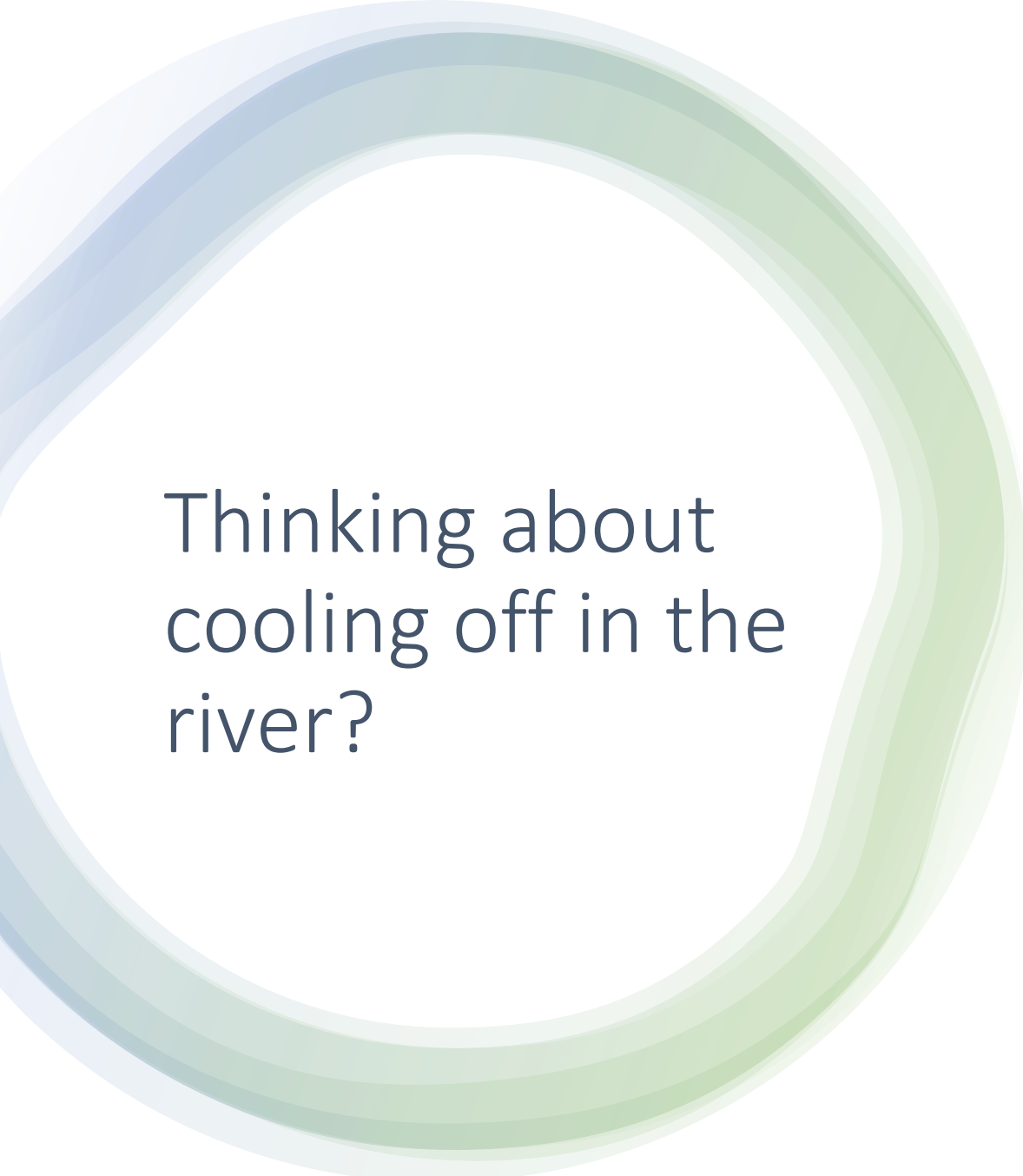
A large, stylized water drop graphic is centered on the page. The drop is filled with a gradient of light blue and green, with several concentric, semi-transparent white outlines that create a sense of depth and movement. The background is a solid light green color.

# Water safety summer 2021

Tutor time Monday 14 to Friday 18 June 2021



Thinking about  
cooling off in the  
river?

On a hot day, it might seem like a great idea to cool down in open water. However, you are strongly advised to stay out of the water. There are too many risks that you can't see hidden below the surface, and lots of other ways you can cool down with two feet on the towpath.


All resources are from:

[Canal & River Trust | Wellbeing for everyone  
\(canalrivertrust.org.uk\)](https://canalrivertrust.org.uk)



**Canal &  
River Trust**

Making life better by water



What do you need  
to know?

- <https://youtu.be/nSiUDBkTsNI>
- <https://youtu.be/Mhxa8TsRMvw>



## Depth perception

Canals are often shallow, which you can't tell from the surface. If you jump in you are likely to injure yourself, possibly seriously

However, don't be fooled by thinking that all canals are shallow. If you can't put your feet on the ground, it'll be much harder to get out. Rivers, reservoirs and docks are generally much deeper, and colder



## Hidden dangers under the water

Canals are havens for wildlife and maintaining water habitats are an important part of our work. If you're in the water, reeds and other plant life could get tangled around your limbs and trap you in the water making it very difficult to climb out

Sadly, rubbish like shopping trolleys can be [lurking below the surface](#) of canals and rivers. If you're in the water you could injure yourself by cutting yourself on a rusty old bicycle or broken glass, or get trapped on a larger piece of rubbish, like a trolley or even a motorbike



# Disease

Waterborne diseases, including Weil's Disease (leptospirosis), are extremely rare, but if you are swimming you're most exposed to them. If you are likely to come into contact with water it's sensible to take a few precautions:

If you've got any cuts or scratches, keep them covered

If you fall in, take a shower and treat cuts with antiseptic and a sterile dressing

Wash wet clothing before you wear it again

If you develop flu-like symptoms within two weeks, see a doctor and mention that you fell in the water. Not all doctors will know to look for signs of Weil's Disease, so do suggest it as a possibility



## Cold temperatures

Even on a hot day inland waterways will be colder than you think, particularly reservoirs and docks as they're deeper. Low temperatures can cause your blood to rush away from your muscles to protect your organs and limbs and muscles may become fatigued quickly - this can lead to drowning

See more information from the [RLSS about what cold water can do to your body](#)

# Group quiz

(click on workshop slides)

[RNLI water safety education resource: Group Quiz activity](#)