

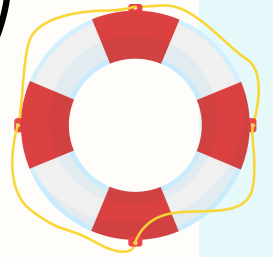


DSA News

Water Safety






**safety
first**



Important Water Safety Information

Over the Spring/Summer we know many lucky people will be off on their holidays and may be around swimming pools, beaches and lakes.

Please take time to read some water safety advice

- During the Summer
 - On holiday
 - At the beach
 - At Home
- 
- 
- 



DSA News

Water Safety

Water Safety during the summer



SUMMER WATER Safety

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 equipped to handle and there is a lack of professional supervision.

SUMMER WATER Safety

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.

SUMMER WATER Safety

In an emergency

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.

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

SUMMER WATER Safety

Stay Together

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.

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

SUMMER WATER Safety

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.

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.



DSA News

Water Safety

Water Safety on Holiday



SUMMER WATER
Safety on holiday



Water Safety on Holiday

More than 85 British Nationals drowned abroad in 2021.

Whether holidaying abroad, or at home in the UK and Ireland, follow these basic principles to help ensure your family stays safe whilst having fun in, on or around water.



SUMMER WATER
Safety on holiday



Stop and Think

When visiting new places, take time to **review safety notices**. Find out what local signs and flags mean.

Always **look out for potential hazards** and warn members of your group to avoid possible risks.

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.



SUMMER WATER
Safety on holiday



Stay Together

Always choose to **visit a lifeguarded venue**.


Swim with others. It's safer to swim in pairs or groups who can help should anyone get into trouble in the water.

Always **keep children under the constant supervision** of a capable adult.

Be sure **children know where to go** if they become lost or separated from the group.






SUMMER WATER
Safety on holiday



In an emergency

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.

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





DSA News

Water Safety



Water Safety at the beach



SUMMER WATER
Safety at the beach

Rip Currents

Rip currents are currents of water typically flowing from the shoreline back out to sea. They are commonly formed by a build-up of water on the beach caused by wave and tidal motion but can also form where an estuary runs into the sea.



SUMMER WATER
Safety at the beach

UK Beach Flags

It must be remembered that beach flag systems are different across the world. However, current discussions are taking place to hopefully co-ordinate the flags for the future.



 RED FLAG Don't go in the water	 RED/YELLOW FLAG Lifeguarded - swim between flags
 WIND SOCK shows the direction of wind	 BLACK/WHITE QUARTERS Surfers - no swimming

SUMMER WATER
Safety at the beach

Tides

In the UK tides are relatively regular and predictable, yet despite this fact every year a number of people are caught out by rapidly rising water and end up being trapped in isolated bays.


If you intend to venture across any beach or bank affected by tidal water, make sure you know when the incoming tide is expected and know where all the exits are.



SUMMER WATER
Safety at the beach

How to escape

- Call for help
- If you have a buoyant aid (like a surfboard or inflatable), keep hold of it
- Do not swim against the current
- Swim parallel to the shore – this makes sure that you are swimming out of and not back into the rip current
- Once out of the rip current, swim towards the shore, being careful to avoid being drawn back in by feeder currents





DSA News

Water Safety

Water Safety at home



SUMMER WATER Safety at home

Water Safety at Home

In the last 5 years, 50% of children aged 7 and under who accidentally drowned did so at home.*



*source: WAID 2017-21



SUMMER WATER Safety at home

Stop and Think

Securely cover or empty all water vessels after use (including baths, toilets, paddling pools and containers).

Stop water vessels from re-filling by:

- Turning them over
- Turning off the hosepipe off at the tap, so children cannot fill vessels themselves

Stop children gaining access to ponds and pools by:

- Installing secure fencing at least 4 feet high
- Add a strong mesh or grill to the top of your pond.



SUMMER WATER Safety at home

Stay Together

Never leave your child unattended in the bath.

Always keep children under the constant supervision of a capable adult.



SUMMER WATER Safety at home

In an emergency

Be sure everyone in your household knows who to call in the event of an emergency.

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





DSA News

Water Safety

Water Safety Code



Always follow the **WATER SAFETY CODE**

Whenever you are in, on and around water:

**STOP
AND THINK**

always swim
in a safe place



**STAY
TOGETHER**

keep children in
arm's reach



FLOAT



if you fall in, float,
breathe and relax

In an emergency
CALL 999





DSA News

Water Safety



Water Safety Code



Stop and think – Always Swim in a Safe Place

It is important for swimmers to know the dangers when swimming outdoors and preferably swim at a lifeguarded beach, organised session or supervised venue.

There are many dangers with water, which can include:

- Cold water, many drownings happen almost immediately on entry because of cold water shock, this is quickly followed by Swim Failure when the nerves and muscle get too cold to work effectively
- Hidden currents under the water
- Not being able to determine the depth of water due to poor clarity
- Poor quality, leading to illness
- Uneven and slippery surfaces that present as unsafe to walk on
- Discarded rubbish that would cause harm



DSA News

Water Safety



Water Safety Code



Stay together - Always swim with an adult

When swimming outdoors you must always stay together. With younger children keep them within arms reach when in on or around the water.

- Never go alone!
- Tell a family member where you are going and when you will be back
- Swimmers should always swim with an adult to ensure their safety.
- By having an able adult to supervise them, swimmers will have an extra set of eyes watching for their safety and looking out for potential dangers.
- Make sure you have the right equipment for your activity, for example a bright hat and tow float for outdoor swimming or buoyancy aids and the correct leash when paddleboarding, a whistle and mobile phone in a water proof pouch also help.

DSA News

Water Safety

Water Safety Code



Float

If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.



Call 999

If you see someone in trouble, you must tell somebody or go to the nearest telephone and dial 999. Then ask for the Fire Service at inland water sites and the Coastguard at the beach. If you are at a swimming pool, you must tell the lifeguard. Throw something that floats for the person to hold on to but don't enter the water to help.