When in and around oceans, lakes and rivers, there are actions you can take to keep yourself safe and actions you can take to keep those in your care safe. While any one of the actions below may increase your level of safety, using all of the actions together will provide the most protection. The following guidelines are to help you reduce the risk of drowning for you and others in your care.

**BE SAFE!**

- Kick your legs!

**ON A RESCUE MISSION**

- Catch this!

*Do not be a hero by jumping into the water!*

- Pass out a branch or a pole.
- Never make direct contact with the victim.
- Keep kicking your legs!
- Catch this!

*Throw a rope or reach out with a towel - Never make direct contact with the victim.*

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**Keep Yourself Safe**

- Obey the Lifeguard always
- Learn swimming and water safety survival skills
- Always swim with others
- Never go in the water after drinking alcohol
- Know how and when to use a life jacket
- Know the water and weather conditions before getting into the water
- Always enter shallow and unknown water feet first

**Keep Others Safe**

- Set water safety rules
- Help and encourage others, especially children, to learn swimming and water safety survival skills
- Swim in areas with lifeguards
- Always provide close and constant attention to children you are supervising in or near water
- Always ask for and use life jackets
- Learn first aid and CPR
- Learn safe ways of rescuing others
- Obey all safety signs and warning flags

**Shout - Reach - Throw**

For more information kindly please contact The Kenya Lifesaving Federation Po. Box. 10268 - 00200 Nairobi
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