



Water Safety Tips



Be Safe at the River

On average, around 400 people drown in the UK each year. Nearly 50 of these are children and young people.

We believe that the majority of drownings are preventable. Make sure that you and your loved ones are not counted in next year's drowning figures.

Here are some important water safety tips to help you stay safe.

At the river

- Always swim at lifeguarded lakes and rivers
- When around water, stay back from the edge. At least 22% of people who drown fall into the water by accident (e.g. whilst out fishing, running or walking)
- Remember that lakes and rivers remain cold all year round (warm shallow areas just a few metres from the shore can be misleading about the temperatures further out)
- Always wear a buoyancy aid for activities in the water or at the water's edge
- Never enter the water after drinking alcohol

