



## One minute guide to...

# SAFETY IN AND AROUND WATER

### Why?

Water may look safe, but it can be dangerous. Drowning accidents and deaths are particularly high during the summer months and most could have been avoided with simple precautions.

### Learn to spot and keep away from dangers...What to do?

Swimming well in a warm indoor pool does not mean that you will be able to swim in cold water. Understand the Water Safety Code before you go swimming [Water Safety Code - RoSPA](#)

#### Stop & think:

- Water at open and inland sites is often much colder than it looks. Cold water can affect your ability to swim and self-rescue.
- Currents in the water can be very strong. If you find yourself caught in a current – don't swim against it – you'll tire yourself out. Stay calm, swim with the current and call for help.

Stay with a friend/an adult: to point out the dangers, and always someone to call 999 /112 for help.

If you fall in: FLOAT, BREATHE, RELAX, AND THEN SHOUT FOR HELP

#### How to swim without getting sick tips:

- If water looks or smells polluted avoid it especially after rain.
- Don't swallow water when swimming (breaststroke is sometimes better)
- Cover cuts and wounds to protect from bacteria and wash after swimming.
- Keep ears as dry as possible (swim hat, ear plugs) and dry ears thoroughly.
- Don't swim in contact lens unless disposable (and then dispose afterwards)
- Check with [Sewage pollution alerts – Surfers Against Sewage \(sas.org.uk\)](#)

### Tips to keep you and your children safe around water?

#### You can make a big difference by:

- Ensuring that you and your family can swim, be water confident, and have water safety skills <https://www.swimming.org/learntoswim/>
- Make smart choices, such as swimming at lifeguarded beaches and pools, using appropriate safety equipment and not drinking alcohol before going in the water.
- Be aware of and know how to avoid key water-safety hazards (rips, cold AND moving water)
- Deal with hazards for children and vulnerable people in and around the home such as ponds, bath, swimming pools
- Take opportunities for children and teenagers to develop 'risk-competence' by learning about safety by experiencing risk.
- Know what to do in an emergency.

### Further Information:

<https://www.nationalwatersafety.org.uk/media/1005/uk-drowning-prevention-strategy.pdf>

<https://www.swimming.org/learntoswim/>

Water safety poster from RLSS: [Download.ashx \(rlss.org.uk\)](#)

<https://www.swimming.org/learntoswim/downloadable-water-safety-posters/>

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