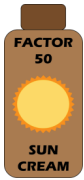


## Sun Safety



Regularly reapply sun cream factor



Drink plenty of water.



Wear sunglasses with UV protection.



Cover up with clothing and a peaked hat and find a shady area.

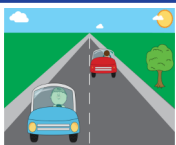
## Road Safety



If riding your bike, always wear a helmet.



If walking on roads with no path, stay close to adults.



If on holiday abroad, remember cars may drive on the opposite side of the road.



Don't wear headphones so you can hear the traffic.

## Fun in the Sun



### Staying safe on holiday.

The summer holiday is a time to relax and spend time with the family.

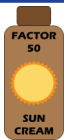
Some people may go away on holiday either in the UK or abroad. Others may stay at home and have occasional days out or spend time playing with friends in the local neighbourhood.

However you spend your holiday, remember a few rules to stay safe.

## The Golden Rules



Water Safety



Sun Safety



Road Safety



Fire Safety



Personal Safety

## Water Safety



Always stay in sight of your parents. Never enter the water by yourself.



Follow the rules of the flags. They are there for your safety.



Don't build sand caverns or tunnels and play in them.



If rock pooling keep an eye on the tide.

## Fire Safety



Let adults deal with BBQ's and campfires.



On some beaches and parks it is against the law to use a BBQ.



Never use BBQ's inside a tent or caravan.

## Personal Safety

Remember your *Stranger Danger* rules.

If staying in a campsite or caravan park never go into other people's tents unless the adults looking after you are aware and happy with this.

Always stay in sight of the adult who is looking after you.

When going somewhere agree a spot to meet if you get lost.