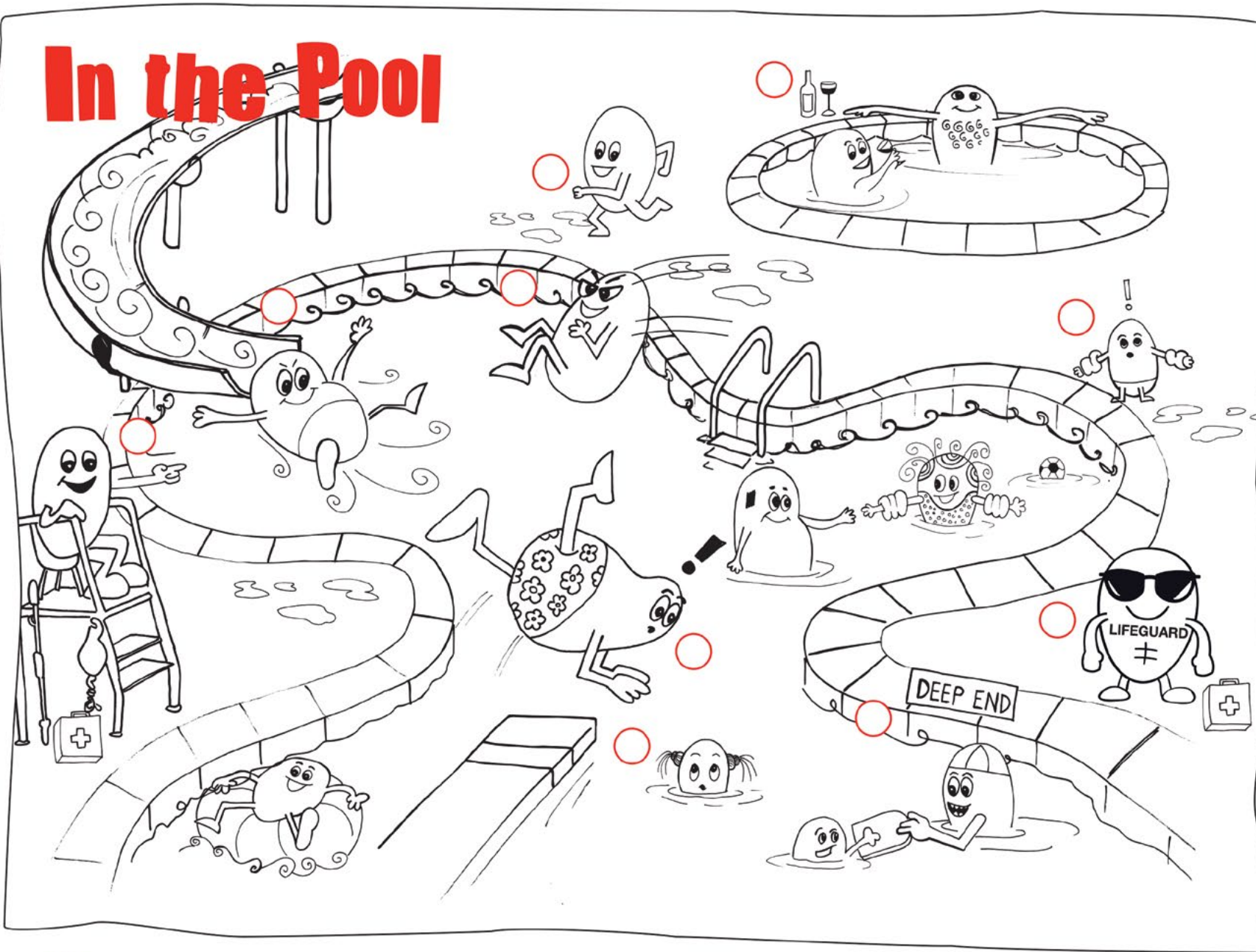


In the Pool



DANGERS

Can you number the following dangers on the picture?

- 1 Keep an eye on children. Don't leave them unattended
- 2 Beware of the water depth
- 3 Check the water is clear before diving
- 4 Follow the rules for flumes and slides
- 5 Take care on slippery floors
- 6 Do not drink alcohol before going swimming
- 7 Don't swim under diving boards
- 8 Listen to what the lifeguard tells you
- 9 Trained lifeguards are there to help you
- 10 Don't bomb



For more games and information visit
www.rlss.org.uk

SPOT

spot the dangers

ADVICE

follow safety signs and advice

FRIEND

always go with friends or family

Emergency

shout for help and call 999

Keep
 your family
SAFE, learn
 the code:

In the Pool

This poster is designed to help you enjoy swimming safely in the pool.

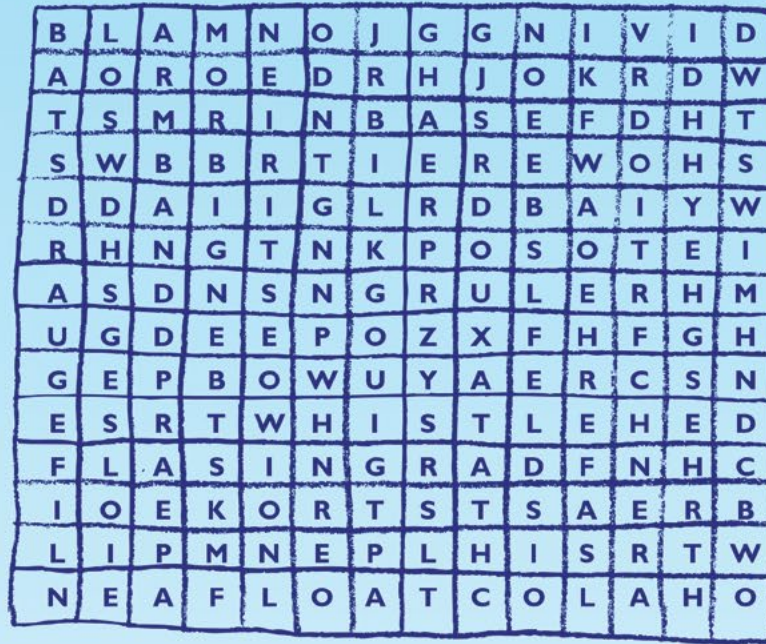
Pool Water Safety Advice:

- Only swim at a lifeguarded pool
- Pay attention to the pool safety signs
- Stay in the right depth for you
- Use floats or wear inflatables if you aren't a strong swimmer
- Have regular swimming lessons

Contact RLSS UK to find out how you can become a Rookie Lifeguard and learn lifesaving and self rescue skills.

01789 773994 or info@rlss.org.uk

Wordsearch



LIFEGUARD	ARMBAND	BOMBING
SHOWER	CHLORINE	FLOAT
WHISTLE	DEEP	SWIM
BREAST STROKE	DIVING	SAFETY

Match the signs with the meaning



- No diving
- No bombing
- No inflatables
- No running
- No pushing