

Dear Parents/Guardians

14th December 2023

Some of you or your children maybe out being adventurous during the winter months. We wanted to share some advice and top tips from the RLSS how to stay safe around water this winter.

In winter, children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them.

Taking a nice walk-in cold weather with your family, friends or dogs in tow can be really refreshing, but staying safe needs to be everyone's main priority.

Here are some useful tips to keep safe this winter:



Stop and Think

Keep back from slippery banks and wear footwear with a good grip.

Stick to well-lit areas - the reduction in daylight in the winter adds to risks around water. **Plan your walks** in daylight or along well-lit paths.

Ice can be extremely vulnerable even during periods of prolonged cold. **Never go onto the ice.**



Stay Together

Keep **children within reach** and teach children **not to go onto ice**.

Keep dogs on a lead near ice and slippery banks.

If out enjoying a winter walk, **walk with friends**

In an emergency



Call 999

Call 999 – do not enter cold water or ice to rescue.

Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.



Float

If anyone falls in or becomes tired - **stay calm, float on your back and call for help.** Throw something that floats to somebody that has fallen in.

If you cannot climb out, wait for help and keep as still as possible. **Preserve heat** by pressing your arms by your side and keep your legs together. **Keep your head clear of the water.**

Make sure the **whole family knows basic water safety** and what to do if they find themselves in the water unexpectedly. You can access FREE RLSS UK resources to help.

[Parents Resources](#) | [Royal Life Saving Society UK \(RLSS UK \)](#)

Please Turn Over for more tips and advice.....

See our advice on ice rescue and self-survival below:

Areas with frozen lakes, ponds, canals and reservoirs can be beautiful places to visit during the winter months but all too often many people risk their lives by venturing onto frozen water. Don't be fooled by popular movie scenes, ice can be extremely dangerous and across the UK and Ireland is unlikely to freeze to a suitable depth to safely walk on.

What to do if you fall through the ice:

1. Keep calm and shout for 'help'.
 2. Spread your arms across the surface of the ice in front of you.
 3. If the ice is strong enough, kick your legs to slide onto the ice.
 4. Lie flat and pull yourself towards the bank.
 5. If the ice breaks, work your way to the bank-breaking the ice in front of you.
 6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keep your legs together. Keep your head clear of the water.
 7. Once you are safe, go to hospital immediately for a check up.
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What to do if you see someone fall through the ice:

1. Shout for assistance and phone the emergency services – call 999 or 112.
 2. Do not walk or climb onto the ice to attempt a rescue.
 3. Shout to the casualty to 'keep still' and offer reassurance to keep them calm.
 4. Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.
 5. When reaching from the bank, lie down to avoid being pulled onto the ice.
 6. If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way.
 7. If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty.
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What to do after the casualty has been rescued from the ice:

1. Make sure the ambulance is on its way.
2. Lay the casualty flat, check for normal breathing and begin resuscitation if necessary.
3. Prevent them from getting colder by covering them with warm clothing, blankets etc.
4. Get them out of the cold under cover or create some shelter around them.
5. Until the casualty is in a warm place, do not undress them.
6. Do not rub their skin, do not apply hot water bottles and do not give an alcoholic drink.
7. Keep them wrapped up so they warm up gradually.

For more information and guidance on water safety, please see link below.

[Winter Water Safety | Royal Life Saving Society UK \(RLSS UK\)](#)