



water safety
Scotland



Scottish
Swimming



OPEN WATER SWIMMING SAFETY CODE



Stop and Think, Spot the Dangers



Make a risk assessment before every swim - identify hazards, consider the risks and your own abilities, and take precautions to avoid harm.



Wear appropriate swimming attire for the conditions – well-fitted wetsuits offer both warmth and buoyancy.



Always carry a **means of calling for help**.



Alcohol/drugs/prescription drugs can reduce coordination, impair judgement and reaction times, and affect your body's response to cold.



Make sure you know where you can get out before getting in.



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



Be aware of other water activities that may pose a threat to you, such as powered craft and angling.



A **brightly coloured swim hat** and a **tow float** can help you to be seen.



Stay close to shore unless you are an experienced cold water swimmer.



If you begin to **feel unwell at any point**, **let somebody know** and leave the water immediately.



Cover all cuts, shower after swimming and to **try not to ingest water whilst swimming**.



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.