



# ALWAYS FOLLOW THE **SAFE CODE**

**Spot**

Spot the Dangers

Look for dangers whenever you're near water

**Advice**

Take Advice

Read the signs  
Ask lifeguards and adults

**Friend**

Go with a Friend

Always go with friends or family, it's more fun, and they can help in an emergency

**Emergency**

Know what to do in an emergency

Call 999 and shout for help  
Never go in to the water to help someone