

Stay safe around water

Cooling off can be tempting in hot weather, but seas, rivers and lakes can be more dangerous than they look



Before you swim

- Choose a lifeguarded beach whenever possible.
- Check local safety signs and follow any warnings.
- Never swim alone.
- Avoid alcohol before or during swimming.

Stay safe in the water

- Cold water can cause shock, even on a hot day.
- Rivers can have strong currents and hidden hazards beneath the surface.
- Avoid jumping or diving into open water – you may not know what's below.
- Keep children under close supervision at all times.



If someone gets into difficulty

- Call 999 and ask for the Coastguard if you're at the coast, or Fire and Rescue if you're inland.
- Never enter the water to rescue someone unless you are trained to do so.
- Encourage them to float on their back and throw something that floats if one is available.

Please follow any local water safety advice and warning signs.

Enjoy the water safely – taking a few simple precautions could save a life.



HARPA
Holiday and Residential
Parks Association