

Transcript for the water safety video

Cooling off in rivers, canals, ponds, quarries and lakes can have deadly consequences.

The water may look calm on the surface, but there can be strong undercurrents that could pull even a strong swimmer under the water.

The water may feel warm on the surface, but just a few feet below the surface it can be icy cold. The cold water can affect stamina and strength of swimmers.

Alcohol and swimming do not mix - stay out of the water if you have been drinking.

Never let older children swim in unsupervised areas like quarries, canals or ponds.

Never interfere with lifesaving equipment - you might need it yourself.

Ensure you stay clear of boats and canoes to avoid accidents

Don't ignore the safety signs – it could cost you your life.

Swimming anywhere other than at purpose built and supervised swimming pools is highly dangerous and is not recommended, unless as part of an organised club.