



MacIntyre

Providing support...your way

## Open Water Swimming Warning



When it is hot you might want to cool off by swimming in open water

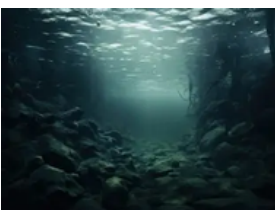


Swimming in open water can be very dangerous

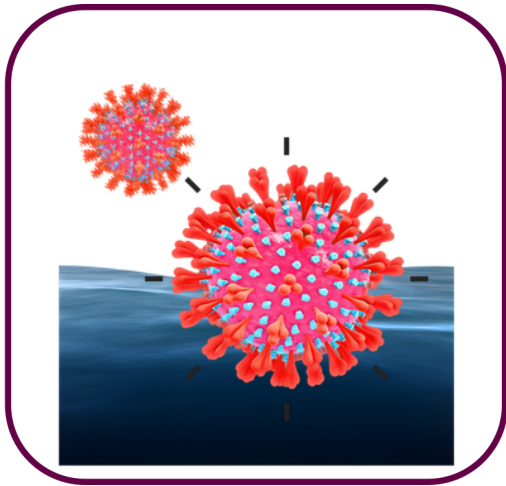


Even in the summer open water can be **cold**

This can harm you



The water can be **deep** or have deep areas that are hard to see



The water can have **bacteria** and **viruses** in it that can make you ill



The edges of the water can be **slippy** or **sharp** which can cause you to fall and get hurt



Open water can be hard to swim in this can make you **tired** or even cause you to drown



You can stay safe by:



Never swim alone in open water



Swim in areas that have been marked as safe



Using swimming aids like arm bands, floats and inflatable rings



Stay away from boats and machinery



Make sure children are watched and kept safe



Never going into water to rescue people you should get help from a lifeguard or call 999



Making sure to swim at local swimming pools and beaches with lifeguards



You can find more information  
Click here - [Water Safety](#)

Or scan QR code here -





This document was:

- Checked and signed by MacIntyre Advisors
- Made with photosymbols