



NORTH YORKSHIRE FIRE & RESCUE SERVICE

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Your Ref: **Keeping Children Safe
Around Water**
My Ref: **KCSAW/JUN26**

Dear Parent/Carer,

Helping to Keep Children and Young People Safe Around Water

Every year, children and young people are injured or lose their lives in water-related incidents. Many of these tragedies can be prevented through greater awareness and simple safety advice.

We are asking parents and carers to take a few minutes to talk with their child about staying safe around water. A short conversation now could make a real difference.

Even on warm days, open water can be dangerously cold. Entering the water too quickly can lead to:

- cold water shock
- gasping and breathing difficulties
- panic
- loss of strength and coordination

Please remind your child that they should never:

- jump into water
- swim in reservoirs, rivers or quarries
- go into the water to retrieve items
- take part in dares or social media challenges involving water



Float to live

This simple advice can save lives. Please encourage your child to remember to 'float to live' if they ever find themselves in difficulty in the water:

1. Tilt their head back
2. Keep ears under the water
3. Relax and control their breathing
4. Move their hands to stay afloat
5. Spread their arms and legs

Once they are calm, they can call for help or swim to safety.

If someone else is in difficulty

Please teach your child to remember: Call, Tell, Throw.

- Call 999 immediately
- Tell the person to float on their back
- Throw something that floats if possible
- Never go into the water themselves

Stay away from frozen water

During winter, ice on lakes, ponds, reservoirs and canals may look safe but can break without warning. Children should:

- Never walk, play or cycle on frozen water.
- Keep well away from the edges of frozen lakes and ponds.
- Call 999 and ask for the fire and rescue service if someone is in difficulty.

By having a short conversation at home, you can help your child understand the risks around water and make safer choices throughout the year.

More information about water safety is available at:

- [The RNLI Float to Live campaign](#)
- [Near water - North Yorkshire Fire & Rescue Service](#)
- [Staywise Activity Centre](#)

Thank you for your support in helping to keep children and young people safe.

Yours sincerely,
The Prevention Team
North Yorkshire Fire & Rescue Service