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# Water Safety Rules Every Swimmer Should Know

KS2 PE

KS3 PE

Ages 9-14 ⌚ 3 min read

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## Why Water Safety Matters

Swimming is brilliant fun and fantastic exercise, but water can be dangerous if you don't follow the right rules. Every year, people get into trouble in water because they ignore safety guidelines. Learning the rules now means you and your friends can enjoy swimming safely for life.

## Never Swim Alone

The number one rule is simple: **always swim with other people around**. Never go into the water by yourself, even if you're a confident swimmer. If you get into trouble, you need someone nearby to help you or call for assistance.

Think of it like crossing a busy road — you wouldn't do it alone, so why swim alone?

## Know Your Abilities

Be honest about how well you can swim. **Wear a buoyancy aid or float if you're not a strong swimmer**, and stay in the shallow end. Don't be embarrassed — even excellent swimmers started as beginners. Never attempt to swim in deep water until you're truly ready.

## Follow Lifeguard Instructions

When you're at a **swimming pool, beach, or water centre**, there are trained **lifeguards** watching. Listen to everything they tell you. They know the water conditions and potential dangers. If a lifeguard says the water is closed, it's closed for a reason.

Think of lifeguards like referees in sport — they're there to keep you safe and fair play.

## Check the Water Before You Enter

Always test the water with your feet first. Check for **temperature, currents, depth, and obstacles** like rocks or sudden drop-offs. Murky or discoloured water can hide dangers, so avoid it. Look for warning signs about hazards.

## **Wear Protection and Stay Visible**

In sunny conditions, wear **sunscreen and a hat** to prevent sunburn. If you're swimming in open water, wear **bright clothing or a reflective vest** so others can see you. Never assume drivers, boats, or jet skis have noticed you.

## **Learn CPR and Know Emergency Procedures**

Ask your school or local leisure centre about **first aid and CPR training**. If someone gets into trouble, knowing how to help could save their life. Always know where the nearest phone is and how to call for help.

## **Stay Sober and Alert**

**Never swim after drinking alcohol**, and stay focused while in water. Don't dive into unknown water — you can't see what's underneath. Avoid swimming when tired or unwell.

Follow these **water safety rules**, and you'll have years of safe, enjoyable swimming ahead.