



**Scottish Water**  
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## Water Safety Code Advice

### Stop and Think:

- Water is always moving
- The water is colder than you think
- Edges can be dangerous
- There may be dangers under water

### Stay Together:

- Never swim alone - stay close to a friend or family member
- Find a safe place to go - only swim in the sea where there is a lifeguard
- Plan your activity – check weather, tide times, get local advice and wear the right clothing for your activity

### Float:

- If you fall in, float until you feel calm
- Signal for help, raising one hand in the air and shouting for help
- If you can, swim to safety or hold on to something that floats
- Keep warm if you can't swim to safety, using the Heat Escape Lessening Position (HELP) or huddle position

### Call 999 or 112:

- If you see someone else in trouble in the water call 999 or 112
- Never enter the water to save others
- Look for something you can throw to help them float like a life ring or even a football could help
- Keep watch until help arrives



**Lifboats**