

At the river

This poster is designed to help you enjoy swimming safely at the river.

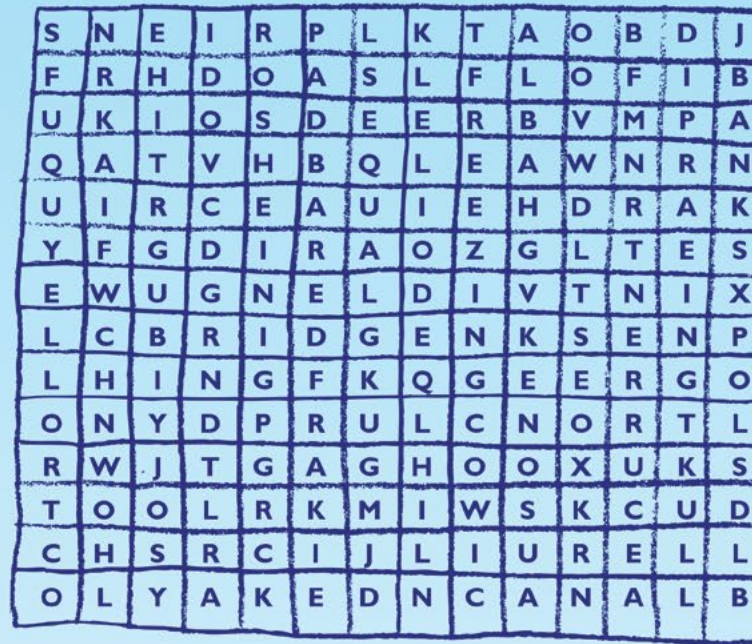
River Safety Advice:

- Swim at lifeguarded lakes
- When around water, stay back from the edge so you don't fall in
- Remember that lakes and rivers remain cold all year round
- Always wear a lifejacket for activities on or around the water

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



RIVER
CANAL
TROLLEY
BANKS

DIRTY
QUARRY
FREEZING
REEDS

CURRENT
DUCKS
BOAT
BRIDGE

River Safety Quiz

1. What number should you call if someone needs help?
.....
2. What should you throw to help someone in trouble – a rubber duck, a life ring, your teacher or a brick?
.....
3. What should you wear if you can't swim?
.....
4. Why should you stay back from the water's edge?
.....
5. You should never jump in to save someone in trouble, true or false?
.....