



SAFE
for
SUMMER



Festival Tips

Pack the essentials but avoid taking huge amounts of unnecessary kit, and pack for all weathers. Leave excess stuff that you can't take home again. Don't pack fireworks, flares, illegal items and make sure you pack a charger for your phone!

Don't forget your medications and medicines! It's always a good idea to take some over-the-counter medicines for headaches etc. Bring regular medications you definitely need such as inhalers, epi-pens and insulin. Check with the festival before you go whether their medical team can store your meds.

Don't forget your ID as most festivals ask for ID, avoid taking your passport if possible.

Safety in numbers! Festivals are busy places so stick together. Get your bearings and arrange a meeting point.

Food and hydration are super important, it can get hot and if you're dancing all day, you can burn calories, sugars and lose fluids very quickly. Don't forget to drink water and eat enough to keep you dancing.

Leave the mixing to the DJ, and make sure you can remember how much you've drunk and keep track, and don't overindulge. Little and often goes a long way.

Unknown substances, there can be lots of unknown substances that are being passed as well as known substances.

Taking any substances from illegal drugs to prescription medication is like playing Russian roulette with your body, as many substances contain extremely toxic chemicals.

If you start to feel unwell, tell your mates and seek medical attention. There's a medical tent at every festival, make sure you know where it is when you arrive.



<https://www.festivalsafe.com/>

**IT'S SO TEMPTING
TO KEEP COOL
THIS SUMMER
AND TAKE A DIP
HERE'S SOME
SAFETY TIPS**

WATER SAFETY

- **SWIM SOMEWHERE SAFE - THE SWIMMING BATHS, OUTDOOR POOLS**
- **OBEY WARNING SIGNS AROUND RESERVOIRS, LAKES, CANALS, RIVERS AND THE BEACH.**
- **VALUE YOUR OWN SAFETY FIRST - JUMPING INTO WATER TO RESCUE OTHERS, PETS AND BELONGINGS CAN BE HIGHLY DANGEROUS**
- **KNOW WHAT TO DO IN AN EMERGENCY- RING 999, EXPLAIN YOUR LOCATION AND LANDMARK ASK FOR FIRE IF INLAND OR THE COASTGUARD IF BY THE SEA.**
- **TELL THE STRUGGLING PERSON TO TRY TO FLOAT ON THEIR BACK.**
- **THROW THEM SOMETHING THAT FLOATS.**
- **ENJOY ORGANIZED WATER SPORTS IN A SAFE ENVIRONMENT - WITH THE CORRECT EQUIPMENT & INSTRUCTOR**
- **JUMPING INTO OPEN WATER CAN BE FATAL. COLD WATER SHOCK KILLS AND YOU DON'T KNOW WHAT'S LURKING BENEATH THE SURFACE**



Water safety

Information on how to stay safe around water this summer.

**HELLO
SUMMER**

LOADS TO DO THIS SUMMER

THERE'S LOTS OF STUFF GOING ON IN AND AROUND MANCHESTER FOR YOU, YOUR FRIENDS AND FAMILY TO GET INVOLVED IN THIS SUMMER.

THERE'S LOTS OF INFORMATION ON THE OUR YEAR WEBSITE WWW.OURYEAR.CO.UK AND THE SCHOOL HOLIDAY GUIDE OF WHAT'S ON

[HTTPS://LOADSTODO.CO.UK/GUIDES/SCHOOLHOLS/](https://loadstodo.co.uk/guides/schoolhols/)

LOTS OF ACTIVITIES ARE FREE OR SIMPLY FOR A MINIMAL COST THAT MAKES ACTIVITIES THIS SUMMER MUCH FOR ACCESSIBLE.

[HTTPS://LOADSTODO.CO.UK/GUIDES/SCHOOLHOLS/](https://loadstodo.co.uk/guides/schoolhols/)

Holiday Activity Fund (Free Holiday Clubs/Activities)

Funded by the Department of Education each local council will have providers delivering a holiday provision for school aged children from reception to year 11 (inclusive) who receive benefits-related free school meals.

Local authorities have discretion to use up to 15% of their funding to provide free or subsidised holiday club places for children who are not in receipt of benefits-related free school meals but who the local authority believe could benefit from HAF provision.

This may include, for example:

children assessed by the local authority as being in need, at risk or vulnerable, young carers, looked-after children or previously looked after children, children with an EHC (education, health and care) plan, children who have low attendance rates at school or who are at risk of exclusion, children living in areas of high deprivation or from low-income households who are not in receipt of free school meals, children in transition phases between nursery and primary school or primary and secondary school

This list is not exhaustive, and it is open to the local authority to decide which children should benefit from the 15% flexible funding element of their HAF funding. So don't miss out on great free activities just simply go to your councils website and search HAF and it will give more info on who's doing what in your area.

