

Water Safety

When the weather's warm and sunny it's tempting to go for a splash - but would you know what to do if you got into trouble in the water?

In today's Water Safety post, we wanted to make families aware and to teach children the importance of FLOAT and not swimming in rivers or lakes.

People are being advised not to cool off in rivers, canals, lakes or reservoirs, here are some important tips from the ROSPA about the dangers of open water

- It is very cold
- There may be hidden currents
- It can be difficult to get out (steep slimy banks)
- It can be deep
- There may be hidden rubbish e.g. shopping trolleys, broken glass
- There are no lifeguards
- The water may be polluted and could make you ill

Paddling pool safety-

Paddling pools are great fun in the garden on a hot summer's day, but always keep water safety a priority, even if your children are in a paddling pool with just a few inches of water. Children under 5 are at higher risk of drowning in a pool and even the smallest amount of water is a hazard. Once you're finished, empty out the water and tip the paddling pool over

Beach safety-

Emergency at the coast, Call 999 - ask for the Coastguard

Tip 1

Choose a lifeguarded beach- Check in advance if the beach you're visiting has a lifeguard

Tip 2

Check local signs and flags for risks- Be aware of dangers and sea conditions

Tip 3

Know your location- If you're not familiar with the area make sure you note down the beach name and address. Other details such as landmarks are also useful to help us find you

Tip 4

Remember Float to Live- If you find yourself in trouble in the water, relax and float with your head back and your ears submerged

Tip 5

Look after each other- Keep a close eye on children and never let them swim alone. Go with others when exploring

Foaties/Armbands-

Floatation devices can be a fun experience for babies, children and grown-ups

alike, but they are not life preservers. Even if your little one has floats, you shouldn't take your eyes off them and children should always be accompanied by an adult around water.

As your child grows and even when you may think they can swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water outside.

Additional Information

Listed below are resources relating to water safety:

The Canal & River Trust - <https://canalrivertrust.org.uk/explorers>

Slough Borough Council - A water safety video message following the tragic death of a local 20-year-old who died from cold water shock: <https://www.youtube.com/watch?v=y4njOkRBK4Q&feature=youtu.be>

Royal National Lifeboat Institution - Float To Live – What To Do In An Emergency – RNLI <https://rnli.org/safety/float>

Chloe Brown

Early Help Support Worker

Mon & Wed PM

Tue, Thu and Fri AM

email- cbrown@norcot.reading.sch.uk

Telephone- 07483368773