



Respect the water

Stay out of lakes, canals and rivers.

Open water may seem inviting but it's not always safe for swimming or cooling off.


For more information visit
theparkstrust.com/watersafety

CALL 999
if you see someone
in trouble.

**DON'T ENTER
THE WATER!**

Entering the water can be deadly.

You may be putting yourself in danger due to:

 Low water temperatures that can cause shock and immediate loss of breathing control.

 Potential hidden hazards under the surface.

 Risks of disease or infection.

Float to Live

If you find yourself in difficulty in the water:

- 1** Tilt your head back, with ears submerged.
- 2** Relax and try to breathe normally.
- 3** Move your hands to help you stay afloat.
- 4** It's OK if your legs sink, we all float differently.
- 5** Spread your arms and legs for better stability.



A swimming pool is best - the water is clean and warm, and lifeguards are on hand in an emergency.

Or join a **supervised** open water swimming session.



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