



Water Safety – Information from the West Sussex Public Health Team

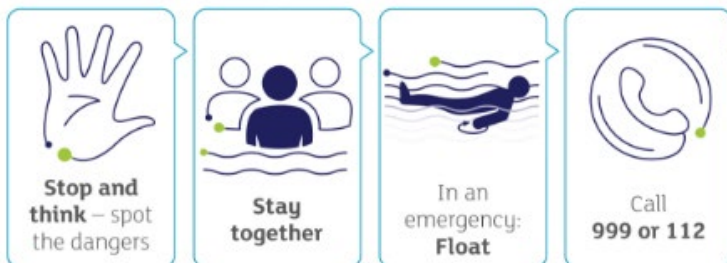
Does your child know how to stay safe in water? The number of children drowning nationally has more than doubled in the past 3 years. In 90% of drowning incidents, the child was not being supervised by an adult at the time.

We understand children may want to keep cool, but do they know the risks of swimming in the sea, lakes and rivers? 50% of people who drown never intended to go in the water. For some children, peer pressure can lead to risk-taking behaviours and dangerous situations.

To keep you and you and your family safe, please follow the below steps:

- Check water sites for hazards, check the safest places to swim and always read the signs.
- Understand a child's swimming abilities and confidence in water and always supervise young or less able children in and around water.
- Create a safety plan with teenagers who may be out unsupervised around water.
- Never swim in the sea when the red flag is flying.
- Inflatable dinghies or lilos are a well-known hazard – do not use them in open water.
- Follow the Water Safety Code:

Water Safety Code



For further information on water safety and tips on how to create a water safety plan with your child, visit the Canal and River Trust page on [water safety](#). You will also find further activities and resources that engage children and young people on how to safely enjoy the benefits of our waterways - [Youth resources and activities | Canal & River Trust](#) (canalrivertrust.org.uk)

For information on staying safe at the beach and in the sea, visit HM Coast Guard <https://hmcoastguard.uk/on-the-beach> and RNLI <https://rnli.org/safety> websites, which both contain lots of useful information for you and your family.