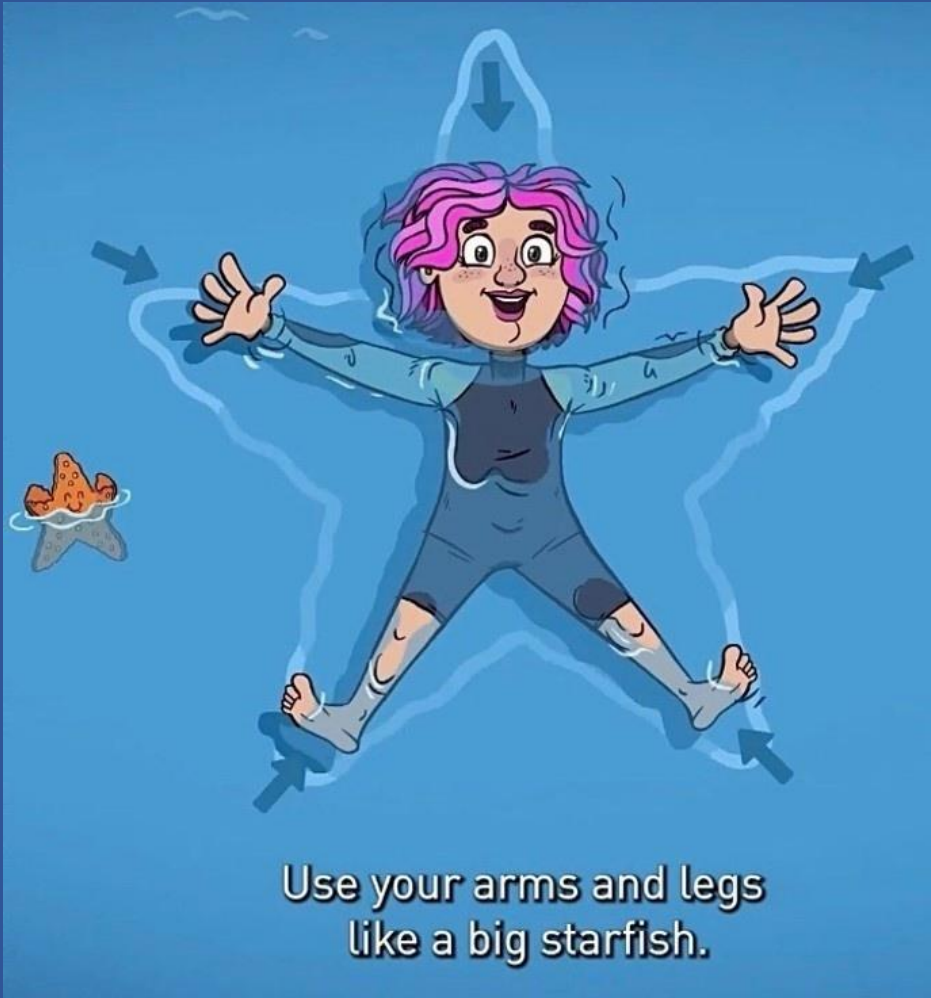


Astbury Safety Council

Ruby, Taylor, Claire and Isabelle



Summer Holiday Safety



ROYAL
LIFE SAVING
SOCIETY UK

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.

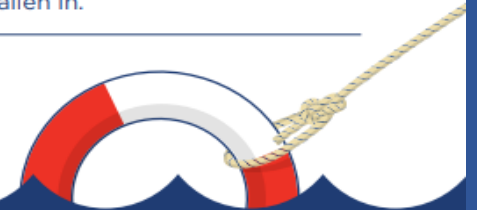
In an emergency:

CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. 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.



Summer Holiday Safety

Online Safety

Follow the **SMART** rules to help stay safe online.

Safe

S

Stay **safe** online by not sharing your personal information.



Meet

M

Do not **meet** anyone who you have only become friends with online.



Accept

A

Do not **accept** messages and friend requests from people you do not know.



Reliable

R

Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.



Tell

T

Tell an adult you trust if anything happens online that you do not like.



Be careful what you share online!

Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!

Summer Holiday Safety



Does your helmet fit properly?

Take the Helmet Fit Test

1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

Have a great summer holiday
and



Have a great summer holiday
and

Stay Safe

