



**AQUATICS FOR EVERYONE
FOR LIFE**

Dear Headteacher,

Young people urged to stay safe around open water after latest tragedies

We at Swim Wales, the RNLI and Water Safety Wales, would like your support in raising further awareness of our water safety messages to children and young people on the importance of staying safe around staying safe at the coast and inland waterways like rivers, lakes and reservoirs during the summer period.

We are urging young people in Wales to remember key safety advice for sea, rivers and other open water. Water Safety Wales is reinforcing four simple lifesaving tips:

- **Stop and think:** Is it a safe place to swim and do you know the dangers?
- **Stay together:** Always go with someone else
- **Float:** If you get into trouble in the water, float to live until you feel calm
- **Call 999 or 112:** If you see someone else in trouble in the water

Chris Cousens Water Safety Wales Chair says, "We believe that one drowning is one too many and the impact of losing a young person to drowning cannot be underestimated.

"More young people will be visiting the sea, rivers, reservoirs, lakes, and other open water locations in the coming weeks as the weather improves, and schools break for summer holidays. The water is still cold enough to trigger cold water shock, the body's natural reaction to cold water which can cause panic and gasping."

Sea, rivers, lakes and other open water can look calm and inviting, but open water can be very different from a swimming pool. The water is usually moving, and waves, currents and flow can make swimming difficult. It is important to know the depth of the water and what may be under the surface.

Both Swim Wales and RNLI have a range of free education activities linked to Nofio Ysgol, the School Swimming programme for Wales, to download please click on the links:

- <https://rnli.org/youth-education/education-resources>
- <https://swimwales.org/pages/nofio-ysgol-40>

Water Safety Wales are kindly requesting your support in signposting these resources before the end of school term via your school website and social media.

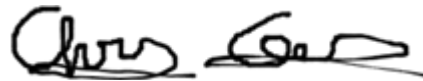
We would urge teaching staff to reiterate our four simple live saving tips to children and young people to stay safe around open water.

- Stop and think: Is it a safe place to swim and do you know the dangers?
- Stay together: Always go with someone else
- Float: If you get into trouble in the water, float to live until you feel calm
- Call 999 or 112: If you see someone else in trouble in the water

Yours in swimming and water safety,



Fergus Feeney
Chief Executive, Swim Wales



Chris Cousens
Water Safety Lead, RNLI
Chair, Water Safety Wales