



Bedfordshire

Fire & Rescue Service

bedsfire.gov.uk
 Southfields Road
Kempston, Bedford
MK42 7NR
 bedsfirealert.co.uk
 @bedsfire

Dear Parents and Carers,

Important water safety message – please read

As the school holidays approach and the weather becomes warmer, we want to share some vital information about **water safety**. Many young people enjoy spending time near rivers, lakes, and other open water, but these environments can be very dangerous—even for strong swimmers.

This message is supported by **Bedfordshire Fire & Rescue Service** and local partners, including the **Police**, the **East of England Ambulance Service (EEAST)**, **RLSS** and **local authorities**, who often respond to water-related incidents during the summer.

Open water areas may look inviting, but they can hide serious hazards such as:

- **Cold water shock** – sudden immersion can cause gasping, panic and breathing difficulties
- **Hidden dangers** – weeds, debris, strong currents and sudden changes in depth
- **Risk of injury** – jumping or diving into unknown water can cause serious harm

Emergency Advice

If someone is in trouble in the water:

- **Do not enter the water yourself**

Phone – Float – Throw

If you see someone struggling in the water, remember **Phone – Float – Throw**. It is a simple way to act quickly while keeping everyone safe.

- **Phone** – call **999**. Ask for the **Fire Service** for inland water (rivers, lakes, canals) or the **Coastguard** at the coast.
- **Float** – Encourage the person to **float on their back** with their ears in the water, relax their breathing, and call for help. Once they feel calmer, encourage them to swim to safety if they can.
- **Throw** – help them to float in the water by throwing something that floats (a lifebuoy, throwline, football, or even a bottle) and encourage them to hold on. Keep talking to them until help arrives.

More information about water safety is available on the **Respect the Water** website:

www.respectthewater.com and the **Bedfordshire Fire & Rescue Service** website: www.bedsfire.gov.uk.

The **RLSS water Safety Code video** is also easy to understand for young people

Please take a moment to talk with your child about these key messages to help keep them safe and ensure everyone enjoys the warmer months.

Kind Regards

Stacey Moore
Community Safety Officer
Bedfordshire Fire and Rescue Service





Bedfordshire

Fire & Rescue Service

bedsfire.gov.uk
 Southfields Road
Kempston, Bedford
MK42 7NR
 bedsfirealert.co.uk
 @bedsfire

ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND 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 lifeguarded venue.



In an emergency:

CALL 999

If you are at the coast, call 999 and ask for the Coastguard.

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.



Enjoy Water Safely

Learn basic lifesaving and CPR skills.
Visit www.rlss.org.uk