SKILLS TO LAST A LIFETIME

Give your family essential skills and confidence in and around water. Save a spot with Swimbies for babies and toddlers, Better Swim School for kids or swimming lessons for adults.

Swimming Lessons with Better







BETTER

WINTER WATER SAFETY

ROYAL LIFE SAVING SOCIETY UK

Here are some useful tips to keep safe this winter:

1. STOP AND THINK

Keep back from slippery banks and wear footwear with a good grip.

Stick to well-lit areas - the reduction in daylight in the winter adds to risks around water.

Plan your walks in daylight or along well-lit paths.

Ice can be extremely vulnerable even during periods of prolonged cold. **Never go onto the ice.**

Scan to access **free** RLSS UK resources to educate your family

3. CALL 999

Call 999 – do not enter cold water or ice to rescue.

Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.

2. STAY TOGETHER

Keep **children within reach** and teach children **not to go onto ice**.

Keep dogs on a lead near ice and slippery banks.

If out enjoying a winter walk, **walk with friends.**

Discover more at **rlss.org.uk**

4. 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.

If you cannot climb out, wait for help and keep as still as possible. **Preserve heat** by pressing your arms by your side and keep your legs together. **Keep your head clear of the water**.

Make sure the **whole family knows basic water safety** and what to do if they find themselves in the water unexpectedly.

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.