

## Water Safety

Water is always seen as fun and of no real danger even people that are good or strong swimmers can get into difficulties and drown. Swimming in Rivers is not the same as being at inland pools or swimming baths. The temperature of the water can be extremely cold even on summer days and will take extreme stamina to stay afloat.

### Avoid the Risks

Avoid the risks and protect yourself and others by following simple guidelines.

- Spot the dangers.
- Know your limitations.
- Follow and act accordingly to signs.
- Always be accompanied.
- Learn how to help by taking Water Safety or First Aid courses.
- Do NOT enter the water. Unless you are a extremely strong swimmer.
- Phone the Emergency Services ( 999 ) promptly! Every Second Counts Advice for Parents and FriendsWe see the importance of teaching teenagers about the dangers of drinking alcohol in and around waterways. This might surprise you but alcohol use is involved in many drownings. In drownings among teen males, alcohol is a major contributing factor. Talk to your teen or Teens talk to your friends about the dangers of drinking alcohol in or near waterways.

Water Awareness Day with Tayside Fire & Rescue. Supported by local DAAT.