

SPLISH, SPLASH, SPLOSH

Water is very important. Without it all living things would die



Water is extremely useful. You will use it to clean the clothes you are wearing today and, hopefully, the body inside them. Your parents will probably use water to cook your meal tonight or you might even pour yourself a drink of juice and put ice in it. Who knows? Perhaps you will also use water to help wash up the dirty dishes.

Water can be fun too – messing around in the swimming pool, sailing on a yacht, having water fights with your friends or even going fishing.

But water can also be very dangerous, especially on a hot sunny day.

So how can we keep ourselves safe?

- Learn to swim. This is an essential skill to have even when you are an adult. The sooner you learn to swim, the safer you will be.
- Never dive or jump into a river, pond or any other body of water – even if you can swim. There may be something lurking under the water, such as rocks, weeds or an old rusty shopping trolley.
- Look out for signs that tell you if it is dangerous to enter the water. Many beaches fly a red flag if the sea is too rough.
- Make sure you are within sight of an adult at all times. Even when you are paddling in the sea or exploring rock pools, don't wander too far off.
- When swimming, don't jump on or duck your friends. They do not have gills and cannot breathe under water.
- If you are told to wear armbands or a life jacket, it is important that you do so. This will help keep you afloat even when you are tired.

Quick quiz	Where might you observe these things?	How could they help keep you safe?
armbands		
float		
lifeguard		
life jacket		
life belt		
life raft		