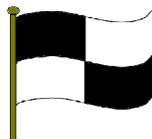
WATER SAFETY -  
Flags you need to know



RED FLAG - no swimming at all



BETWEEN TWO RED AND YELLOW FLAGS  
safe to swim and belly board



BETWEEN TWO BLACK AND WHITE FLAGS  
NO SWIMMING  
area used by surfers and windsurfers

If you are on holiday always check the depth of the swimming pool before you enter. Diving into shallow water can result in serious injury. Never swim alone and make sure someone is always watching you, however shallow the water may be.

**Rip currents or rip tides** are long, narrow bands of water that can pull you away from the shore and out to sea. Rip currents are dangerous, and it's best to learn how to spot and stay out of them. If, however, you get caught in a rip current, it's quite easy to escape if you know what to do.

Remain calm if a rip current begins to pull you away from shore. A rip current will probably not pull you underwater; it will only pull you away from the shore.

If you can't touch the bottom, do not fight against the current. Rip current victims drown because they become exhausted fighting the current. Save your energy and allow yourself to float on your back with the current.

1. Call for help immediately.
2. Float on your back (FLOAT TO LIVE) or tread water if you can't swim out of the current.
3. Swim parallel to shore (left or right  $\leftrightarrow$ ) to get out of the current. Being caught in a rip current is like being stuck on a treadmill that you can't turn off. Luckily, rip currents, like treadmills, are usually pretty narrow-so you need only get to the side of the rip current to escape (step off the treadmill).
4. Continue swimming parallel to the shore until you are clear of the current
5. Swim diagonally towards the shore once you escape the current rather than swimming straight back, or it may bring you right back into the current. You may be some distance from shore at this point, so stop and float if you need to rest.

**RIP CURRENTS**  
**Break the Grip of the Rip!**

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

**IF CAUGHT IN A RIP CURRENT**

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

**SAFETY**

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:  
[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)  
[www.usfa.org](http://www.usfa.org)

NOAA USFA



## River Safety



Rivers can be dangerous and should always be treated with respect.

Avoid swimming in rivers and lakes unless it is an organised Open Water event with trained lifeguards.

Rivers and lakes are usually very cold and even the best swimmers cannot cope with freezing temperatures (even on a hot day).

Often rivers can hide hazards such as plants, reeds and litter (even shopping trolleys!) and it is very easy to get caught up, injured and pulled under.

Keep away from the edge of a river. When it is wet, the river bank can be very muddy and slippery.

Avoid playing ball games near a river. If the ball goes in the water - leave it! You can always buy another ball but not another YOU!

Don't jump off bridges into unknown water. You don't know what is under the water – it could be too shallow, have rocks, currents and you could seriously injure yourself.

**If you or your friends are in difficulty – shout for help and ring 999 (or 112 in Europe).**

Never attempt to go into the water to rescue your friend. If you go into rescue them, they will grab you in a panic and you will be in danger too.

You can help by throwing a rescue aid such as a ball, rope or even an old empty drinks bottle. Encourage your friend to float or kick their legs and swim towards the nearest river bank.

**Stay Safe and Have Fun!**

# WATER SAFETY RULES



**Buddy up!**  
Make sure you never swim alone.



Swim in safe areas and  
always know where the lifeguard is.



**Know your limits.**  
Don't swim farther than or hold your breath  
longer than you are able to.



Jump  
in  
feet  
first.

Don't  
enter  
cold  
water.



Wear a life jacket  
if you can't swim  
or while on a boat.



Don't swim during storms.



Learn how to swim.



To assist someone in trouble,  
reach them with a pole or  
throw a floatable ball.



Last, but not least...

**FOLLOW THE RULES!**