



Lifeboats

TREAT WATER WITH RESPECT NOT EVERYONE CAN BE SAVED

Around 190 people die each year at the UK and Irish coasts. We want to change this.

Respect the Water is the RNLI's national drowning prevention campaign. It's playing an important part in helping us halve the number of lives lost at the coast each year.

Know the risks:

COLD WATER SHOCK

The temperature of our waters can steal the air from your lungs and leave you helpless in seconds.

INTO WATER UNEXPECTEDLY

Around half the people who drown slip, trip or fall into the water. They don't expect to get wet.

RIP CURRENTS

Our waters are dangerously unpredictable with waves, tides and hidden currents that can catch you out.

KNOW WHAT TO DO
SEARCH: RESPECT THE WATER



YouTube



KNOW WHAT TO DO

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 water temperature.
- Have someone watching you from the beach and make sure they have a means of calling for help.

Near open water:

- Keep away from the edge, stick to designated paths and read safety signs.
- Beware 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 (eg sailing, kayaking or fishing):

- Carry a means of calling for help in case you do end up in trouble.
- Wear an appropriate personal flotation device – it could save your life.
- If you are alone, tell someone ashore your plans and what time you expect to be back.

If you end up in the water unexpectedly:

1. The initial effects of cold water pass in less than a minute so don't try to swim straight away.
2. Relax and float on your back to catch your breath. Try to get hold of something that will help you float.
3. Keep calm then call for help or swim for safety if you're able.

If you see someone else in trouble:

1. Call 999/112 and ask for the Coastguard.
2. If you have something that floats or they can hold on to, throw it to them.
3. Don't go in the water yourself, too many people drown trying to save others.

If you have any questions, email RTW@rnli.org.uk.

**FOR MORE SAFETY INFORMATION
SEARCH: RESPECT THE WATER**

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



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