

Safeguarding Newsletter



Advice for parents and carers

Issue 39 July 2026

Focus: Staying Safe Over the Summer Holidays – Water Safety

As many of you will be aware there have been several water-related deaths around the country in the hot weather that we have been experiencing over the past few months

In this newsletter there is water safety advice provided by the RNLI and RLSS.

More information and advice can be found on their websites.

[Water Safety Advice And Tips - Know The Risks](#)

[The Royal Life Saving Society UK \(RLSS UK\)](#)

Follow the Water Safety Code



Stop and Think – Know the risks

- Is the area safe? Consider potential hazards—too deep or too shallow, currents, tides, underwater objects.
- Enter slowly and carefully and never jump from heights.
- Think carefully about your ability to splash or swim in cold outdoor water. Are you really a good swimmer?
- Research local information and conditions - read local signs and speak to locals, including the lifeguards.
- Never use inflatables in open water – although they look fun, inflatable water toys can quickly get caught in the wind and be blown out to sea.



Stay Together

- Seek lifeguarded areas and always ensure someone is available to raise the alarm.
- Don't go too far – enter the water slowly, stay within reach, stay within a standing depth and always be supervised.



Choose a lifeguarded beach

- In 2025, RNLI lifeguards aided 36,213 people on the beach.
- Choosing to visit a lifeguarded beach gives you and your family the protection of highly trained lifesavers.
- They can see the dangers develop, prevent accidents before they happen and respond instantly if anyone gets into difficulty.



Call 999 or 112 in an emergency

- When you go to the beach, always carry a means of calling for help.
- If you're going in the water, you can carry your mobile phone in a waterproof pouch. That way, if you find yourself or spot someone else in an emergency situation, you can get help.

If you get into trouble in the water – float to live

Float To Live – What To Do If You Fall In Water

5 steps to know how to float

However you got there, if you end up in difficulty in the water, Float to Live.



If you get into trouble in the water, float.

Why floating helps you survive

- Floating gives you the chance to rest and recover your breathing. Once you've regained control of your breathing, you can call for help or swim to safety.
- This advice is useful to everyone, however you use the water. It has helped save the lives of more than 50 people in all sorts of situations. From children in rip currents to runners falling into canals, from people swept out by waves, to fishermen falling overboard.