

Dilynwch y Cod Diogelwch Dŵr bob amser

Pan fyddwch chi o gwmpas
y dŵr

Always follow the Water Safety Code

When in, on or around water



Pwyllwch

1

Stop and Think

Pan fyddwch chi'n agos at ddwr, gofynnwch i'ch hun:

- A yw'n lle diogel i nofio ac a oes achubwr bywyd wrth law?
- Pa mor ddwfn ydyw?
- Pa beryglon allai fod o dan yr wyneb?
- Ar y traeth, ydych chi wedi gofyn i'r achubwyr bywyd am gyngor?

When you're by the water, ask yourself:

- Is it a safe place to swim and is there a lifeguard?
- How deep is it?
- What dangers could be under the surface?
- At the beach, have you asked the lifeguards for advice?



Arhoswch Gydach Gilydd

2

Stay Together



Gall teulu a ffrindiau helpu mewn argyfwng.

- Ewch gyda rhywun arall bob amser.
- Dywedwch wrth rywun i ble rydych chi'n mynd a phryd byddwch chi'n dod yn ôl.
- Ewch â ffôn gyda chi i alw am help.

Family and friends can help in an emergency.

- Always go with someone else.
- Tell someone where you're going and when you'll be back.
- Carry a phone to call for help.

Arnofiwch

3

Float



Os byddwch chi'n mynd i drafferth yn y dŵr, ARNOFIWCH ar eich cefn nes ichi dawelu

- Rhowch gynnig ar ymarfer arnofio y tro nesaf y byddwch chi yn y pwll nofio.

If you get into trouble in the water, FLOAT until you feel calm.

- Practise floating the next time you're at the swimming pool.

Ffoniwch 999

4

Call 999

Gallwch chi helpu os oes rhywun arall mewn trafferth. Pan fyddwch chi wedi galw 999 i gael help ...

- Cadwch draw oddi wrth yr ymyl a pheidiwch â mynd i mewn i'r dŵr.
- Chwiliwch am rywbeth y gallwch ei daflu i'w helpu i arnofio – fel cylch achub neu bêl-droed.
- Gweiddwch arnyn nhw am aros yn dawel ac arnofio ar eu cefn.

You can help if someone else is in trouble. Once you've called 999 to get help ...

- Stay back from the edge and don't go in the water.
- Look for something you can throw to help them float – like a lifering or a football.
- Shout to them to stay calm and float on their back.

