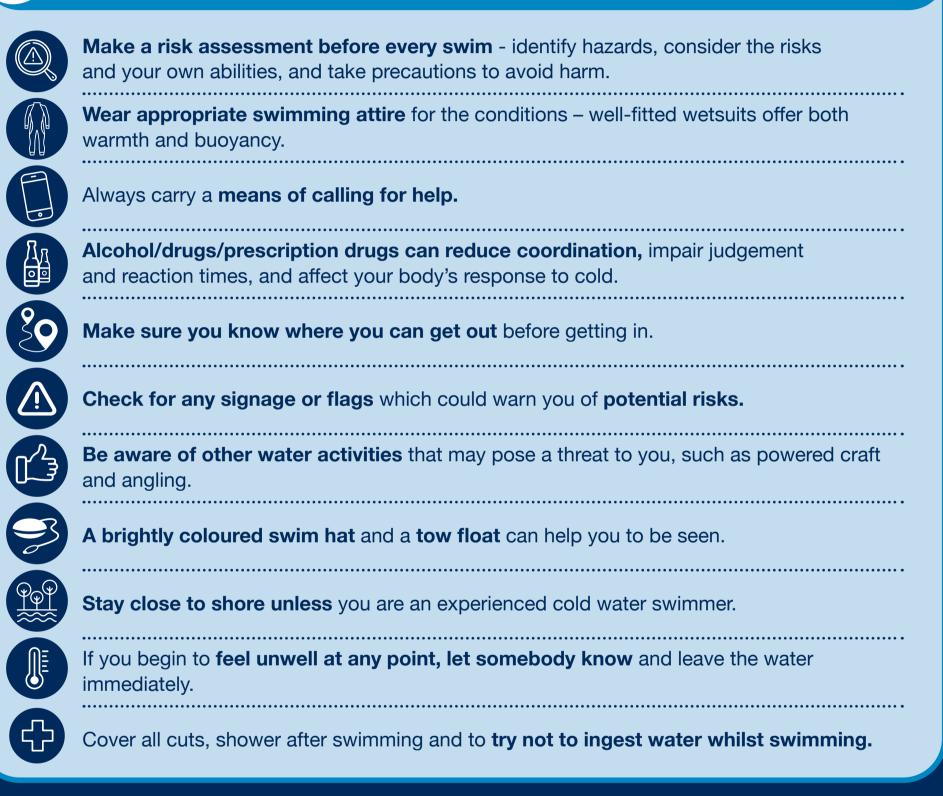




OPEN WATER SWIMMING SAFETY CODE

Stop and Think, Spot the Dangers



Stay Together, Stay Close

- Swim with others if possible. Always let someone know where you are going and when you will be back.
- If you experience cold water shock, float on your back until you can control your breathing. If you have a tow float, use it to help you float
- Lean back, extend your arms and legs, keeping nose and mouth clear from the water.
- Call for help and then swim to safety.

In an Emergency, Call 999

- If you see another swimmer in trouble, do not put yourself at risk. Call 999 or 112.
- Tell the person to stay calm and float.
- Look for a throw line or life ring to help whilst you wait for emergency services.