



Lifeboats

GIVE YOURSELF A FLOATING CHANCE

If you're in trouble in cold water:

- 1 Fight your instinct to thrash around**
- 2 Lean back, extend your arms and legs**
- 3 If you need to, gently move your arms and legs to help you float**
- 4 Float until you can control your breathing**
- 5 Only then call for help or swim to safety**

FOR THOSE WHO FIND FLOATING A LITTLE HARDER:

- clothing can provide natural buoyancy for the first few minutes.
- stick to gentle movement to help you float.
- practice your floating technique in a pool.

The average temperature of British and Irish coastal waters is 12–15°C. That's cold enough to cause cold water shock.

WHEN THE SHOCK HAS PASSED, LOOK FOR SAFETY. OPTIONS ARE LIKELY TO INCLUDE:

- swimming to safety – parallel to the beach if you're caught in a rip current
- calling for help
- finding something to hold onto to help keep afloat
- thinking about ways to preserve body heat until help arrives.

Help save lives. Share our Float to Live advice.
RNLI.org/RespectTheWater



The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution, a charity registered in England and Wales (209603),
Scotland (SC037736), in the Republic of Ireland (20003326) and the Bailiwick of Jersey (14)



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RESPECT THE WATER WHEREVER YOU ARE

What do you do if you see someone in trouble in the water?

All too often, people's first instinct is to go into the water. As a result, too many people drown trying to save others or their pets.

If you see somebody in danger of drowning at the coast, **call 999 or 112** and ask for the coastguard straight away.

Look for something that floats and throw it out to them.

Help them stay calm and encourage them to float.

HELPING YOU TO STAY SAFE



AT THE BEACH

- Go to a lifeguarded beach and swim between the red and yellow flags.
- Before going into the sea, consider your ability and the conditions; swimming in the sea is very different to swimming in a pool.
- When you enter the water, take time to acclimatise to the temperature.
- Have someone watching you from the beach and make sure they are able to call for help.



NEAR OPEN WATER

- When you're near open water, keep away from the edge; stick to designated paths and look out for safety signs; and keep clear of uneven, unstable or slippery ground.
- Avoid walking alone or at night, and always carry a means of calling for help.
- If exploring the coastline, always get local advice on the tide to make sure you don't get cut off.



ON THE WATER

- Carry a means of calling for help in case you do end up in trouble.
- Wear the appropriate flotation device, such as a lifejacket or buoyancy aid, it could save your life.
- If you are going out alone, tell someone ashore about your plans and what time you expect to be back.

To find out more visit: [RNLI.org/RespectTheWater](https://www.rnli.org/RespectTheWater).

Please support us by sharing these important lifesaving skills.

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