

# At the river



# DANGERS

Can you number the following dangers on the picture?

- 1 Beware of trip hazards
- 2 The water will be muddy and not as clean as swimming pool
- 3 Rescue equipment may be missing or broken
- 4 Pay attention to water safety signs
- 5 Always wear a buoyancy aid when on water
- 6 Beware of currents, they can carry you away in seconds
- 7 Water may be too shallow or deep
- 8 Banks often have crumbling or steep edges
- 9 You may risk getting trapped in weeds, branches underwater
- 10 There may be rubbish or debris hiding beneath the surface
- 11 Most rivers are far too cold to swim in



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:

# At the river

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

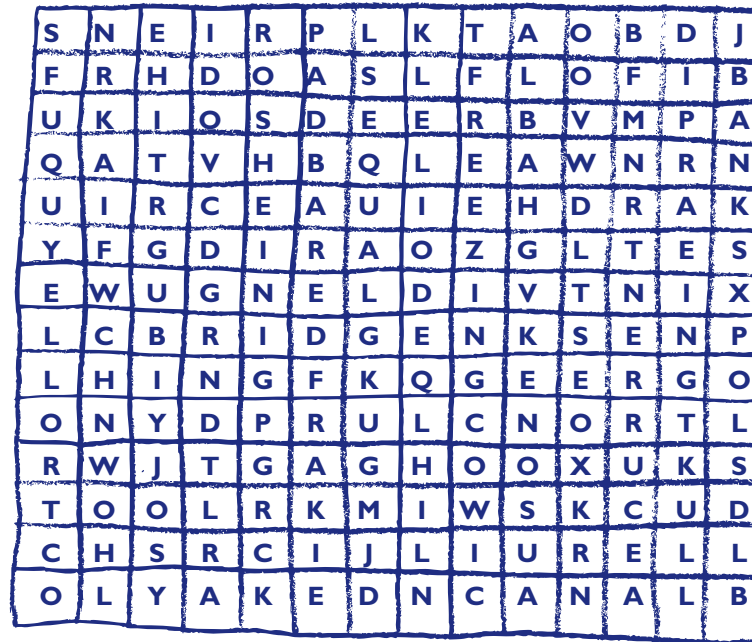
## River Safety Advice:

- 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](mailto: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?  
.....