



Stowe Valley  
MULTI ACADEMY TRUST

**COLD WATER SHOCK**

# **WATER SAFETY**

**DO NOT TAKE THE RISK**

**We are aware as the weather is getting warmer that young people are wanting to cool off or go swimming.**

We would like to remind people of the extreme dangers of swimming in open water quarries, canals, lakes and rivers.



## **What are the dangers?**

- Not knowing the depth of the water
- If there are objects in the water you can't see e.g sharp objects or rocks you can't see
- Plants that could obstruct you from moving freely in the water or prevent you from getting out of the water
- The potential you could drown

## **How else can you stay cool?**

- Treat yourself to an ice cream or ice lolly.
- Get a paddling pool for the garden or alternatively have a cold shower to cool off.
- When at home wear loose and light clothing.
- Sit in the shade or find a cooler area to relax in.

**QUARRY WATER IS STONE COLD  
AND CAN KILL.**

**STAY SAFE STAY OUT**