

# Water Safety Message

**Water can kill** – show it some respect. You might be a good swimmer in a swimming pool but there are many dangers in open water.

**Water may look safe, but it can be dangerous. Spot the dangers and keep yourself safe!**

- The shock of cold water can make swimming difficult: just because you can swim well in a warm watered pool doesn't mean you will be able to do so in cold water;
- There may be hidden currents;
- The depth of the water can change and is unpredictable. It is difficult to estimate the depth before you get in;
- Water pollution may make you ill;
- Uneven banks and river beds can make it difficult to get out;
- There may be hidden rubbish such as shopping trolleys or broken glass;
- There is no supervision by lifeguards to help you if you get into trouble.



## Stay safe! Do:

- Only swim as part of an organised group;
- Always swim with others. Never go swimming alone;
- Swim sober - never drink alcohol before swimming;
- Know your limits – the cold can kill;
- Read the safety signs – it could save your life.

**For information about Water Safety:**

<http://www.rospa.com/leisuresafety/adviceandinformation/watersafety/>



**Bedfordshire**  
Fire and Rescue Service

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## If someone is in trouble:

**Keep yourself safe** – Avoid going into the water as much as you can.

**Get help** – Shout for others nearby. **Call 999 on your phone.**

**Don't lose sight of them** – The Fire Service will want to know where they were last seen.

## Try to:

**Talk** – Encourage and talk them into a safe place.

**Reach** – With a rope, branch, paddle or anything that might be close to hand.

**Throw** – A piece of rescue equipment, such as a lifebuoy, or a ball to help them float.

**Encourage** – Anyone who has been in the water, particularly children, or anyone who has ingested water to go to the hospital. Keep them warm until the ambulance arrives.

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