

Water Safety



Always remember to stay **SAFE** near water:



STAY **A**WAY **F**ROM THE **E**DGE

Stop and Think

- Low water temperatures cause the body to go into cold water shock and can claim a life in minutes.
- Water can be much deeper or shallower than expected and cause serious harm if jumping in.
- Steep slimy banks make it hard to get out of the water.
- Reeds and other plants can get tangled around your limbs.
- Mud makes it difficult to walk even if you can stand up.
- Litter and waste can trap feet and cause injury.

Stay Together

- Always visit canals and rivers with friends or family members.
- Never go near water without an adult. Adults can point out dangers or help if somebody gets into trouble.
- Always let someone know where you are going and the time you expect to be back.
- Never play near a canal or river alone and always stay away from the edge.

Float

- If you fall into cold water and try and swim you're likely to lose energy quickly and breath in lots of water.
- Instead, if you float on your back, with your arms and legs outstretched like a starfish, you can allow the shock to pass
- Then you can call for help!

Call 999

- Never get into the water to help, even if you are a strong swimmer.
- Stay calm. Always think before you act. Shout for help as loudly as you can.
- Dial 999 and ask for the Fire & Rescue Service.
- Explain your location clearly - use road names and describe any landmarks.
- Use What3words if you can.