

Swim England Water Safety Code

1. Stop and think – Always Swim in a Safe Place

The Water Safety Code provides essential and easy-to-remember information to help people plan for their activity and understand what they should do in an emergency. Swimmers should be aware of outdoor swimming dangers and preferably swim at lifeguarded beaches, organised sessions, or supervised venues. **Dangers include:**

- Cold water, leading to shock and swim failure.
- Hidden currents.
- Poor water clarity obscuring depth.
- Poor water quality causing illness.
- Uneven, slippery surfaces.
- Discarded rubbish causing harm.

2. Stay together – Always swim with an Adult

When swimming outdoors you must always stay together. With younger children keep them within arm's reach when in, on or around the water.

- Never go alone!
- Tell a family member where you are going and when you will be back
- Swimmers should always swim with an adult to ensure their safety.
- By having an able adult to supervise them, swimmers will have an extra set of eyes watching for their safety and looking out for potential dangers.
- Make sure you have the right equipment for your activity, for example, a bright hat and tow float for outdoor swimming or buoyancy aids and the correct leash when paddleboarding, a whistle and a mobile phone in a waterproof pouch also help.

3. Float

If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.

4. Call 999

If you see someone in trouble, you must tell somebody or go to the nearest telephone and dial 999. Then ask for the **Fire Service at inland water sites** and the **Coastguard at the beach**. If you are at a **swimming pool**, you must tell the lifeguard. **Throw something that floats** for the person to hold on to but don't enter the water to help.