

Go Active is supporting the National Drowning Prevention Campaign!

18th - 25th June

With many of us opting for staycations once again this year, the Royal Life Saving Society UK (RLSS UK), fears that families will flock to beaches and inland water locations this summer, without considering the potential dangers, putting themselves and others at risk. Or for those of us who will be venturing abroad for their summer holiday, they may find themselves using nonlifeguarded pools and therefore be at risk if they do not have the necessary water safety skills. Figures indicate that around 25 per cent of primary pupils leave school unable to swim, and experts fear that as a result of the pandemic many young people lacking the ability to swim or self-rescue.



Starting on Monday 20th until Friday 24th June during your swimming school lesson, all pupils will be completing compulsory Water Safety Sessions!

**ROOKIE
LIFEGUARD**

The water safety sessions are pre-planned sessions with your Swimming Instructors to focus on water safety, during Drowning Prevention Week.

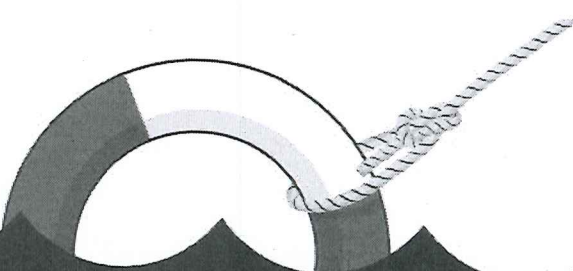
During the above week, please support us by following the below guidelines:

1. Leave your goggles at home! You won't need these for your water safety lesson (excluding prescription goggles).
2. Please continue to bring your swimming costume or trunks.
3. Please bring along a pair of trousers, and a t-shirt! These will help to transform your lesson, to a day-to-day outdoor environment as if you were on holiday or near open water.

See the following link to enjoy some fun water safety activities before you put it into practise during your swimming lesson! <https://www.rlss.org.uk/news/entertain-your-rookies>



Enjoy Water **Safely**

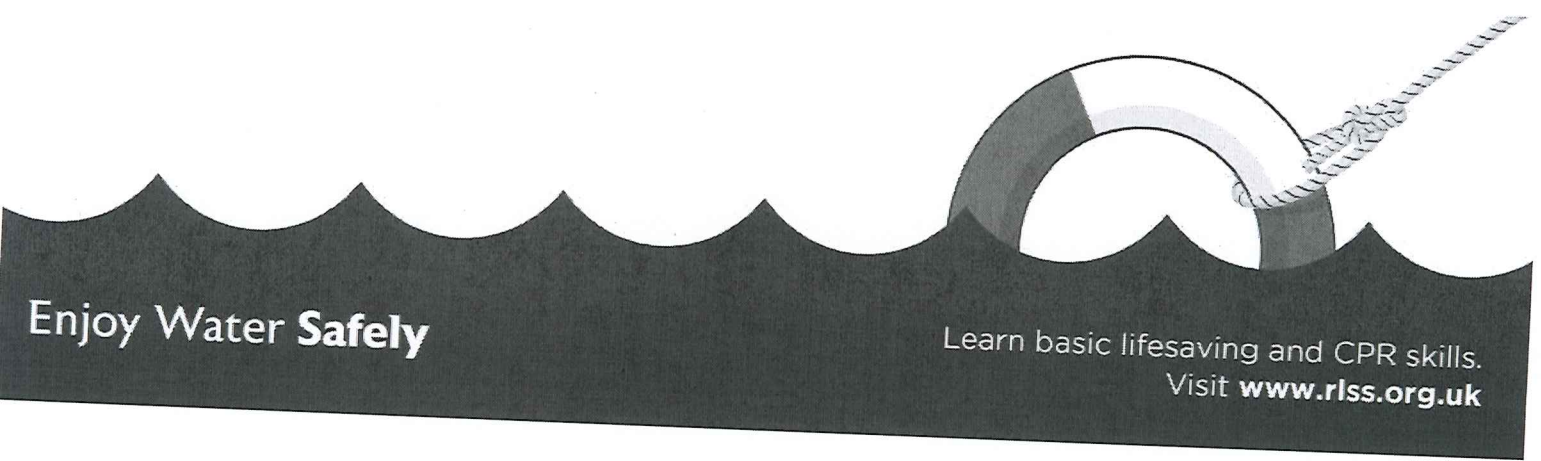


Learn basic lifesaving and CPR skills.
Visit www.rlss.org.uk

Once you have completed your water safety lesson, you will be Congratulated with a Certificate to share with your family and friends!

Well Done Certificate link: <https://www.rlss.org.uk/Handlers/Download.ashx?IDMF=155b4827-297d-4186-8c4e-5cae3908db43>

Good Luck and enjoy the National Drowning Prevention Campaign!



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