



Safe summer holidays



Are you dreaming about wonderful summer holidays?

Make sure they are wonderful but most of all safe!

Stay safe this holiday season.

Summer is almost here; a time of happiness, sun, loads of adventures and endless play.

During this fun time however, remember your safety rules.

Playground



**Be kind and helpful.
Take turns.
Use the equipment correctly.**

Safety in the sun



**Put on sunscreen before going outside.
Cover up your skin.
Seek shade where possible.
Wear sunglasses.
Wear a hat with a brim.
Remember you can get sunburnt even on a cloudy day.**

If you're hot from the sun step into the water slowly, gradually cooling your body. This will help avoid 'thermal shock' that can lead to heat stroke.

Do you like to sit by the water?



Water safety on holiday



Only splash about in places designated for swimming.

Have an adult watch you.

Make sure there is a lifeguard on duty.

Do not run near the water.

Wear a life jacket.

Ask permission to swim.

Get in the water feet first.

Do not swim alone.

Never swim in moving water.

Stay in the designated safe area.

Get out of the water when you are tired.

No horseplay.

Jumping in the water looks like fun, but make sure it is in a safe place and you know how deep it is.



You can lose your life if you're not careful, even if you're a strong swimmer.



Hitting a rock at the bottom can cause long term injuries.

Bicycle safety



Before you get your Bicycle License you should only cycle with a parent.

When cycling around the playground, watch out for children playing and people walking.

Cycling safety rules

Make sure that your bike is in a good condition.

Always wear a helmet.

Wear bright coloured clothing during the day and light coloured clothing at night.

Always cycle in the same direction as traffic.

Look around before you move off.

Obey the rules of the road - watch for road signs.

When approaching junctions, driveways and side streets, always keep your hands on the brakes.

Don't force your right of way.

Signal in plenty of time before you manoeuvre.

Pay attention at all times.

Be a safe cyclist

Ride on the right side of the road.

Ride in single file.

Obey traffic signs, signals and laws.

Ride straight - no surprises.

Look back and signal before turning.

Give way to people who are walking.

Use lights if riding at night (rememberer to ask your parents for permission).

Always stop at the end of your driveway - look left, right then left again before entering the road.

If you feel unsafe, you can always push your bike.

Walking the woods



Check all of the mushrooms that you have picked in the guidebook.

Wear wellies or boots, sandals are not appropriate for the woods!

Stay close to your parents.

Behave with respect you, are only a visitor in the woods.

Do not brake branches.

Do not damage bark on trees.

Take your rubbish away with you.

Do not be too loud.

Don't annoy bees!



Don't go too close to animals.



Do not light campfires in the woods



Take your rubbish away with you.

Glass bottles left on the ground have been found to cause fires by focusing the sun's rays and heating up things that can burn.

Do not t play on farm machinery - they are not toys



Safety on the farm

Do not play on farm machinery - they are not toys and might be very dangerous.

Do not annoy farm animals.

Do not lean over the well to look - it might cause an accident.

Do not play with matches near straw and hay - they catch fire very easily.

You can help in the farm, but only under your parents' supervision.

Always stay back from moving machinery. You cannot be seen!

In the meadow



Stay with your parents, do not walk away too far, there could be bogs.

Respect your surroundings.

**Let your parents know where are you going to play.
Do not tell strangers that there is nobody home.**



Do not open door to strangers!



Do not accept gifts from strangers.

Do not under any circumstances go anywhere with a stranger!

Do not trust anyone you do not know!

Emergency Numbers you must know

The main emergency number 112

Police 997

Fire brigade 998

Ambulance 999

**Follow information and guidelines issued by the Ministry of Health
and the Medical Officer of Health**