



BYDDWCH YN DDIOGEL A MWYNHEWCH BE SAFE HAVE FUN!

- COFIWCH WNEUD Y CANLYNOL: ALWAYS REMEMBER TO:
- 1** PWYLLWCH STOP AND THINK **1**
 - 2** ARHOSWCH GYDA'CH GILYDD STAY TOGETHER **2**
 - 3** ARNOFIWCH FLOAT **3**
 - 4** FFONIWCH 999 NEU 112 CALL 999 OR 112 **4**

Y MUNWCH Â'N CRIW JOIN OUR CREW



Ymunwch â Storm Force, ein clwb i blant, yn RNLI.org/JoinStormForce
 Join Storm Force, our club for kids, at RNLI.org/JoinStormForce

Yr RNLI yw'r elusen sy'n achub bywydau ar y môr.
 Sefydliad Brenhinol Cenedlaethol y Badau Achub, elusen a gofrestrwyd yn Lloegr a Chymru (209603) a'r Alban (SC037736). Rhif elusen 20003326 yng Ngwerniaeth Iwerddon
 The RNLI is the charity that saves lives at sea
 Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland

CRAFF AM DDŴR WATER SMART



CANLLAW / GAEL HWYL A BOD YN DDIOGEL GER Y DŴR
 'S RUFF GUIDE TO HAVING FUN AND STAYING SAFE NEAR THE WATER

HELÔ

FY ENW I YW RWFF AC RWY'N DWLLU AR Y DŴR. MAE'N LLAWER O SBORT OND MAE'N GALLU BOD YN BWERUS AC YN BERYGLUS HEFYD. MAE EIN CRIWIAU BAD ACHUB A'N HACHUBWYR BYWYD YN ACHUB POBL SY'N MYND I DRAFFERTH, OND MAE PEDWAR PETH Y GELLI DI EU GWNEUD I OSGOI PERYGL, FELLY BYDDA'N GRAFF AM DDŴR GYDA NI A CHAEL HWYL YN DDIOGEL!



HELLO

MY NAME IS RUFF AND I LOVE THE WATER. IT'S AMAZING FUN BUT IT CAN BE POWERFUL AND SCARY TOO. OUR LIFEBOAT CREWS AND LIFEGUARDS RESCUE PEOPLE WHO GET INTO TROUBLE BUT THERE ARE FOUR THINGS YOU CAN DO TO STAY OUT OF DANGER. SO GET WATER SMART WITH US AND HAVE FUN SAFELY!





1

PWYLLWCH

Pan fyddwch chi'n agos at dŵr, 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?

STOP AND THINK

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?

Chwiliwch am y peryglon

A allwch chi ddod o hyd i'r 4?

Spot the dangers

Can you find all 4?



2

ARHOSWCH GYDA'CH GILYDD

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 atw am help.

STAY TOGETHER

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.



EMILY

LYDIA

Roedd dwy chwaer yn mwynhau ar y traeth pan gawson nhw eu dal yn sownd ar ynys fach. Fe groeson nhw'r tywod i archwilio, ond cododd tefel y môr a daeth y llanw i mewn. Roedd eu ffordd yn ôl o dan y dŵr!

Gwelodd rhywun nhw a ffonio 999. Dywedodd Emily: 'Saethodd fad yr RNLI draw aton ni a daeth y dyn allan. Roeddwn i'n ofnus oherwydd 'doeddwn i ddim yn gwybod sut bydden ni'n mynd ar y bad. Ond dywedodd e: "Fe garia i di ar fy nghefn!"'

Dywedodd Daf, Aelod o'r Criw Bad Achub: 'Fe wnaethon nhw'r peth iawn drwy aros gyda'i gilydd lle'r oedden nhw.'

Two sisters were enjoying a trip to the beach when they got stranded on a small island. They crossed the sand to explore but the sea level rose as the tide came in. Their way back was under water!

Somebody saw them and called 999. Emily says: 'The RNLI boat came zooming around and the man got off. I felt scared because I didn't know how we were going to get to the boat. But he said: "I'll give you a piggy back!"'

Lifeboat Crew Member Daf says: 'They did right to stick together and stay where they were.'



3

ARNOFIWCH

Os byddwch chi'n mynd i drafferth yn y dŵr, ARNOFIWCH nes i chi dawelu

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

FLOAT

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

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

1



Ceisiwch beidio â mynd i banig. Peidiwch â nofio'n wyllt. Gafaelwch yn unrhyw beth sy'n arnofio, fel bwrdd corff-fyrddio neu bêl.

Try not to panic. Don't swim hard. Grab hold of anything that floats, like a bodyboard or ball.

2



Pwyswch yn ôl i gadw'ch ceg a'ch trwyn allan o'r dŵr.

Lean back to keep your mouth and nose out of the water.

3



Gwrthiwch eich bol i fyny ac ymestynnwch eich breichiau a'ch coesau mewn siâp seren.

Push your belly up and stretch out your arms and legs into a star shape.

4



Symudwch eich dwylo a'ch traed yn ysgafn i'ch helpu i arnofio.

Gently move your hands and feet to help you float.

5



Gwnewch hyn tan i chi deimlo'n fwy pwyllog. Yna meddylwch am beth i'w wneud nesaf.

Do this until you feel calmer. Then think about what you will do next.

6



Pan fyddwch chi wedi tawelu, codwch eich braich a gweiddwch am help. Nofiwch i ddiogelwch os gallwch.

When you're calm, raise your arm and shout for help. Swim to safety if you can.



OS BYDDWCH CHI'N SYRTHIO I'R DŴR, FFLIPIWCH AC ARNOFIWCH FEL DYFRGI
IF YOU FALL INTO THE WATER, FLIP AND FLOAT JUST LIKE AN OTTER

4

FFONIWCH

999
neu
112



CALL

999
or
112

Gallwch chi helpu os yw rhywun arall mewn trafferth

Pan fyddwch chi wedi galw am help ...

You can help if someone else is in trouble

Once you've called for help ...

OS BYDD RHYWUN YN SYRTHIO I'R DŴR NEU MEWN TRAFFERTH, COFIWCH FFFONIO 999 - AR UNWAITH
IF SOMEONE FALLS IN OR SOMEONE'S IN TROUBLE, REMEMBER TO CALL 999 - ON THE DOUBLE

