



STAYING SAFE IN AND AROUND SCOTLAND'S WATERS



Stop and Think Spot the dangers

If you are thinking of being near or entering the water, have you considered the following?

Scotland's Waters can be very cold even in the summer which can lead to Cold Water Shock

For more information: watersafetyscotland.org.uk/coldwatershock

Keep off all frozen waters, they may not be able to handle the weight of a person

Check for any **signage** or **flags** which could warn you of potential dangers

Alcohol/drugs and coastal or inland waters don't mix - they can reduce coordination and impair judgement and reaction times

The **depth** of the water may hide **underwater ledges, hidden currents and unseen items**

Be aware of other water activities that may pose a threat to you

If it is safe to enter the water, ensure you have a safe way out

If you are at the coast have you considered **rip currents, offshore winds and the tide?**



Stay Together Stay close

It is better to go near the water with a friend or family member

Float – If you are in trouble in the water, float until you feel calm...then think what to do next

If you fall into water, fight your instinct to swim until cold water shock passes

Lean back, extend your arms and legs

If you need to, gently move them around to help you float

Float until you can control your breathing

Then call for help or swim to safety



In an Emergency

If you see someone in trouble **DO NOT** enter the water

Look for a throw line or life ring to help whilst you wait on the emergency services

Call 999 or 112

For inland waters ask for the Fire and Rescue Service

For coastal waters ask for the Coastguard

TOP TIP: Thinking of taking part in a planned activity?

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.

