

Steps to make your holiday swimming pool experience safe this year – to help you RELAX

This summer we want you to be able to RELAX in and around the swimming pool. Follow these simple steps to help you to RELAX:

RECCE the pool environment when you first arrive at your accommodation

Identify safety features, barriers, slides and chutes, deep and shallow end, whether there is a lifeguard if it's a shared pool and when they're on duty. Take a moment to enter the local emergency numbers into your phone when you arrive.

EYES on the kids – keep a look out always (whether it's you or someone you trust)

Lifesaving techniques. Make sure you or someone you are with knows how to save lives

There may not be a lifeguard where you are going, so learn some basic CPR. And even if there is a lifeguard, bear in mind they are not substitute parents.

ARMBANDS – If they are needed, make sure they stay on at all times. Children often want to go back in the pool even when the time for swimming is over.

EXPLAIN to children how to use the pool safely. Take time to do this. It's vital.

And for travel and tour companies and self-catering accommodation providers, we expect you to provide the right information and assistance to help people using the pool avoid getting into trouble, and to deal with an emergency if necessary.