

Enjoy Water **Safely**



Staying safe in, on and around water



Do you know the facts?

Over 60% of scary water safety incidents occur at *inland* water sites.

Most of these happened to people who *never intended* to enter the water in the first place.

People assume that swimming or jumping into open water is just like using a swimming pool.

Open water can be used safely, but there are many things to consider when going into open water, compared to a swimming pool.

**CAN YOU
FIND ALL 9?**



**BEWARE OF
HIDDEN
CURRENTS**



**FREEZING
WATER CAN
CAUSE COLD
WATER SHOCK**



**WATCH OUT FOR
TREES NEAR THE
WATERS SURFACE**



**THE DEPTH OF
THE WATER MIGHT
CHANGE VERY
QUICKLY**



**THE WATER
COULD BE
POLLUTED**



**WATCH OUT
FOR ANIMALS**



**YOU MAY NOT BE
ABLE TO SEE
OBJECTS UNDER
THE WATER**



**WATCH OUT FOR
PLANTS NEAR THE
WATERS EDGE**



**BE CAREFUL AROUND
THE EDGE, YOU COULD
SLIP AND FALL IN**







Enjoy Water **Safely**





Skin temperature drops

Heart rate increases

**Lose control of your breathing
and ability to hold your breath**

**Muscles cool down, affecting
movement and swimming ability**

Cold Water

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A research study took 10 good swimmers and asked them to swim in water of 25°C, 18°C, and 10°C for 90mins.

How many do you think completed the swims?

Water Temperature	Number of swimmers who completed the swim
25°C	10
18°C	8
10°C	5

If you are not experienced swimming in cold water, it's probably just a couple of minutes.



Enjoy Water **Safe**ly



If you fall into cold water or feel tired - FLOAT

1. Keep calm
2. Lean back
3. Extend your arms and legs like a starfish
4. Gently move your arms and legs if needed
5. Catch your breath
6. Plan your next move – call for help and swim to safety if you can

[Download video confirmation](#)

Enjoy Water **Safely**





never enter the water to rescue someone.

call 999 and ask for the right service (Fire Service for inland waterways)

tell the struggling person to float on their back.

throw something to them that floats.

Keep Safe. Keep Out.



No swimming
Keep out of the water
No personal water craft to be used
No inflatables



DANGER THIN ICE
DO NOT WALK ON
FROZEN LAKE

DANGER OF
DEATH

For more information on staying safe in the water visit www.rlss.org.uk
In an emergency call 999
Location: Colwick Country Park, River Road, NG4 2EW



Danger



Deep cold water



Do not swim



Always follow the

WATER SAFETY CODE

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

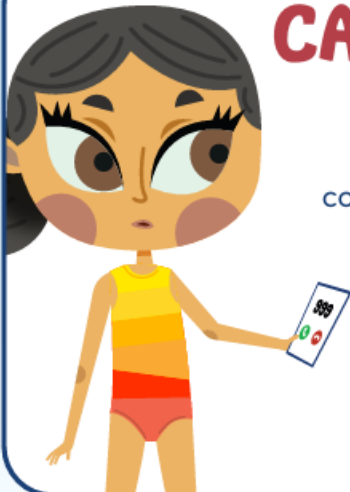
Swim at a lifeguarded venue.



CALL 999

If you are at the coast, call 999 and ask for the Coastguard.

Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



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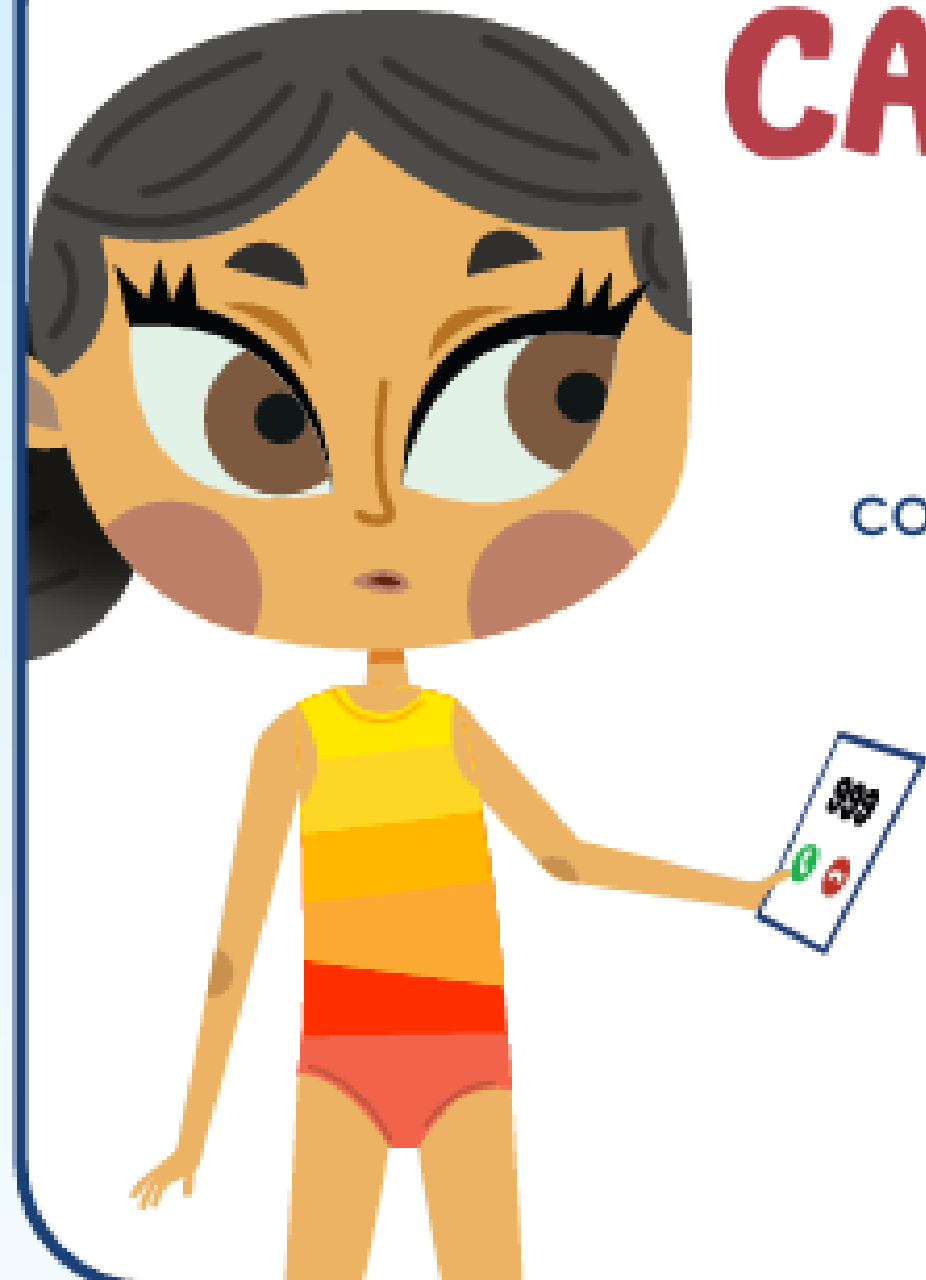
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