

Stay safe near open water

When the weather gets hot, it can be tempting to think that a swim will cool you off but rivers, canals and reservoirs can all be dangerous and you should **NEVER** swim in them. There are no lifeguards in areas of open water, so if you get into difficulty, there will be no one there to help you. Open water can also have lots of hidden dangers and can be unpredictable.

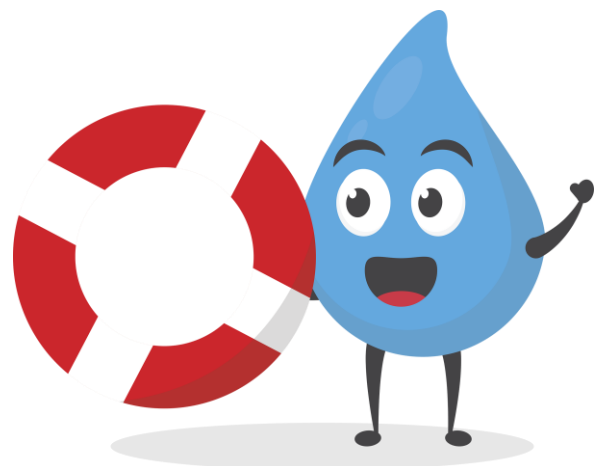
Stop, think and stay safe

Dangers of open water include:

- Slippery rocks
- Rubbish and sharp objects hidden underwater
- Fallen branches and thick weeds
- Hidden currents
- Cold temperatures
- Slippery paths
- Polluted water
- Hidden/under water machinery

When you are near open water:

- Stay with an adult
- Don't play near the water's edge
- Don't sit on the edge of a bridge
- Don't walk or cycle close to the edge
- Don't swing from trees hanging over open water



If you see someone in trouble:

- Keep calm and think before you act. Don't do anything that would put you in danger.
- Shout for help. If there is no one nearby, don't go to look for help on your own, always go in pairs.
- Phone 999 giving clear instructions of your location. Use road names and other details of your location to help the emergency services find you.

NEVER JUMP INTO THE WATER

