Keeping Wales' Communities
Safe Around Water

400 people die from drowning in the UK every year. Whenever you are near water always take extra care. Try to choose a place to swim where there are Lifeguards and make sure you swim where they can see you. Look for safety information that may include warnings and safety signs. If you spot someone in trouble in the water ring 999 and ask for the Coastguard if you are at the coast or the fire service if you are inland at a river, reservoir, quarry, pond or lake.

The dangers of water

- It is very cold and could cause cold water shock or hypothermia
- There may be hidden currents which could make it difficult to swim back to shore
- It can be difficult to get out e.g. steep slimy banks
- It can be deeper than it looks and can be difficult to estimate the water's depth
- In the water there may be hidden rubbish or debris e.g. shopping trolleys, broken glass
- If swimming in rivers, quarries or reservoirs there will be no lifeguards around to help
- The water may be polluted and cause ilnesses

In an emergency ring 999 and ask for the Fire and Rescue Service if inland or Coastguard if at the coast.