



# SWIM SAFE®



In partnership with

swimming  
TRUST

  
Lifeboats

 Swim  
England



# The water safety flags and signs





# A safe place to swim

- On a lifeguarded beach
- Look for signs that say safe to swim
- Be aware of tides and currents, winds and water depth
- Be aware of hazards such as rocks hidden underwater
- Be sure you can see how and where to get out



<https://www.youtube.com/watch?app=desktop&v=hiu1DvcrF0>

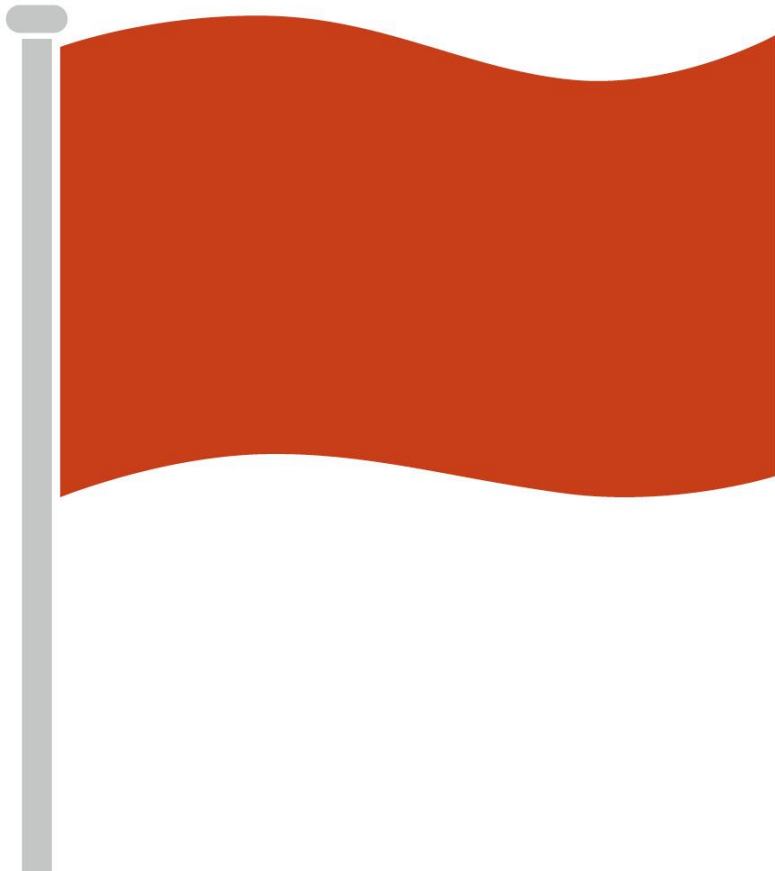


# The safety flags at the beach: Red and Yellow



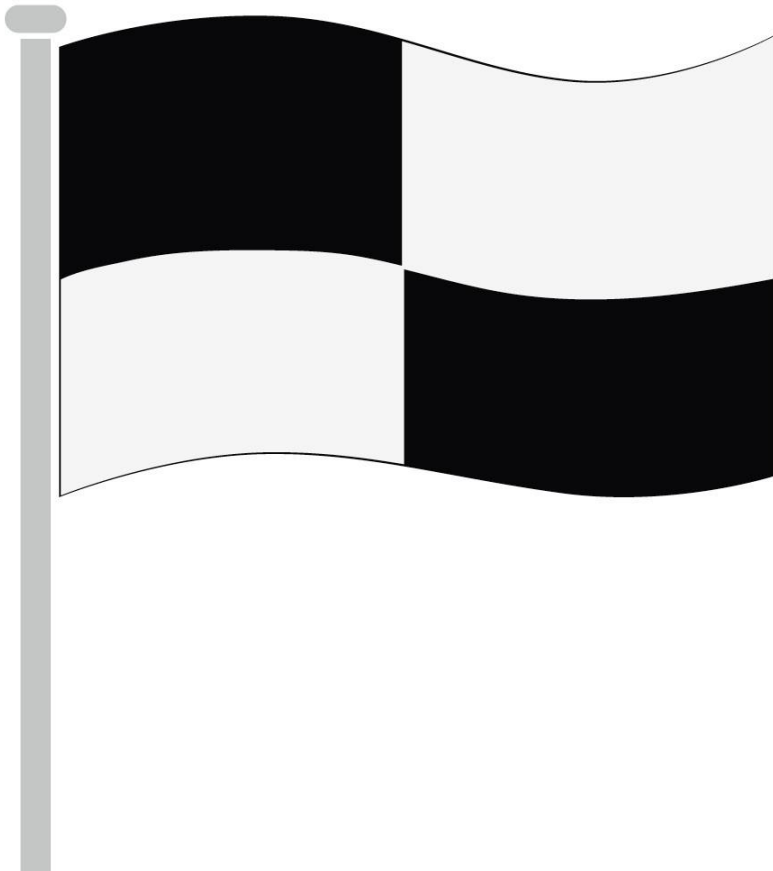


# The safety flags at the beach: Red



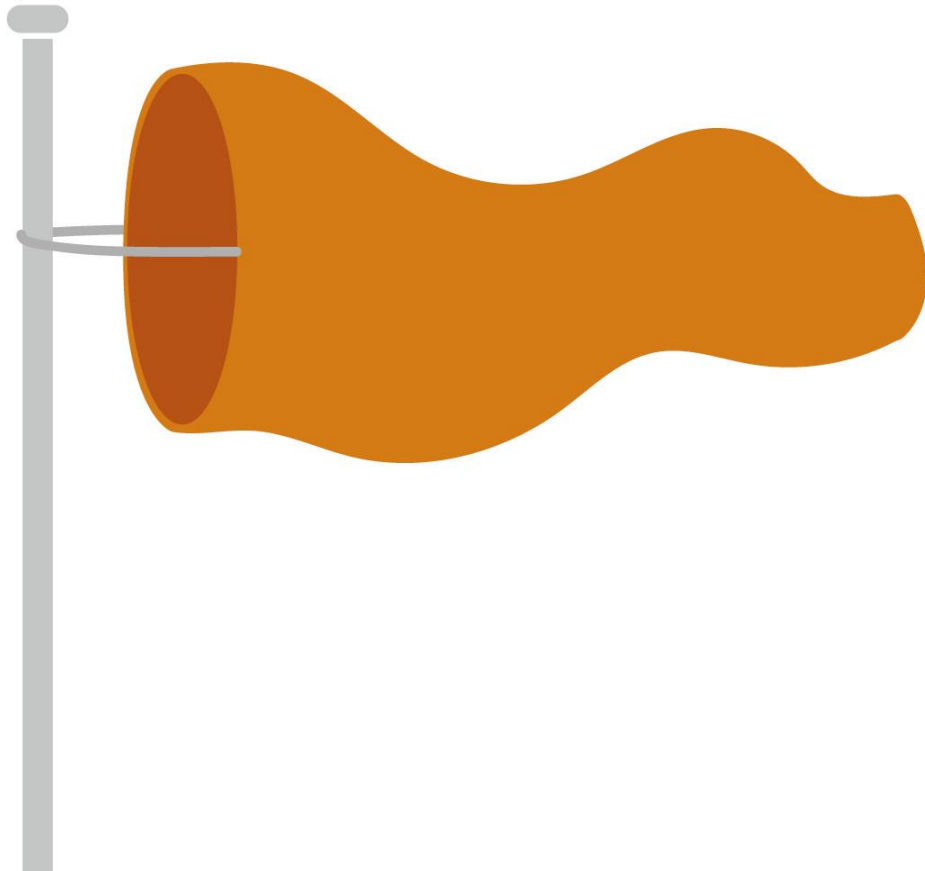


# The safety flags at the beach: Black and White



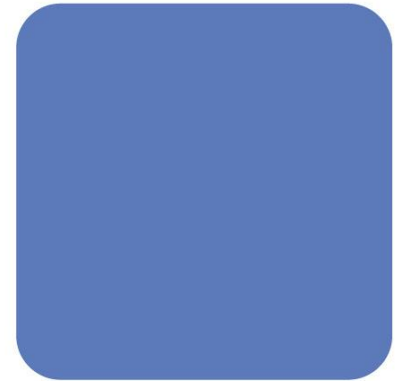
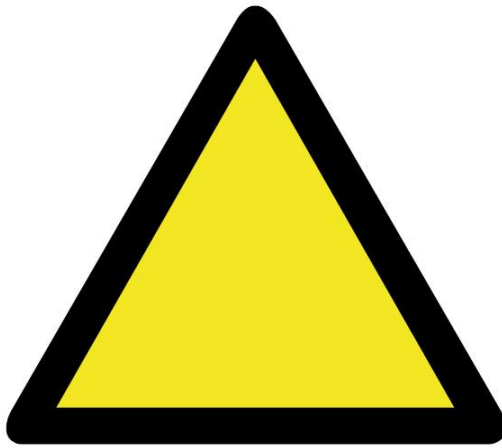


# The safety flags at the beach: Orange Windsock





# The safety signs at the beach



# ACTIVITY 3 & 4

Design a sign



# The safety signs at the beach



DO NOT SWIM



DO NOT DIVE



DO NOT JUMP



DO NOT SURF



DO NOT USE  
INFLATABLES



DO NOT USE  
MOTORISED CRAFT



STRONG WINDS



SUBMERGED  
OBJECTS



SUDDEN DROP



SURFING



DEEP WATER



STRONG  
UNDERCURRENTS



DEEP SHELVED  
BEACH



LARGE SURF OR HIGH  
BREAKING WAVES



SHALLOW WATER



TIDES



WATER CRAFT  
ZONE



SWIM BETWEEN  
THE FLAGS



# ACTIVITY 5

Match the flags and signs up to their description





# Who might you see at the beach or lake?

Lifeguards and lake wardens





# Attracting the attention of a lifeguard or lake warden when you need help

- Put your hand straight into the air to signal for help
- Tread water and keep head clear of the water
- Keep hold of anything that floats
- Keep calm
- Remember the **HELP** and **Huddle** positions to retain your body heat and be seen



# How to help others

- Do not enter the water to save another person or animal
- Alert a lifeguard, lake warden or other lifesavers on shore
- If someone is in trouble in the water, call 999 or 112 - at the seaside, ask for the Coastguard

