

No public swimming at the Council's open spaces



DID YOU KNOW?

Around 200 people drown in rivers, lakes and other water bodies in the UK every year.*

A small amount of water entering the lungs can cause irritation and lead to production of fluids, which can cause drowning up to 72 hours after the intake of water.

Near drowning can have long-term effects, such as permanent disability and serious health problems.

*Statistics on drowning are from the Royal Society for the Prevention of Accidents 2002.

www.tmbc.gov.uk





Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may be able to swim well in a warm swimming pool, but that does not mean that you will be able to swim in open water outdoors.

Drowning –

Layers of very cold water just below the surface can cause cramps and rapid exhaustion. Swimmers may only survive for a few minutes in cold deep water.

Serious injury –

The lakes, rivers and other water bodies in parks and open spaces may have hidden underwater obstacles which could cause serious injury.

Disease –

Although the water quality is monitored, there is still a risk of disease from untreated water, for example, Weil's disease, carried by rats, can cause vomiting, kidney and liver damage, breathing problems and even death!

Entanglement -

There can also be patches of thick pond weed. It is very easy to get tangled up in weeds and be unable to reach the surface.

In an Emergency-

You may be able to help yourself and others if you know what to do in an emergency. If you see someone in difficulty, tell somebody, preferably an adult, if there is one nearby, or use the nearest telephone, dial **999** and ask for the **Police**.

For more information on
water safety visit
www.tmbc.gov.uk
and look in the leisure pages
Be safe — Don't go
in the water



**If you are having difficulty
reading this leaflet and would
like the information in another
format please call Leisure
Services on 01732 844522
or email
leisure.services@tmbsc.gov.uk**