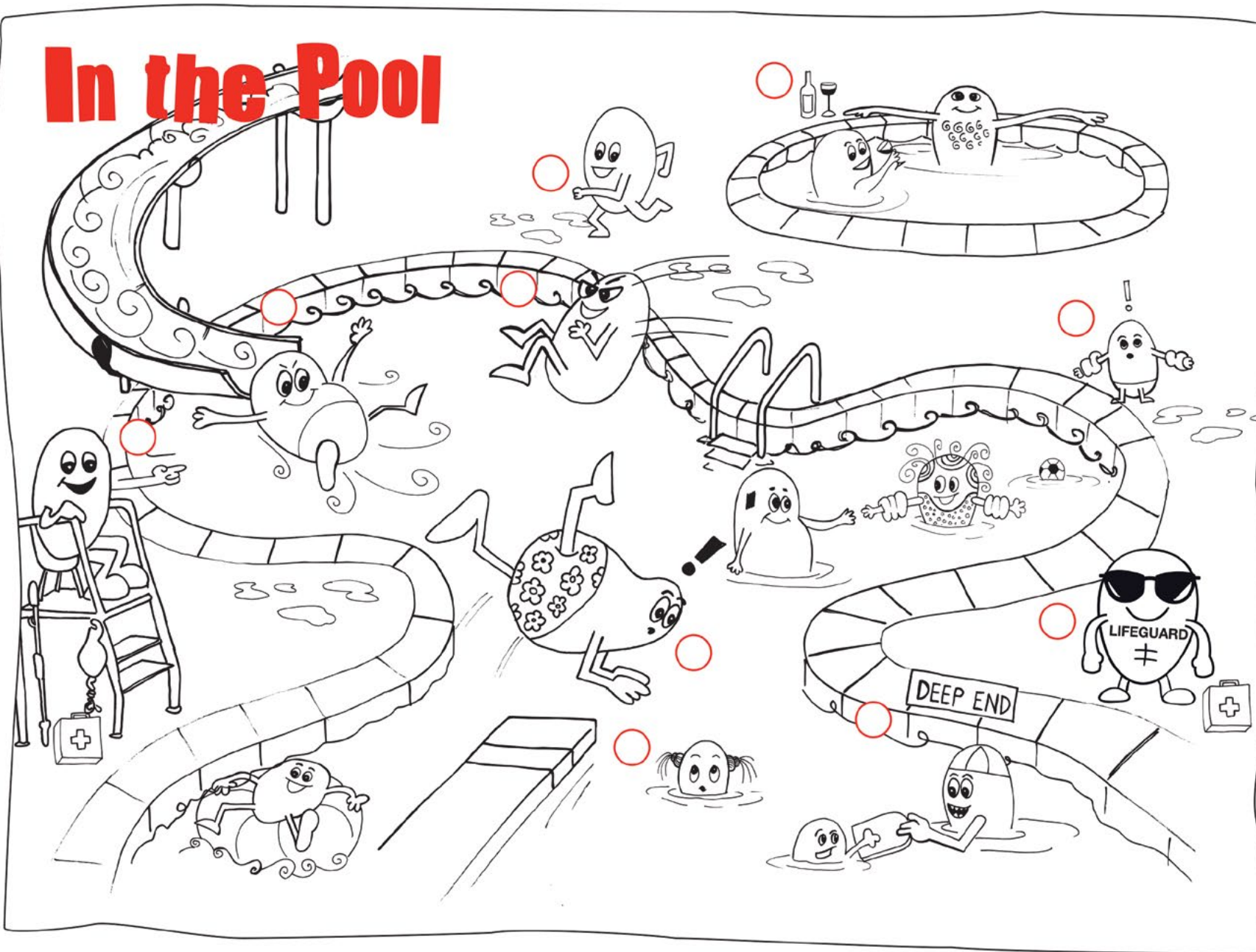


# In the Pool



## 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](http://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.

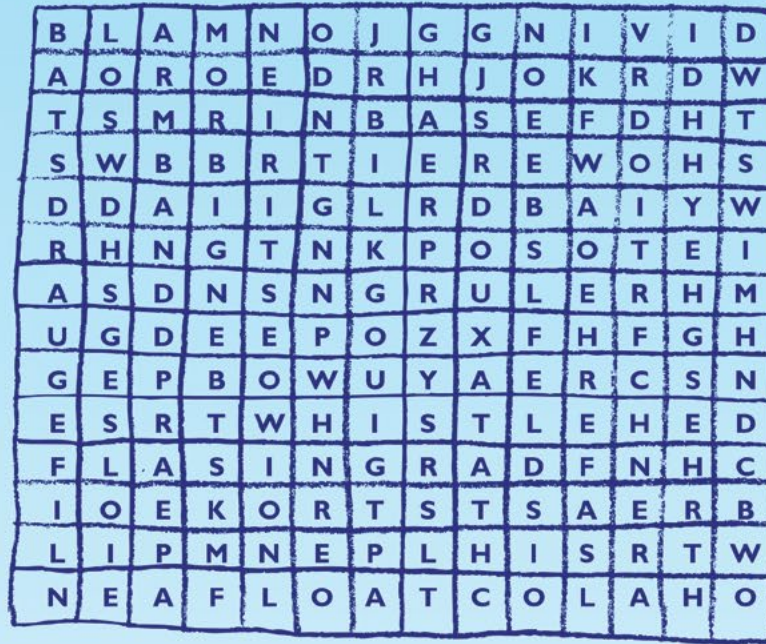
## Pool Water Safety Advice:

- 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](mailto: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