IF SOMEONE IS IN TROUBLE

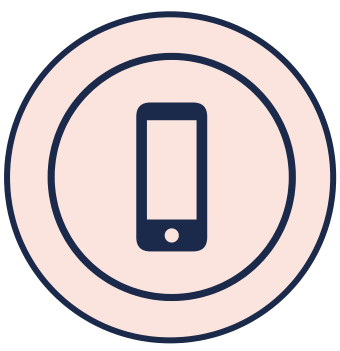
Reach or throw

Do not go in after them.



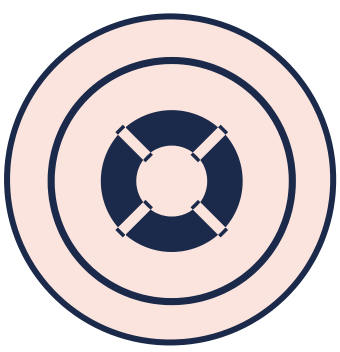
Shout for help

Get other people and a lifeguard if there is one.



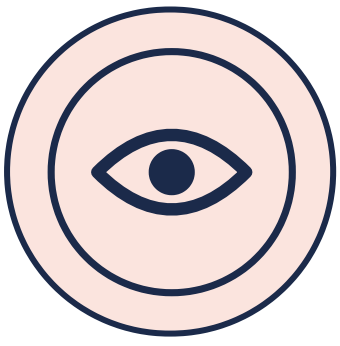
Call 999

Ask for the Coastguard. Give your exact location.



Reach or throw

Pass a stick, rope or anything that floats.



Keep watching

Never lose sight of the person.

Do not enter the water yourself - you could be in danger too.

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