



Tayside Fire and Rescue reaffirm Water Safety advice

During the school holidays, and in particular in hot weather, increasing numbers of children put themselves at risk of drowning. Drowning is the second leading cause of unintentional injury-related death among children ages 14 and under, with children under age 5 at the highest risk. Toddlers and children are attracted to water and love to play in it. Unfortunately, they don't understand the dangers of drowning. Children can drown in as little as one inch of water in a matter of seconds. The majority of drowning's among older children occur in open areas of water. These drowning's happen when a swimmer overestimates their swimming ability or when they are swimming in an unsupervised area.

Tayside is an area of natural beauty with many rivers, lochs, reservoirs, beaches and streams close by to be enjoyed by everyone. Water can be an attraction at this time of year and the forthcoming school holidays will see an increase in water activity.

Tayside Fire and Rescue would like to keep all our communities safe by reaffirming safety considerations when near water. Although water may seem appealing the water will still be extremely cold with many hidden hazards such as depth, strong currents, and underwater entrapments. Swimmers can often become quickly fatigued due to the strength of the currents and water temperature which can prevent them from reaching safety. Swimming can be a lot of fun but it is important to know your limits. Tayside Fire and Rescue would advise everyone to only swim in safe areas where there is adequate supervision. If someone you are with or you discover someone experiencing difficulty in the water you should follow these simple steps:

- Don't go in after them
- Shout for help and send someone to phone 999 and ask for the Police, Fire and Rescue or the Coastguard if you are at the beach.
- If there is a float or life buoy, throw it to the person in the water
- If a throw line is available, use it to reach the person in the water. Otherwise throw something that will float (e.g. a ball or plastic bottle). This will keep the person afloat until help arrives.
- Direct emergency services to the precise location when they arrive.
- Most importantly - Always ensure your own safety.

By following this advice everyone can enjoy the remainder of this year's summer and many more to come.