

OPEN WATER SAFETY



Content provided by [RLSS UK](#).

PDF created by [JPE](#)

Around 85% of accidental drownings occur at open water sites. Many of these drownings occur due to a lack of knowledge and understanding of open water safety.

Open Water Safety Tips

The conditions at **open water sites** change constantly:

- Always look for warning and guidance signs
- Swim parallel with the shore, not away from it
- Avoid drifting in the currents
- Do not enter fast flowing water
- Be aware of **underwater hazards**
- Get out of the water as soon as you start to feel cold
- Never enter the water after consuming alcohol
- Only enter the water in areas with adequate supervision and rescue cover
- Always wear a buoyancy aid or lifejacket for activities on the water or at the water's edge (such as when boating or fishing)
- Always take someone with you when you go into or near water. If something goes wrong they will be able to get help
- If someone is in difficulty in the water shout reassurance to them and shout for help and call the emergency services (call 999 or 112)
- Without endangering yourself see if you can reach out to them with a stick, pole or item of clothing – lie down to ensure you stay secure. Alternatively throw something buoyant to them such as a ring buoy or anything that will float.



RUNNERS & WALKERS

WATER SAFETY

Content provided by [RLSS UK](#).

PDF created by [JPE](#)

Each year on average over 106 people a year lose their life to drowning as a result of running or walking near water and figures show on average around 55 per cent of all drowning victims were running or walking* and never intended on being in the water.

Top Water Safety Tips running or walking near open water:

- Be aware of your surroundings and take notice of any warning signs when out and about
- Never go into the water to rescue a dog, in nearly all cases dogs will be able to get out, don't put yourself at risk
- When running or walking next to open water, stay well clear of bank edges. They are often unstable, and this can create slips, trips and falls
- Try to always walk or run with a friend
- Always let someone know where you're going – take your mobile phone
- Learn swimming and lifesaving skills
- If you are running or walking early in the morning or late at night make sure you stay to well-lit, high traffic areas