

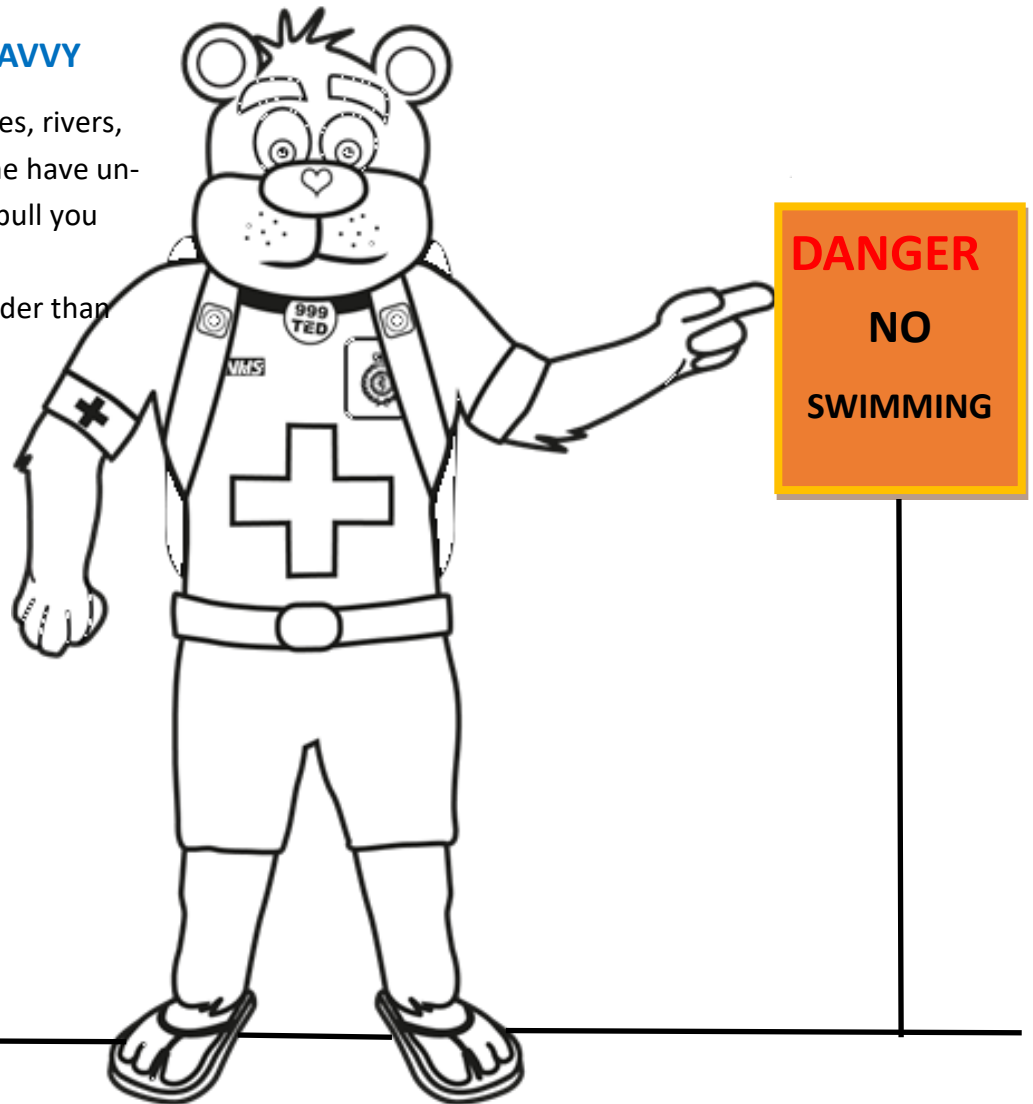


# COLOUR ME IN

## BE WATER DANGER SAVVY

Don't go swimming in lakes, rivers, canals or reservoirs - some have unseen currents which can pull you under.

The water is also a lot colder than you might expect.



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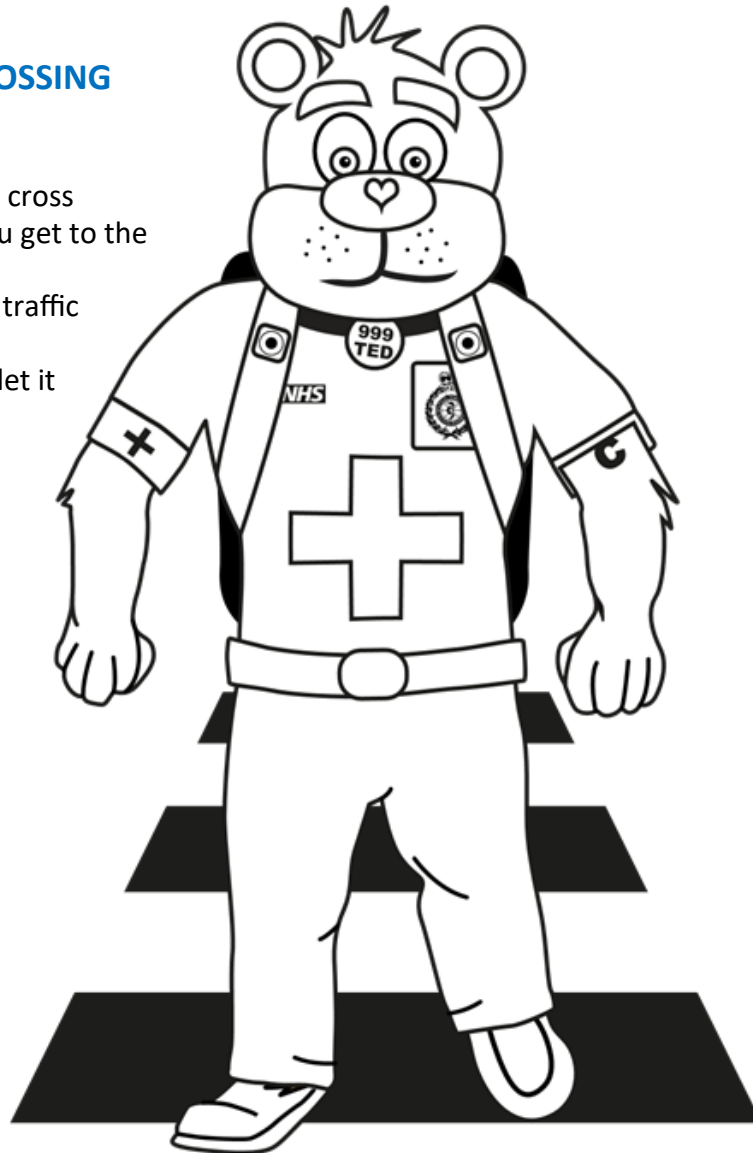




# COLOUR ME IN

## BE SMART WHEN CROSSING THE ROAD

- Find a safe place to cross
- Stop just before you get to the kerb
- Look all around for traffic and listen
- If traffic is coming, let it pass
- When it's safe, go straight across the road.



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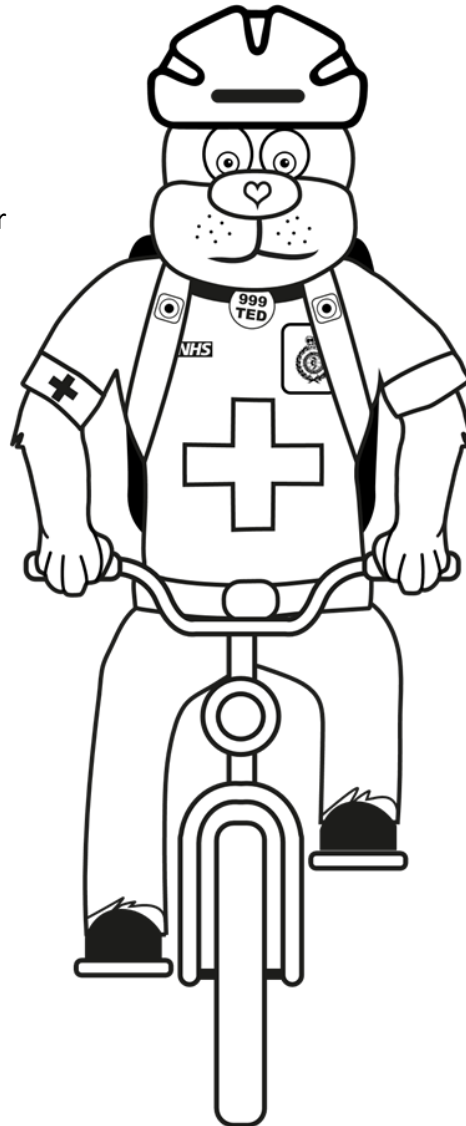


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## BE ROAD BIKE SAFE

Always wear your helmet when cycling.

Also check that it's the right size for you and fitted correctly.



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