



SUMMER SWIM NEWSLETTER

Summer Water Safety Newsletter

Keeping Children Safe Around Water This Summer

As the weather gets warmer and families spend more time outdoors, it's important to remember that water safety should always be a priority. Whether you're visiting the beach, enjoying a day by a river, using a paddling pool in the garden, or heading off on holiday, a little preparation can help keep everyone safe.

Here are some simple tips to help your family enjoy the water safely this summer.

Never Stop Supervising

Children should always be supervised around water, no matter how confident they are at swimming.

- Stay within arm's reach of young children.
- Avoid distractions such as mobile phones while supervising.
- Designate a responsible adult to watch children if you're with a group.

Remember: accidents can happen quickly and silently.

Be Aware of Open Water Dangers

Rivers, lakes, reservoirs, and canals can be dangerous, even on hot days.

- Water temperatures can remain very cold, even during summer.
- Strong currents and hidden hazards may not be visible from the surface.
- Avoid jumping or diving into unknown water.

Always swim at lifeguarded locations whenever possible.

Paddling Pool Safety

Paddling pools can be a fantastic way to cool down at home, but they still require supervision.

- Never leave children unattended around a paddling pool.
- Empty the pool after use.
- Store it safely to prevent rainwater collecting.
- Ensure the area around the pool isn't slippery.

Water Activities and Holidays

If you're taking part in activities such as paddleboarding, kayaking, boating, or sailing:

- Wear a properly fitted buoyancy aid or life jacket.
- Check weather conditions before setting off.
- Stay within designated activity areas.
- Follow the instructions of qualified instructors.


Stay Safe at the Beach

A day at the beach can be great fun, but it's important to stay aware of changing conditions.


- Swim between the lifeguard flags where provided.
- Check tide times before your visit.
- Teach children what to do if they become separated.
- Be aware of rip currents and follow lifeguard advice.

Understanding Beach Flags

When visiting the beach, always look out for the flags and signs displayed by lifeguards. They are there to help keep everyone safe.

 **Red and Yellow Flags** -These mark the safest area for swimming and bodyboarding. Always swim between these flags where lifeguards are present.


 **Red Flag** - A red flag means **Danger – Do Not Enter the Water**. Conditions are unsafe due to strong currents, large waves, or other hazards.


 **Black and White Chequered Flag** - This area is designated for watercraft such as surfboards, kayaks, and paddleboards. Swimmers should stay out of these zones.


Before entering the water, take a moment to check the flags and follow any advice from lifeguards.

The Water Safety Code

The Water Safety Code helps children and adults stay safe around water. There are four simple steps to remember:

 **STOP AND THINK** -Take a moment to look for dangers. Check for warning signs, water depth, currents, weather conditions, and whether lifeguards are present.

 **STAY TOGETHER** -Always stay with friends, family, or other people. Never swim alone and keep children under close supervision.

 **IN AN EMERGENCY – CALL 999** - At the coast, ask for the **Coastguard**. At rivers, lakes, canals, and inland waterways, ask for the **Fire and Rescue Service**.

FLOAT

If you find yourself struggling in the water:

- Tilt your head back.
- Keep your ears submerged.
- Relax and control your breathing.
- Move your hands and legs gently to help you stay afloat.

Once your breathing is under control, call for help or swim to safety if you are able.

Remember: **Float to Live** could save your life.

Sun Safety Around Water

Children can burn quickly around water because sunlight reflects off the surface.

Remember to:

- Apply sunscreen regularly.
- Wear hats and UV-protective clothing.
- Take breaks in the shade.
- Stay hydrated throughout the day.

If Someone Gets Into Difficulty

Remember the water safety message:

Call, Tell, Throw

- **Call** 999 and ask for the Coastguard (at the coast) or Fire and Rescue Service (inland).
- **Tell** the person to float on their back if they can.
- **Throw** something that floats to help them stay above water.
- **Never enter the water to attempt a rescue yourself.**

Keep Building Water Confidence

Summer is the perfect time to continue developing swimming and water safety skills.

Regular swimming lessons help children:

- Build confidence in the water.
- Improve swimming ability.
- Learn essential life-saving skills.
- Understand how to stay safe around different water environments.



FREE SWIMMING LESSONS

DROWNING PREVENTION WEEK

SATURDAY 13TH JUNE 2026 - SATURDAY 20TH JUNE 2026

WATER SAFETY STARTS WITH YOU
SKILLS SAVE LIVES

WEDNESDAY 17TH JUNE 2026

 16:00 – 16:45 ROOKIE LIFEGUARD STAGES 4 – 6	 16:45 – 17:30 ROOKIE LIFEGUARD STAGES 7 – 10
 Must be able to swim 20m	 Must be able to swim 50m+
 Will need to bring clothes	 Will need to bring clothes

 Available for swimmers already on our scheme or those new to us.

THURSDAY 18TH JUNE 2026

 17:45 – 18:15 BEGINNERS STAGES 1 – 3	 For children aged 4 – 8 years
	 Available for new swimmers not currently enrolled on our scheme.

 TO BOOK A PLACE, EMAIL:
harthaminfo@everyoneactive.com

 SPACES ARE LIMITED – BOOK EARLY TO AVOID DISAPPOINTMENT!

A Message from Hartham Leisure Centre

We hope all of our swimmers and their families enjoy a safe and enjoyable summer.

Swimming is an important life skill, and water safety knowledge can make a real difference. Thank you for continuing to support your child's swimming journey and helping us promote safe behaviour around water both in and out of the pool.

Have a fantastic summer and stay safe!