



**No lifeguard,  
No swimming**

[#DoingitforDylan](#)

doing it for  
**dylan**  
water safety campaign



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## Bodies of open water such as:

- Sea
- Rivers
- Canals
- Weirs



- Quarries
- Lakes
- Loch's
- Reservoirs

All have hidden dangers. Many can't be seen...

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## Dangers of swimming in open water include:

- Drowning
- Cold water shock
- Sudden depth changes
- Undercurrents
- Underwater debris
- Slippery embankments
- Sudden temperature changes
- Cramps
- Rip currents
- Poisonous chemicals

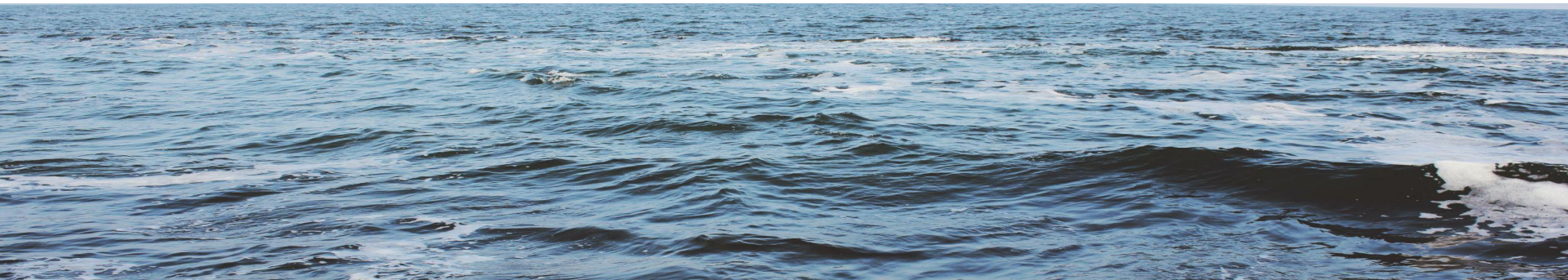


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## Drowning

This is where water enters the lungs taking the space needed for air.

Swimming in a warm, sanitized swimming pool is **nothing** like swimming in open water.



## Cold Water Shock

The cause of death for most people who die in open water is “cold water shock”

- Even very good swimmers can be affected by freezing water.
- Causes blood vessels in the skin to close, Making it harder to pump blood around
- Your body.

### DO YOU KNOW THE DANGERS OF SWIMMING IN OPEN WATER?

What can happen when Cold Water Shock takes place?

- FEAR AND PANIC
- GASPING FOR BREATH
- LOSS OF CONSCIOUSNESS
- CRAMP
- HEART PROBLEMS
- DIZZINESS
- HYPERVENTILATION

### COLD WATER KILLS!

On July 3rd 2011 Dylan Ramsay lost his life at Hilltop Quarry in Chorley due to Cold Water Shock, Dylan was a fit, strong and healthy young man. Please think before you swim and remember the golden rule

**NO LIFEGUARD, NO SWIMMING**

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## Sudden Depth Changes

Bodies of open water can often be at different levels. For example, I could be knee deep in water, but a step to my right and I could be ankle deep!

A step left could be neck deep, or even worse. It's very hard to predict where the ground below is in open water.



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## Undercurrents

Undercurrents can carry a person away in the blink of an eye.

These are either natural or man-made by machinery - you can often find these in reservoirs.

Natural undercurrents are caused by the weather, such as crashing of waves when it is windy or stormy.



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## Underwater Debris

Anything can be hidden under the surface in open water.

Often, its the things you can't see which could cost you your life.

Scrap metal, glass, weeds, machinery, poisonous chemicals, and rocks are very common, and all equally dangerous under certain conditions.





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## Slippery Embankments

Often, people get into open water easily.

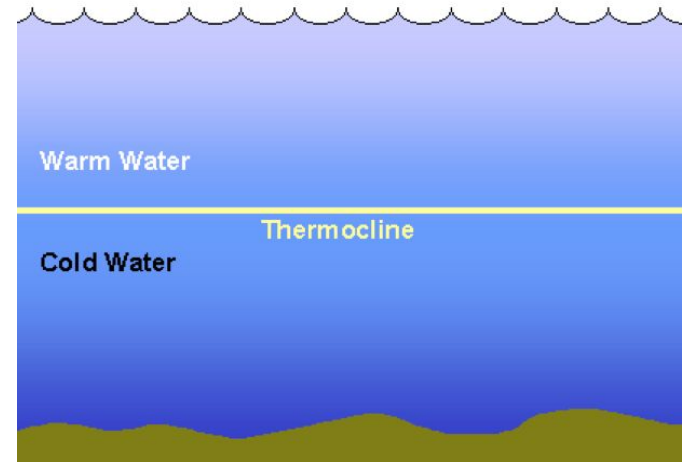
However, when it comes to getting out of embankments, they can be very slippery a lot of the time.

This makes getting out very difficult without needing help.



## Sudden Temperature Changes

The surface of the water can often feel tepid even warm to the touch. Beneath the surface, there is a layer of water called the thermocline which separates the top tepid layer from the bottom freezing cold layer of water.

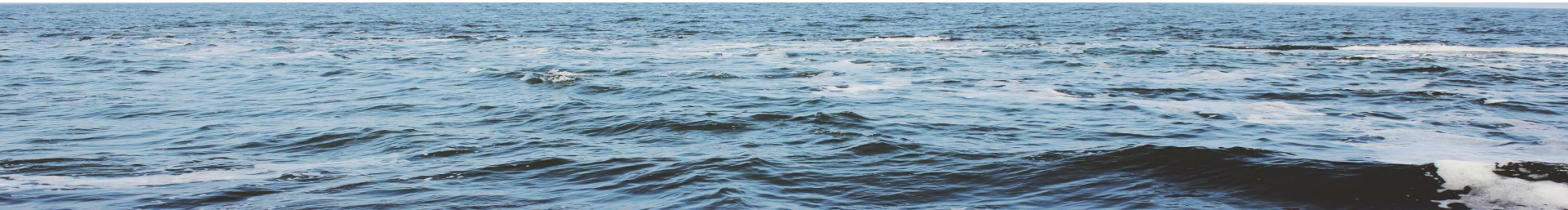


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## Cramps

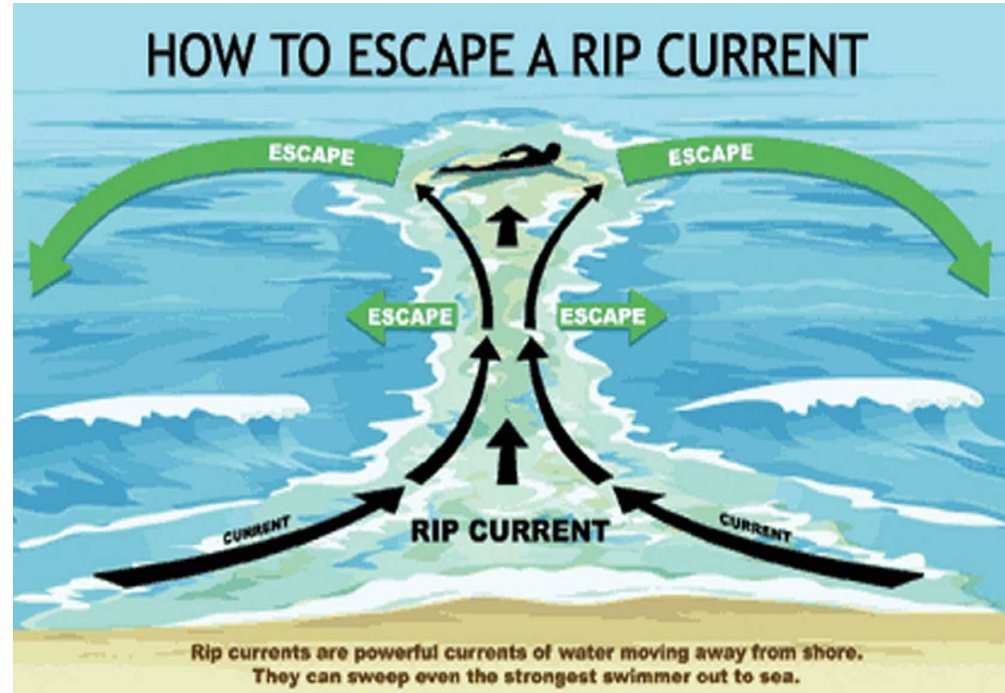
Cold open water can often cause cramp in muscles, making it hard to swim.

Your fingers & toes then your arms & your legs will be first to feel numb / tingly. This is because the blood is pumping round your body trying to keep your internal organs working. This is putting pressure on the heart.



## Rip Current

- Never swim against a rip current.
- To escape, swim parallel to the beach.
- Put one hand in the air to alert a lifeguard that you're in trouble.
- Don't panic!



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## Poisonous Chemicals

This includes anything which may have been dumped in the open water.

Bodies of open water are known to have high PH levels, some almost as high as bleach, which can be fatal.

Other chemicals can cause tummy upsets, skin rashes and illnesses.



**No lifeguard, No swimming!**

Dylan Ramsay

1997 - 2011

[#DoingitforDylan](#)



## Do you know these beach flags?



Swim between the two  
red and yellow flags.



Surf between two black and  
white chequered flags.



Red flags mean do  
not bathe!

## What a rescuer wears to do a SAFE rescue!

- Woolly bear
- Dry suit
- Buoyancy aid
- Gloves
- Specialist tough boots
- Helmet with a light
- Knife
- Throw bag / rope





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## Same quarry, dyed black

Looks uninviting?



Looks inviting?



— — — — —  
**Around an open body of water?**

Follow the SAFE code!



**S**TAY  
**A**WAY  
**F**ROM  
**E**DGES



## Open water VS a swimming pool

### Swimming Pool

- A swimming pool is a safe temperature to swim in.
- Sanitized
- Supervised with lifeguards
- Designed by safety specialists

### Open Water

- Open water is cold enough to kill
- Open water is murky and full of unknown pollution
- Unsupervised and provides no aid
- Full of dangers and harmful debris



## Never vandalise potentially lifesaving equipment



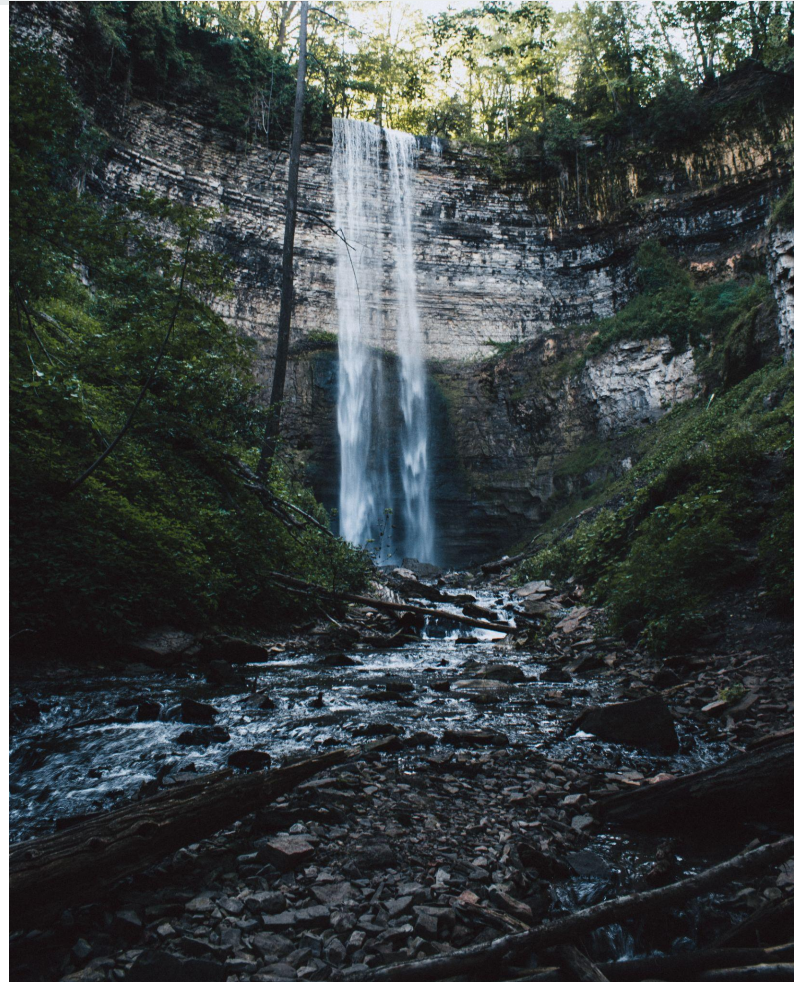
You could be  
taking a life.

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## Safety Tips...

- Late at night, you should avoid open bodies of water - especially if you are under the influence of any mind-altering substances.
- You shouldn't visit open bodies of water on your own, it's safer to travel with at least one other person. (Safety in numbers)
- Most importantly, **stay away from the edge.**

**A slip, trip or fall could end it all.**



The memories we didn't get to make, often hurt more than the ones we did.





## Surprising But True...

- More people die in water than in fires each year.
- More people die in water than in cycling incidents each year.
- The national curriculum includes fire safety talks and cycling proficiency tests, but fails to cover anything about water safety.





## Coastguards have increasing emergency callouts

Between January - November 2019, they had just over 400 callouts.

Between January - November 2020, they had almost 800 callouts.

In December 2020, tower bridge RNLi confirmed their 400th callout that year!

That's a shocking total of 1,200 callouts last year alone, which doesn't even include the other rescue organisations that we have nationwide.

These numbers are simply a fraction of the true national number of callouts.



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## In case of an emergency...

If you see someone in trouble at the coast, call 999 and ask for a coastguard.

If you see someone in trouble on inland water, call 999 and ask for the fire service.

They are able to get an instant, accurate representation of your location if you download and open the what3words app.



**WHAT3WORDS**



## Some more statistics...

From the 24th of December to the 1st of January In 2009-2019, the RNLI have launched over 8000 times on average every year in the UK and Ireland!

Since 1824, the RNLI have rescued and saved more than 143,000 people.

Many more lives are saved through education, prevention and other forms of water safety work.

Over 600 RNLI crew members have lost their own lives trying to save others.

## Precautions to take if you go open water swimming

- Never go alone
- Wear bright and easily visible clothing.
- Go to a supervised body of open water.
- Climatise your body to the temperature of the water slowly.
- You must be a strong and capable swimmer.



## Dylan Ramsay 17/10/1997 - 3/7/2011

- Athletic
- Kind
- Genuine
- Friendly
- Loved
- Clever
- Excellent Swimmer
- Funny
- Always there for anyone



**Died 3rd July 2011, swimming in open water.**

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Thank you for watching

doing it for  
dylan  
water safety campaign



