



Water Safety

Dear resident,

As we enter the warmer months, many of us look forward to spending more time outdoors with family and friends. Unfortunately, with the warmer weather we see noticeable increase in incidents involving open water, often with tragic outcomes.

During the last week of May, several heart breaking fatalities have occurred across the UK, involving individuals getting into difficulty in rivers, lakes, reservoirs and coastal waters. These incidents are a stark reminder that open water poses significant risks, particularly for young people who may be drawn to it during warmer weather.

I would like to urge all parents, carers and guardians to have open and honest conversations with young people about the dangers associated with open water. While it may appear calm and inviting, the reality can be very different.

One of the most serious risks is cold water shock. Even on a hot summer's day, water temperatures in the UK can remain dangerously low. Sudden immersion can trigger an involuntary gasp reflex, rapid breathing, panic and loss of muscle control. Even strong swimmers can quickly find themselves in difficulty.

There are also hidden hazards beneath the surface. Rivers, lakes and reservoirs may contain debris, submerged objects, rocks, mud, weeds and reeds that can entangle or trap a person unexpectedly. Water depths can change suddenly, currents can be stronger than they appear, and safe exits are not always easily accessible in an emergency.

If you witness someone in difficulty in the water, your instinct may be to intervene immediately, however, entering the water can often place additional people at risk. Instead, follow this advice:

- call 999 without a delay and request the appropriate emergency service.
- In a large open area use [What 3 Words](#) to provide your exact location to emergency services.
- If possible, throw a floating object, such as a lifebuoy, and encourage the person to float on their back, while help is on the way.
- If it is safe to do so, extend a pole, branch or similar object from a secure position.
- Do not enter the water unless you are properly trained and equipped.



Each year, lives are lost in incidents involving open water that could have been prevented. By increasing our understanding of the risks and knowing how to respond in an emergency, we all have a role to play in improving water safety within our communities.

Please take the time to have this conversation today – it could save a life tomorrow.

Please, visit our Instagram page to find the video on water safety.

https://www.instagram.com/reel/DZmuixCP5XC/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==