



FIRE SAFETY ADVICE

WATER SAFETY

There are around 200 deaths by drowning in the UK each year.

The dangers...

The main cause of accidental deaths in waterways is bathers being affected by some of the dangers listed below;

- **Alcohol** – causes loss of coordination and slows reaction times, as well as reducing the body's core temperature and increasing the susceptibility to cold.
- **Temperature shock** – even during warm weather, temperatures in open waters are dangerously low.
- **Waterborne diseases** like Leptospirosis (Weil's disease) can be fatal.
- **Submerged dangers** – hazards such as rocks or discarded rubbish, plus underwater plants, which can wrap around bathers.
- **Water currents** – deeper water with fast currents is extremely hazardous



Take action...

If you see someone in difficulty:

- Shout for help and dial 999 – ask for the Fire Service at inland water sites or the Coast Guard if you're at the beach
- Reach with a long stick, a scarf, clothes or anything else. Crouch or lie down to avoid being pulled in.
- Throw a rope if you can to pull in the person. Otherwise throw something that will float - a ball, a plastic bottle or a lifebuoy.
- Don't jump in to try to save them.

Key advice...

Only use venues designed for open-air bathing and pay attention to all warning signs.



UCI
Road World
Championships
21st-29th
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