



WATER SAFETY CODE



Stop and Think, Spot the Dangers

If you are thinking of being near or entering the water, have you considered the following?



Be aware of cold water shock

For more info visit www.watersafetyscotland.org.uk/coldwatershock



Keep off all frozen waters



Check for safety signage



Avoid alcohol and drugs



The **depth** of the water may hide **underwater ledges, hidden currents and unseen items**



Be aware of other water activities



If it is **safe to enter the water**, ensure you have a safe way out



At the coast, consider rip currents, wind and the tide



Stay Together, Stay Close

It is better to go near the water with a friend or family member



If you are in trouble in the water, float until you feel calm

Lean back, extend your arms and legs

Float until you can control your breathing. Then call for help or swim to safety



In an Emergency, Call 999



If you see someone in trouble
DO NOT enter the water



Look for a throw line or life ring to help whilst you wait on the emergency services



Call 999 or 112

TOP TIP: Thinking of taking part in a planned activity?

To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.