



ROYAL  
LIFE SAVING  
SOCIETY UK



## Water safety tips

# Be safe at inland water sites

On average, more than 400 people drown in the UK each year. Nearly 60 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:

### Inland water sites

More people drown in inland waters than coastal or at sea (e.g. in rivers, canals, lakes, lochs, reservoirs and ponds).

1. Swim at lifeguarded lakes.
2. 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).
3. 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).

4. Always wear a buoyancy aid or lifejacket for activities on the water or at the water's edge (such as when boating or fishing).
5. Never enter the water after consuming alcohol.

**For more information on being safe in, on and near water, visit [www.rlss.org.uk](http://www.rlss.org.uk)**

**Discover fun ways to learn water-based personal survival and rescue skills, for all ages, by checking out our National Lifesaving Award Programmes. Or become involved by joining a local lifesaving club.**

**[www.rlss.org.uk](http://www.rlss.org.uk)**



**[www.drowningpreventionweek.org.uk](http://www.drowningpreventionweek.org.uk)**

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