

accidents don't have to happen

Check for signage warning you of any dangers.

If you are wild swimming wear a wetsuit, go with a friend and take an inflatable tow float.

Know what to do in an emergency.

The depth of the water may hide debris and ledges.

Be aware of Cold Water Shock - an involuntary response by the body being immersed into cold water.

Inland Water Safety Tips...

www.rosipa.com/leisure-safety