

WATER SAFETY



Be Water Aware

Every year there are tragedies in open water that could have been prevented by following some basic advice. Many victims had not even intended going into the water but fall or slip near the waters edge whilst jogging, walking the dog or walking home.

When the sun comes out it is easy to be tempted into the sea, river or lake to cool down and have fun – but there are dangers we all need to heed and **Respect the Water**. This interactive leaflet is designed to point you in the right direction so you, your friends and family can enjoy the water safely.

Fact:

In 2019 there were 214 deaths due to accidental drowning in the UK.

Around 50% drown taking part in everyday activities.

What to do if you get into difficulty... RNLI Float to Live Campaign saves lives

Cold water can cause a shock effect on your body, causing you to panic, gasp uncontrollably, breath in water and lose control of your body. Your instinct would be to fight the cold water and swim hard but this would be a big mistake.

Float on your back, arms and legs stretched out for 60 to 90 second until you have taken control of you breathing and have a far better chance of staying alive.

Check out this advice from the RNLI it's a real life saver!



News Flash!

Float to Live advice saves 10 year old boy swept out to sea....



Did you know?

35% of drowning victims had alcohol and/or drugs in their system.

50% of those who drowned didn't expect to enter the water.

AT THE COAST

Be aware of local conditions - look out for safety information signs

Beach safety

Be aware there may be local conditions that could put you in harms way such as tides, strong rip currents, steeply shelving sea bed or areas that can be cut off by the incoming tide.

Stay safe – swim in supervised areas with life guards on duty and always supervise children. Look out for the Red & Yellow flags.

Remember if you get into difficulty someone else may risk their own life to save yours and sadly there are many cases when the rescuer then also becomes another victim.

Getting swept out to sea...

Remember inflatables such as lilos and toy dinghy's can be dangerous – an offshore wind can blow a small inflatable 500 meters out to sea in just 6 minutes!



If you are going abroad on holiday don't forget to keep water aware – make sure you know what local signs and flags mean.

New Flash!

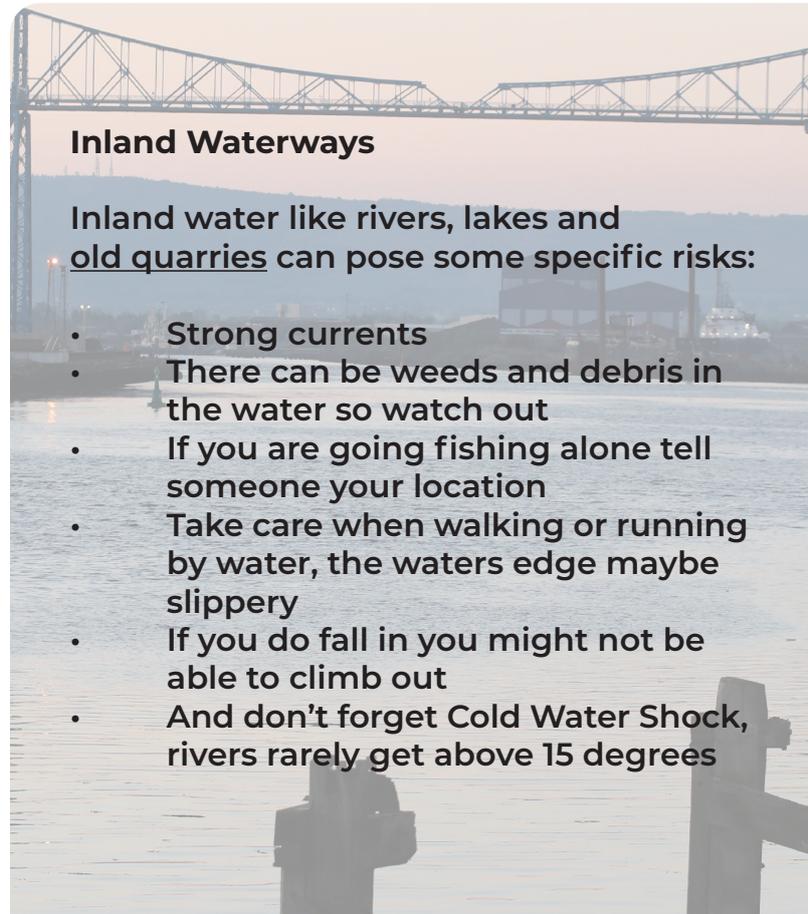
Redcar Lifeboat rescues young man being swept out to sea in toy dingy. This man did not know what danger he was in and could have easily lost his life.



Inland Waterways

Inland water like rivers, lakes and old quarries can pose some specific risks:

- Strong currents
- There can be weeds and debris in the water so watch out
- If you are going fishing alone tell someone your location
- Take care when walking or running by water, the waters edge maybe slippery
- If you do fall in you might not be able to climb out
- And don't forget Cold Water Shock, rivers rarely get above 15 degrees



Don't Drink and Drown

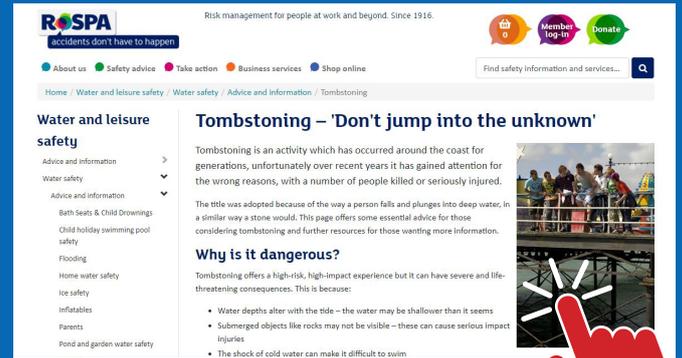
Alcohol can make you vulnerable and take risks – swimming and alcohol just don't mix.

You are also more vulnerable when walking near water if you have had a drink – don't leave your mate behind on a night out
#BeAMate



Tombstoning – don't risk your life

Jumping into water from a height be it a bridge, pier or cliff might give you more than an adrenalin kick – remember the danger from cold water shock, hitting the water surface or hidden objects below the surface. Your might literally be 'dying to be cool'



What to do in an Emergency

- Think** - don't enter the water
- Get Help** - at the Coast dial 999 and ask for the Coast Guard. For inland water dial 999 and ask for the Fire Service
- Reach** - a branch, a pole, but stay low and don't get pulled in
- Throw** - life saving equipment , rope, life belt or something that floats
- Remember** - when rescued keep them warm and get medical help

It's never too late to learn to swim check out the Royal Life Saving Society website or call in at your local swimming pool <https://www.rlss.org.uk/>

