

BE A SAFETY SUPERHERO

SAFE CHILDREN TOGETHER WE HAVE GOT THIS



CAFÉ CULTURE



The best start in life



South Tyneside Safeguarding Children Board

GET

WATER SMART

THIS SUMMER

WE LOVE THE WATER, DON'T YOU?

It's amazing fun, but it can be powerful and scary too. The RNLI crews and lifeguards rescue people who get into trouble, but there are things you can do to stay safe



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WHEN YOU'RE BY THE WATER ASK YOURSELF:

- Is it a safe place to swim and is there a lifeguard?
- How deep is it?
- What dangers could be under the surface?
- Have you asked the lifeguards for advice?

STAYING SAFE BY THE WATER,

Next time you head to the coast, make sure you visit an RNLI lifeguarded beach.

The RNLI Lifeguards are on duty 10am to 6pm daily during June, July and August on Sandhaven Beach, South Shields. There is no lifeguarding service on Littlehaven or Marsden Beaches.

BE SAFE, HAVE FUN. ALWAYS REMEMBER TO:

1. Stop and think – what dangers can you see?
2. Don't be caught out on your own – always stay together
3. Fall in? Stay calm and float to live
4. Someone in trouble? Call 999

TOP TIPS

The "Café Culture" where people gather for refreshments, conversation, games, or musical entertainment is important for social interaction but can be a challenge for parents and carers.

Following our top tips can make it easier to keep children safe in unfamiliar surroundings.

- **Start young:** you can begin teaching children about safety when they're as young as two or three. Make sure they know how to stay safe
- **Be familiar:** make sure you are aware of all the potential hazards to your child and remove or minimise the risk
- **Keep in sight:** try to keep your children within your sight or another adult's whom you trust
- **Never leave them alone:** don't leave young children in unsupervised play areas, even for a few minutes
- **Safety:** use high chairs and straps, make sure hot drinks have lids and ensure play equipment is child safe
- **Check the accident prevention policy and always report any accidents** - all groups should have a Health and Safety policy outlining the procedure for dealing with incidents and complaints



Lifeboats