

# NO LIFEGUARD



# NO SWIM



**ALWAYS FOLLOW THE RLSS UK WATER SAFETY CODE,  
WHENEVER YOU ARE IN OR AROUND WATER**

**Water can be dangerous –  
think before you act:**

- ✗ Don't** drink alcohol or take drugs near water
- ✗ Don't** swim alone or at night
- ✗ Don't** jump or dive into unknown water
- ✗ Don't** take dares or risks to show off

**Be smart:**

- ✓ Stick with friends and look out for each other
- ✓ Follow safety signs and rules
- ✓ If someone's in trouble, call for help – don't jump in



**Your  
safety  
comes  
first!**



**STOP & THINK! | STAY TOGETHER  
CALL 999 | FLOAT**

 **Active  
Lifestyles**  
Stroud District



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Lakes and canals are cold, deep and unpredictable, with hidden dangers below. Without a lifeguard, fun can turn **fatal**.

Always follow the **RLSS UK Water Safety Code**, whenever you are in or around water

## STOP & THINK!

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.

## STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguard venue.



## IN AN EMERGENCY...

### CALL 999

Ask for the Fire and Rescue Service when onland and the Coastguard if at the coast.

**Don't enter the water to rescue.**



### FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.

