



Water Safety in the Summer

We hope that you all have a fabulous summer with friends and family, but please ensure that you are mindful of water safety in the warmer months.

According to research, warmer weather is directly linked to an increase in fatal drowning incidents. 46% of drownings occur in the summer months and this rises to 75% amongst 13 – 17-year olds.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is not equipped to handle, along with a lack of professional supervision.

Accidents are mostly preventable with the correct knowledge and judgment and here are some tips to staying safe in the water during the summer:



TIPS:



Stop and Think

Is the area safe?

Think about potential hazards - too deep, too shallow, currents, tides, underwater objects?

Enter slowly and carefully and never jump from heights.

Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers*.

Are you really a good swimmer?

Research local information, conditions - **read local signs** and speak to locals, including the lifeguards.

Never use inflatables in open water – although they look fun, inflatable water toys can quickly get caught in the wind and be blown out to sea.

Supervision – over 70% of fatal accidents occur in the absence of professional supervision*. Seek lifeguarded areas and always make sure someone is available to raise the alarm.



Stay Together

Don't go too far – enter the water slowly, stay within reach, stay within a standing depth and always be supervised.

In an emergency

Ask for the Fire and Rescue Service when inland and the **Coastguard if at the coast**. **Don't enter the water to rescue.**



Call 999

Be sure everyone in your group knows who to call in the event of an

emergency. If you are abroad, be sure you know the correct number to call.

If you 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.



Float

Make sure the **whole family knows basic water safety** and what to do if they find themselves in the water unexpectedly.

A useful site for Parents/Carers to access:

www.rlss.org.uk/pages/category/parentsresources

