

Water Safety Advice: On Holiday For Mums and Dads



Welcome To STA's Water Safety Advice For Holidays

For every family holiday, the water plays a vital part for enjoyment and making memories. With that in mind, as parents / guardians you must always ensure your children are confident and safe in and around the water.

Whether your children are beginners or competent swimmers, water safety is paramount. To address this, STA have created this booklet to offer advice and guidance on how to stay safe in and around water, whilst on holiday making happy memories.

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Chief Executive
STA



Contents



**STANley's
Water Safety
Code Of Advice
Page 3**

**Water
Safety On
Holiday
Page 4**

**Water
Safety On
The Beach
Page 5**

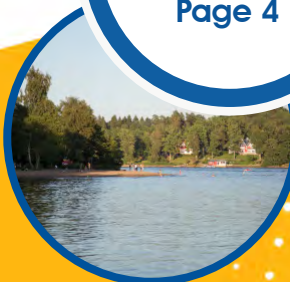
**Water Safety
In Swimming
Pools
Page 7**

**Know Your
Beach Flags
Page 6**

**Water Safety
In Water Parks
Page 8**

**Water Safety
Checklist
Page 9**

**CPR Guidance
for Parents
Page 10**



STAnley's Water Safety Code Of Advice

1. Spot the dangers

Water may look safe, but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you'd be able to swim in cold outside water.

2. Take safety advice

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

3. Don't go alone

Children should always go with an adult, not by themselves. An adult may be able to point out dangers or help if someone gets into trouble.

4. Learn how to help

You may be able to help yourself and others if you know what to do in an emergency.

Visit www.sta.co.uk
for more information



Water Safety On Holiday

STA are aware that families enjoy the pool or beach area for a large majority of the holiday duration. With that in mind, we would like to offer some tips to ensure this time in and around the water is fun and safe.

Get To Know: Take note of the pool area and surroundings. Ensure you check the layout and depth of the pool so as a family you can enjoy and feel comfortable. As pools abroad can be maintained differently from the UK, watch out for pool opening times.

Lifeguard: If pool rules are displayed and are not in English, ask hotel staff for a translation. Please note that these pools may be unmanned by lifeguards. As parents/guardians, supervision is important.

Supervision: Children must be supervised at all times, in and around the water. Drowning incidents can occur in just 2cm of water.

'No Diving' Signs: Hotels or apartment swimming pools may not be suitable for safe pool side diving. If a 'No Diving' sign is present, please follow these instructions. Resist the urge to dive or jump from features around the pool such as bridges or rocks.

Emergency: Familiarise yourself with what you should do in an event of an emergency in the destination you are in.

Weather Conditions: Be aware of local conditions, if on the beach, tides, winds, currents can make the even the safest beach hazardous.



Water Safety On The Beach

It's natural to regard the beach as a happy and safe place. However, there are dangers which individuals may not consider due to taking trips to the beach infrequently.

- Obey warning signs, safety flags and notices
- Always swim between red and yellow flags
- Continuously watch your child, they can drown in less than a minute
- If you see someone in difficulty, tell a lifeguard or contact the emergency services (find out the contact number depending on your location)
- Be aware of incoming tides which could result in being stranded. This information may be displayed on a notice board on the beach.
- Rock pools are fascinating but can be dangerous as rocks may be slippery.



Know Your Beach Flags



Red: Danger, do not enter the water



Purple: Dangerous marine life has been spotted e.g. Sharks, Jellyfish etc



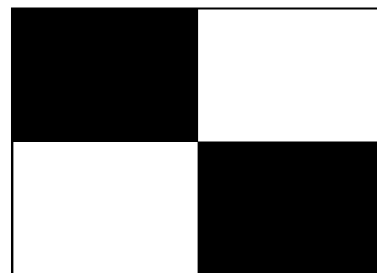
Green: The water is calm. This doesn't make the water safe; you must still be careful and look for areas where a lifeguard is present



Red and Yellow stripe:
Lifeguard on duty - always swim between flags



Black and White checkered flag:
Safe for boats and water crafts only
. No Swimming



Orange wind sock: Shows the direction of wind. Off shore winds can sweep you out to sea and make it difficult to return to shore.

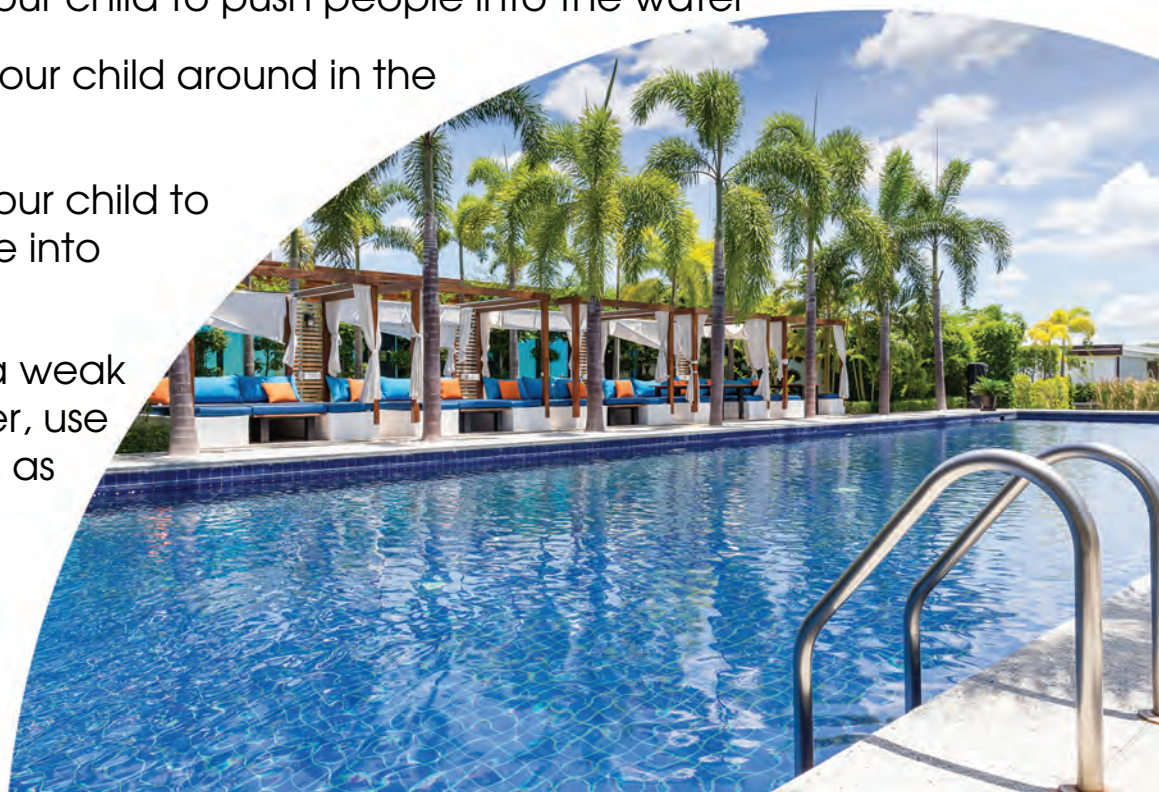


Water Safety In Swimming Pools

As we know, swimming is a fantastic skill which helps individuals gain knowledge and understanding on water safety rules. This then significantly reduces chances of being involved in an incident.

To ensure a safe, pleasant, and enjoyable time for you and your family, please follow the simple rules below when around a swimming pool:

- Always obey the pool rules and lifeguard
- Stay with your child at all times
- Do not allow your child to run around the poolside
- Do not allow your child to eat sweets or chew gum in the water
- Do not allow your child to push people into the water
- Do not throw your child around in the water
- Do not allow your child to attempt to dive into shallow water
- If your child is a weak or non-swimmer, use buoyancy aids as appropriate.



Water Safety In Water Parks

Water Parks are a great place for summer fun and laughter. It is still important to be vigilant of the rules and safety information. STA have developed the following top tips to ensure your family have a safe, fun experience at the water park.

- Weak or non-swimmers should always wear buoyancy aids/life vest. It is probably best to take your own to be sure of availability and size
- Dress children appropriately e.g. waterproof nappies, UV Swim wear for protection
- Do not enter the water if you have diarrhoea
- Read all signs and listen to all instructions from staff members.
- Ensure there are staff members/lifeguards supervising all water related areas
 - Do not chew gum or eat in water
 - Don't over estimate your swimming ability as this could put you at risk
 - Keep children/toddlers in shallow water
 - Keep aware of any health restrictions associated to particular water activities
- Ensure children are supervised by an adult at all times.



Water Safety Checklist

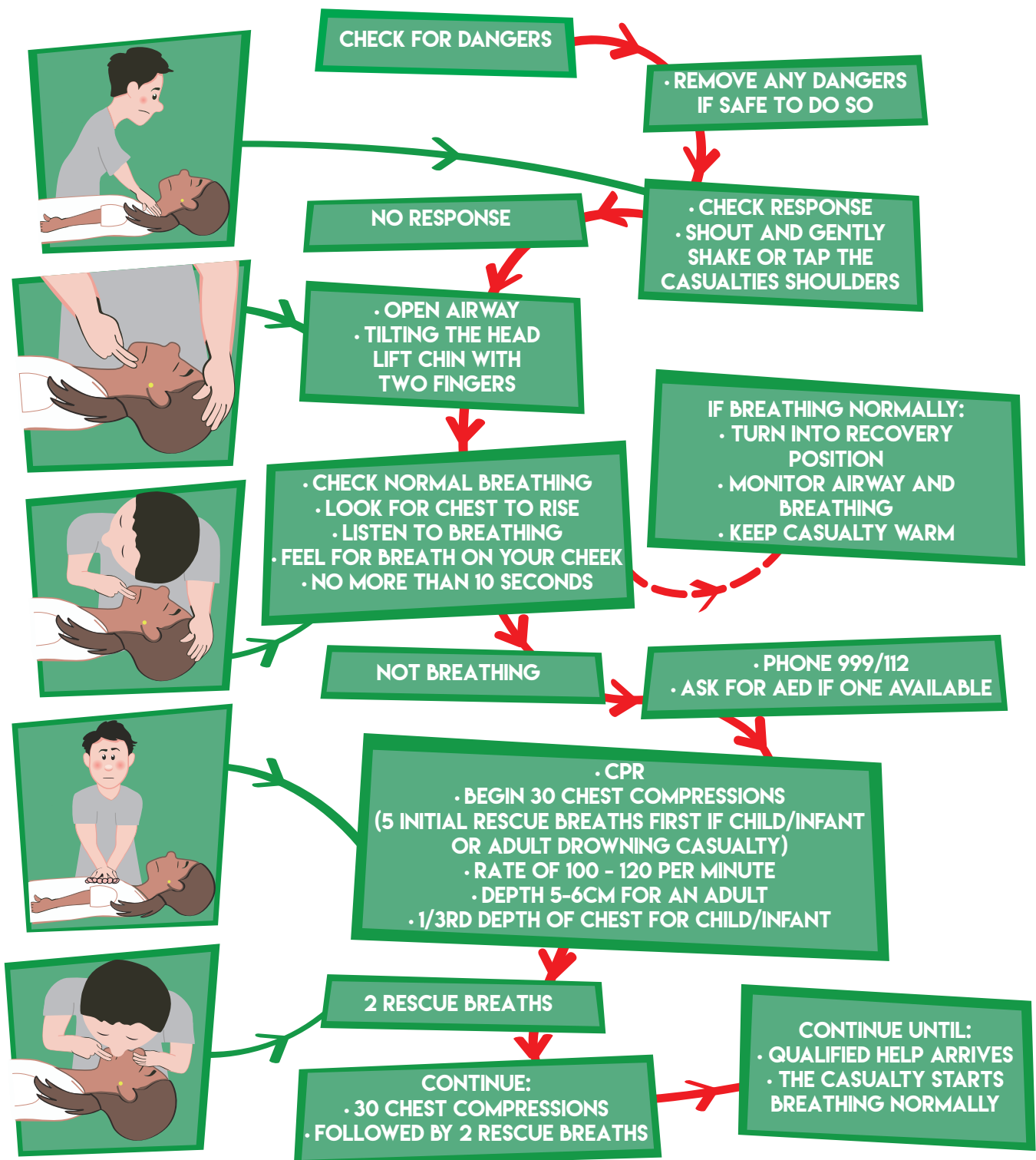
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- ☐ Are there lifeguards present? If not, have you read the rules? (If they are not in English, ask for a translation)
 - ☐ Have you checked the pool area and familiarised yourself with the depth?
 - ☐ Have you familiarised yourself with the contact details for emergency services?
 - ☐ Have you checked the weather conditions for the period of your holiday?
 - ☐ Are your children aware of STAnley's water safety code?
 - ☐ Have you and your family learnt the colours and meaning of each beach flag?
 - ☐ Do you have access to buoyancy aids? (If required)

REMEMBER: to supervise children at all times when near water.



CPR Guidance for Parents

Below you can find a step by step guide (with images) how to respond to a potential casualty.



**We wish you
and your family
a lovely holiday**

