



# Stay Safe @ Upton

June 2024

## Focus: Summer Water Safety

Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents. 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.

Accidents are mostly preventable with the correct knowledge and judgement and here are our tips to staying safe in the water during the summer:

### To enjoy the water safely and make the right call...

#### Enter slowly and carefully

- 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? •

#### Stay within reach

- Don't go too far and stay within a standing depth.

#### Always be supervised

- Over 70% of fatal accidents occur in the absence of professional supervision.
- Seek life guarded areas and always make sure someone is available to raise the alarm.

#### In an emergency...

- Call 999 Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast.
- Don't enter the water to rescue.
- If you're in trouble, FLOAT and call for help.
- 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.



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT

