

Inland Water Sites

Inland Water Sites

Enjoy Water **Safely**



Over half of drownings occur at inland water sites which include rivers, lakes, quarries, reservoirs and canals.

That's nearly 200 drownings every year!

Many of these drowning occur because people assume that swimming or jumping into open water is similar to using a swimming pool.

Open water can be used safely, but there are a lot more things to consider when going into open water compared to a swimming pool

Whenever you are near water:

- Stop and Think
 - Stay Together
- In an emergency:**
- Call 999
 - Float

Cold Water

Enjoy Water **Safely**



Even during the summer the open water sites stay very cold, particularly the deeper water just a few metres from the shore.

If you want to swim, try to enter from somewhere shallow, and swim parallel with the shore so you can stand up if you start to feel tired or if you inhale water.

If you're going into deeper water, or jumping in, it's a good idea to go with an organised group with rescue cover, get used to the temperature first, and wear a wetsuit.



Cold Water

Enjoy Water **Safely**



After the gasping and hyperventilation response to getting into cold water has passed (0-3mins), how much can cold water reduce your ability to swim?

A research study took 10 good swimmers and asked them to swim in water of 25°C, 18°C, and 10°C for 90mins.

How many do you think completed the swims:

Water Temperature	Number of swimmers who completed the swim
25°C	10
18°C	8
10°C	5

How long can you swim continuously for in a standard 30°C swimming pool?

Considering the standard of the swimmers in the research, how long do you think you could swim in 10°C water?

If you are not experienced swimming in cold water, it's probably just a couple of minutes

'Immersion deaths and deterioration in swimming performance in cold water': Michael Tipton, Clare Eglin, Mikael Gennser, Frank Golden

Who Drowns in Open Water?

Teenage boy drowns in a Lancashire quarry

A 13-year-old boy has drowned after swimming at Hill Top Quarry in Whittle-le-Woods, near Chorley.



Emergency crews were called to the site but the boy was pronounced dead at the scene, according to a police spokesman. The boy's mother paid tribute to her son who she described as a "bright young man who enjoyed life to the maximum and was a thrill seeker. He was funny, special and a talented athlete, was loved by all his family and friends and was a brilliant big brother to his brothers and sister and a fantastic son.

"He was a 'very capable swimmer'. She said the family had been left "totally devastated". "It has left a massive hole in our lives and our family is incomplete without him, though he will never be forgotten. Life will never be the same."

"I want people to know that he was a strong lad and a very capable swimmer, despite this he still found himself in trouble and unable to swim a short distance to safety. This message is to highlight the dangers of open water and the devastation it can bring to any normal family."

A Councillor of Chorley Council, said the local areas of open water had always been popular with young people. "We are surrounded by water and the water is a big attraction to kids when it is nice weather," he said. "This is used quite a lot and has been for many years."

Identify the Hazards at Open Water Sites

CANAL

LAKE

QUARRY

RESERVOIR

RIVER

END
ACTIVITY

Produced for RLSS UK by



Canal

Hazards:
4 to find!



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Canal

Hazards:
4 to find!

Canal
Traffic

Currents

Bridge

Bank

Currents

Risk:

Danger of being swept away from the edge and into deep, cold water.

Precautions:

Only enter rivers as part of an organised swimming or activity event with safety cover.

Canal Traffic

Risk:

Danger of being hit by boats if you fall in.

Precautions:

If you do fall in, swim directly towards the bank and climb out. If you can't climb out shout and signal for help, and to make boat aware of your presence.

Precautions:

Keep yourself, children, and pets away from the edge.

Bridge

Risk:

Danger of broken legs and/or spinal injury from falling or jumping from bridge.

Precautions:

Don't lean over the side of the railings, and don't jump from bridges.

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Lake

Hazards:
4 to find!



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Lake

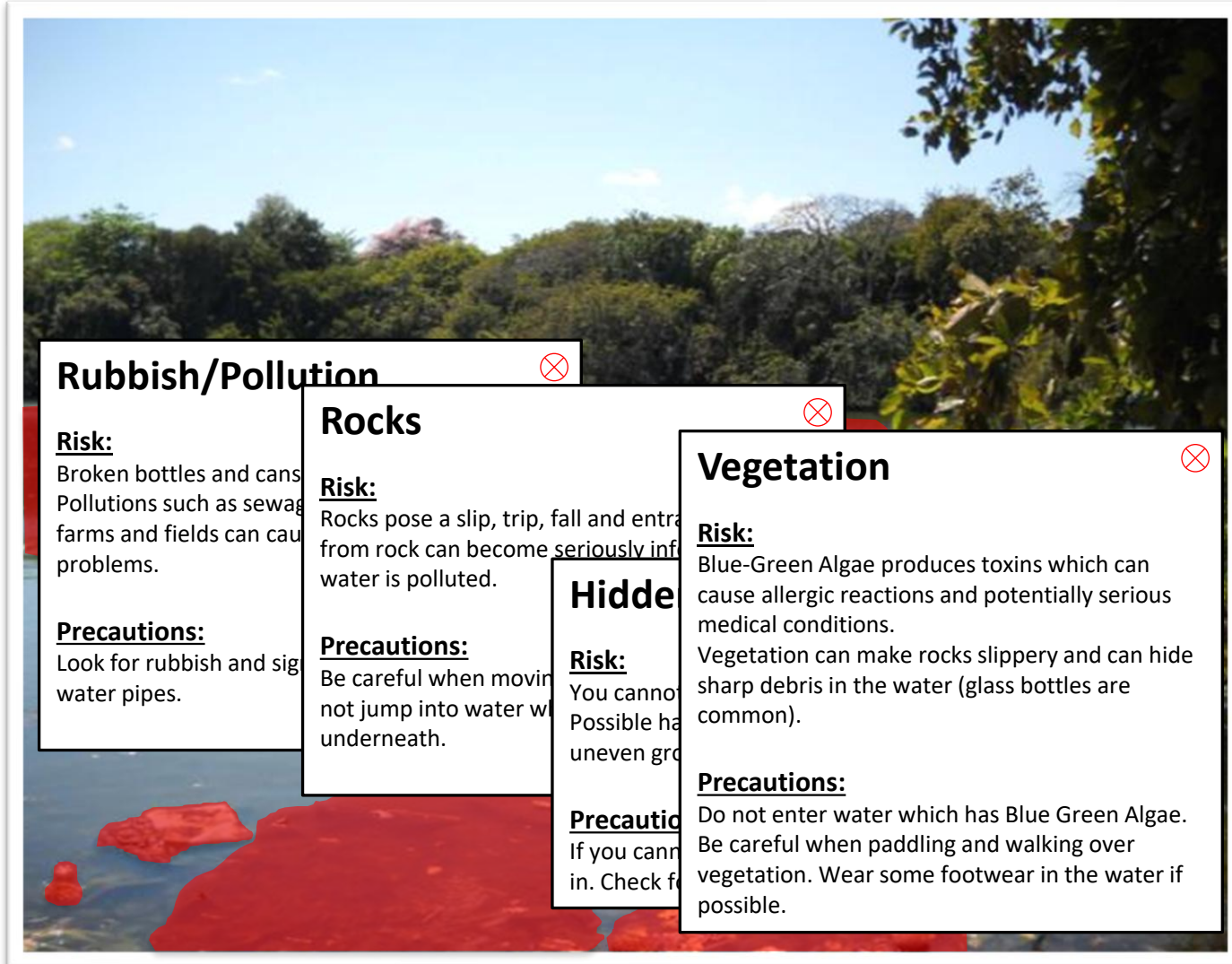
Hazards:
4 to find!

Rocks

Vegetation

Rubbish/
Pollution

Hidden
Features



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Quarry

Hazards:
6 to find!



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Quarry

Hazards:
5 to find!

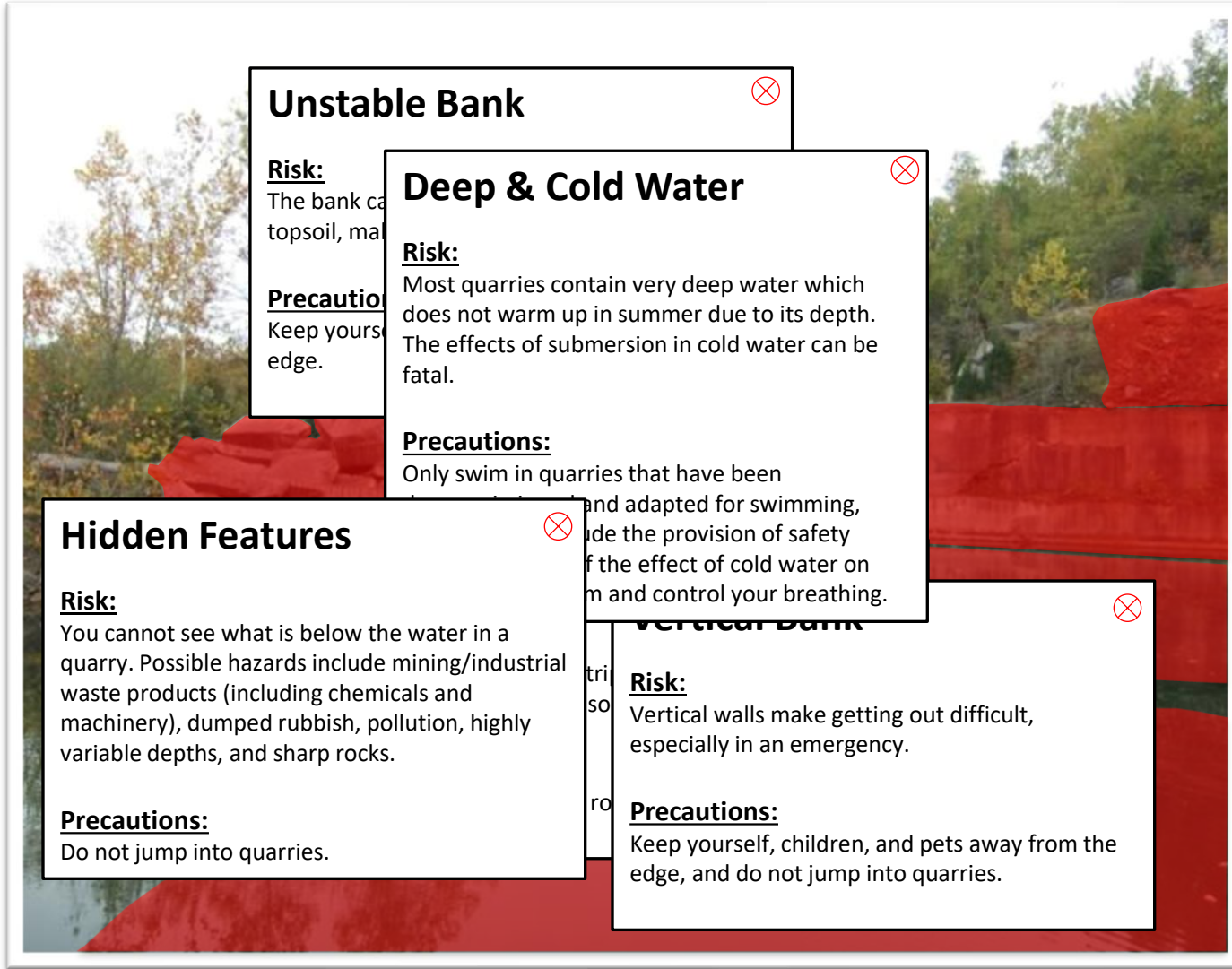
Rocks

Unstable
bank

Underwater
current

Hidden
features

Shear face



Unstable Bank

Risk:

The bank can collapse, causing injury or death.

Precautions:

Keep yourself away from the edge.

Deep & Cold Water

Risk:

Most quarries contain very deep water which does not warm up in summer due to its depth. The effects of submersion in cold water can be fatal.

Precautions:

Only swim in quarries that have been specifically designed and adapted for swimming, and make the provision of safety equipment to counter the effect of cold water on breathing. Do not swim alone and control your breathing.

Hidden Features

Risk:

You cannot see what is below the water in a quarry. Possible hazards include mining/industrial waste products (including chemicals and machinery), dumped rubbish, pollution, highly variable depths, and sharp rocks.

Precautions:

Do not jump into quarries.

Vertical Bank

Risk:

Vertical walls make getting out difficult, especially in an emergency.

Precautions:

Keep yourself, children, and pets away from the edge, and do not jump into quarries.

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Reservoir

Hazards:
3 to find!



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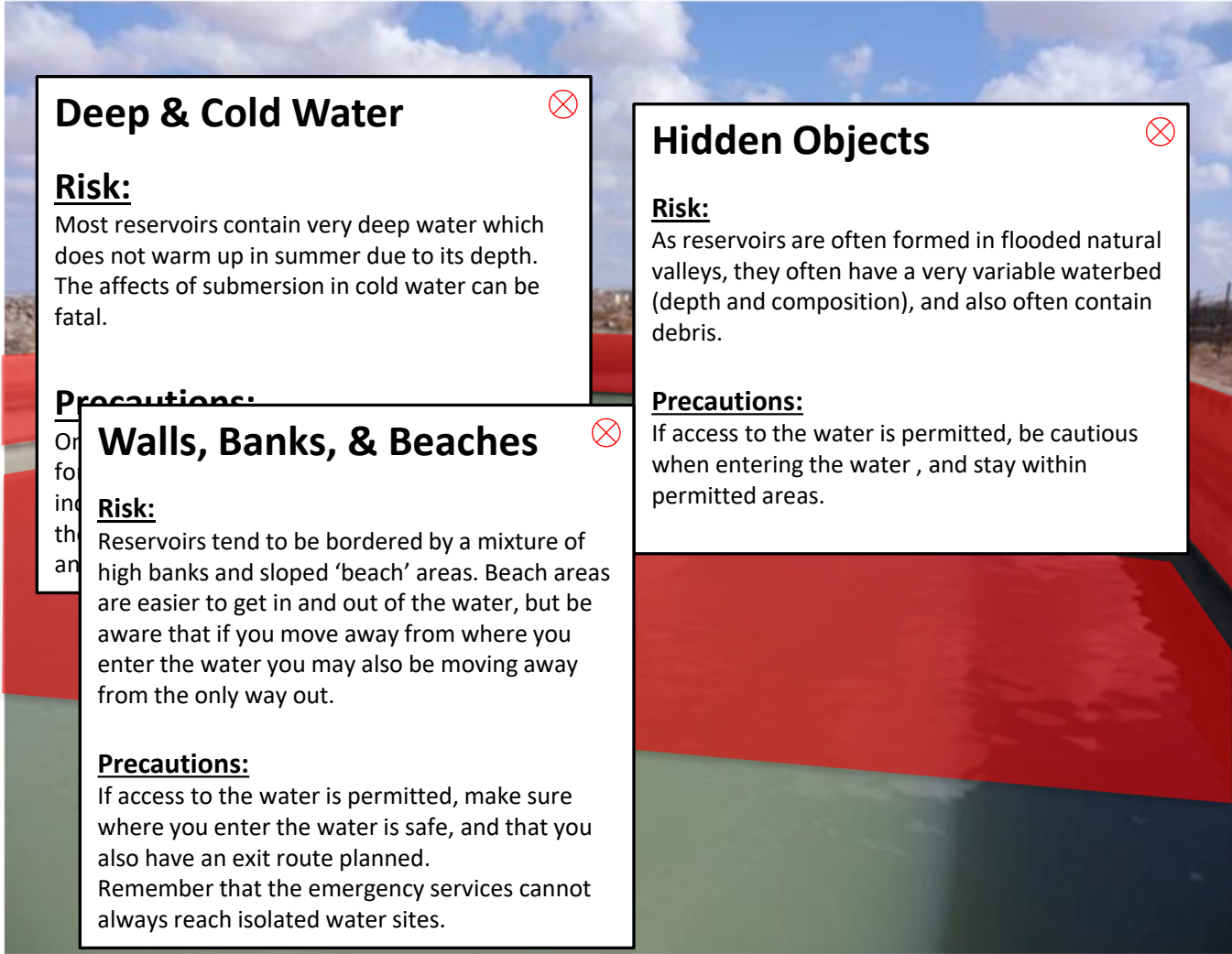
Reservoir

Hazards:
3 to find!

Hidden
objects

Cold water

Shear Wall



Deep & Cold Water

Risk:
Most reservoirs contain very deep water which does not warm up in summer due to its depth. The affects of submersion in cold water can be fatal.

Precautions:

Hidden Objects

Risk:
As reservoirs are often formed in flooded natural valleys, they often have a very variable waterbed (depth and composition), and also often contain debris.

Precautions:
If access to the water is permitted, be cautious when entering the water , and stay within permitted areas.

Walls, Banks, & Beaches

Risk:
Reservoirs tend to be bordered by a mixture of high banks and sloped 'beach' areas. Beach areas are easier to get in and out of the water, but be aware that if you move away from where you enter the water you may also be moving away from the only way out.

Precautions:
If access to the water is permitted, make sure where you enter the water is safe, and that you also have an exit route planned. Remember that the emergency services cannot always reach isolated water sites.

Reveal All

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River

Hazards:
8 to find!



Reveal All

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Exit

River

- Hazards:
- 8 to find!
- Hidden objects
- Cold water
- Currents
- Rocks
- White water
- Waterfall
- Railings
- Trees on bank

The image shows a river scene with a red overlay. Several information boxes are overlaid on the image, each with a red 'X' icon in the top right corner. The boxes contain the following text:

- Currents**
Risk:
Danger of being knocked off your feet and swept away.
Precautions:
Swim with caution and warning
- Rocks**
Risk:
Rocks pose a slip, trip, fall, and entrapment hazard and may be hidden beneath the water.
- Hidden Objects**
Risk:
Under the water: it may be difficult to see rocks or rubbish.
- Waterfall**
Risk:
Fast moving water with strong currents moving over rocks with a drop in height.
- Safety Railings and Barriers**
Risk:
In isolated areas and areas exposed to the weather conditions, railings often become damaged and weakened.
Precautions:
Don't expect railings and barriers to be able to support your weight.
- Water Ahead**
Risk:
Fast moving water with strong currents moving over rocks.
- Precautions:
Swim with caution following the guidance of the activity leader.

Reveal All

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Exit

Other sessions to look at

Enjoy Water Safely

