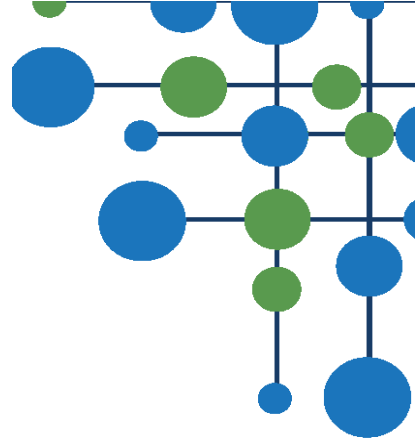


**Drowning is preventable.  
Even one drowning is one too many.**



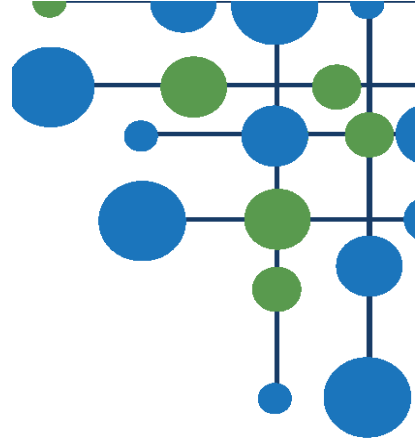
**Enjoy Water Safely**



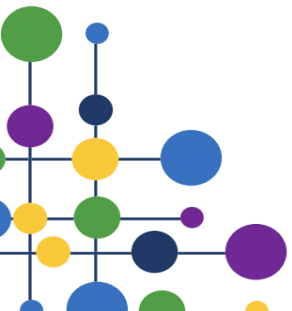
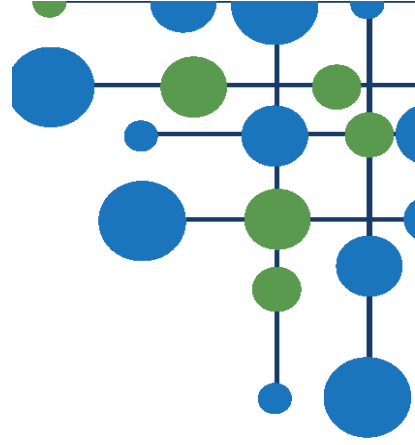
# Did you know?

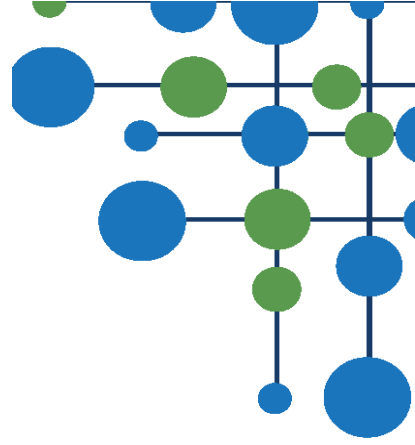


Around 44% of accidental drownings  
happen between May and August

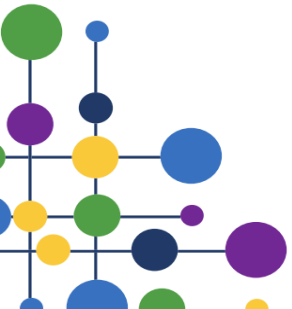


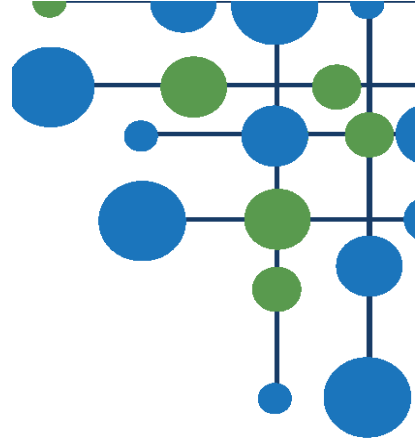
Over 80% of those who drown  
accidentally are male



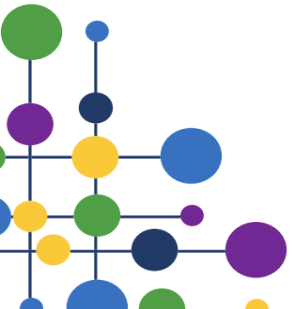


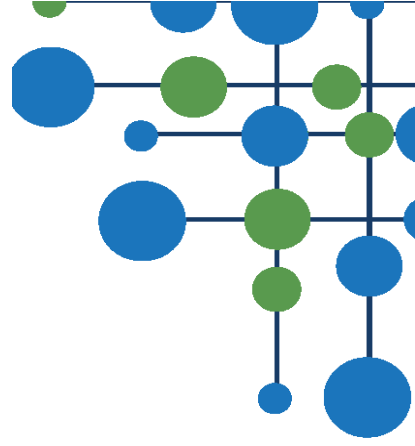
62.4% of accidental drownings happen  
in inland water





More than 46% never intended to be in  
the water





Accidental drowning takes an average of 402 UK and Irish citizens a year



**Dylan Ramsay 17/10/97-03/07/11**

**Dylan went swimming with 2 friends  
on a hot summers day in July  
Dylan never made it home that day!**





# 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**



**Cold Water Shock Awareness Campaign**

To get involved in the campaign contact:  
beckieramsay@hotmail.com  
f doingitfordylan @missmybabyboy



# The risks of swimming in outside water

**Drowning** sudden depth changes  
hypothermia seizures  
chemicals **cold water shock** pollutants  
**sudden temperature changes** cramps  
undercurrents **underwater debris**  
slippy embankments

On the 3rd July 2011 Dylan Ramsay who was just 13 years old died whilst swimming at Hill Top Quarry, Chorley.

On what was a warm sunny day, Dylan jumped into the water and soon began to struggle and was unable to swim the short distance to safety. Dylan was an extremely fit and active young man and more importantly was an extremely capable and accomplished swimmer.

Dylan's devastated family have created the 'Doing it for Dylan' campaign to raise awareness in schools about the dangers of swimming in open water. Please visit our sites for more information, and join us in our cause.



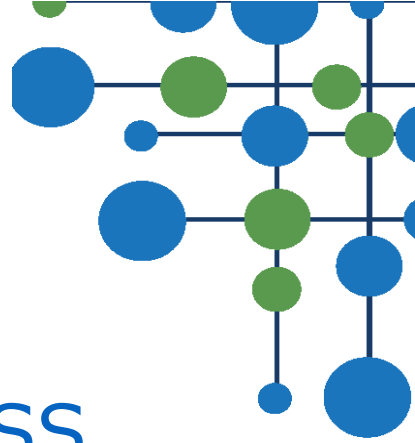
@missmybabyboy  
facebook.com/DoingItForDylan  
epetitions.direct.gov.uk/petitions/53219

# The local area

- June 2021- 13year old boy drowns after playing in the River Calder at Brighouse
- May 2021- 16 year old boy drowns in a reservoir near Rotherham, his friend nearly drowns trying to save him
- March 2021- 14 year old boy from Bradford, drowns whilst swimming in a waterfall near Bingley
- August 2020- two teenage boys from Dewsbury drown after being cut off by tides on the Lancashire coast

# Enjoy the water safely

[Videos to Share | Royal Life Saving Society UK \( RLSS UK \)](#)



# Enjoy the water safely by...

- Not swimming in rivers and canals
- Looking out for dangers
- Researching local signs and advice
- Swimming at lifeguarded venues



## ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

### STOP AND THINK

Take time to assess your surroundings.  
Look for the dangers and always  
research local signs and advice.

### STAY TOGETHER

When around water always go with  
friends or family.  
Swim at a lifeguarded venue.

In an emergency:

### CALL 999

Ask for the Fire and Rescue Service  
when inland and the Coastguard if at the  
coast. Don't enter the water to rescue.

### FLOAT

Fall in or become tired - stay calm, float  
on your back and call for help.  
Throw something that floats to somebody  
that has fallen in.



# DROWNING? THEN FLIP, FLOAT, AND FOLLOW!



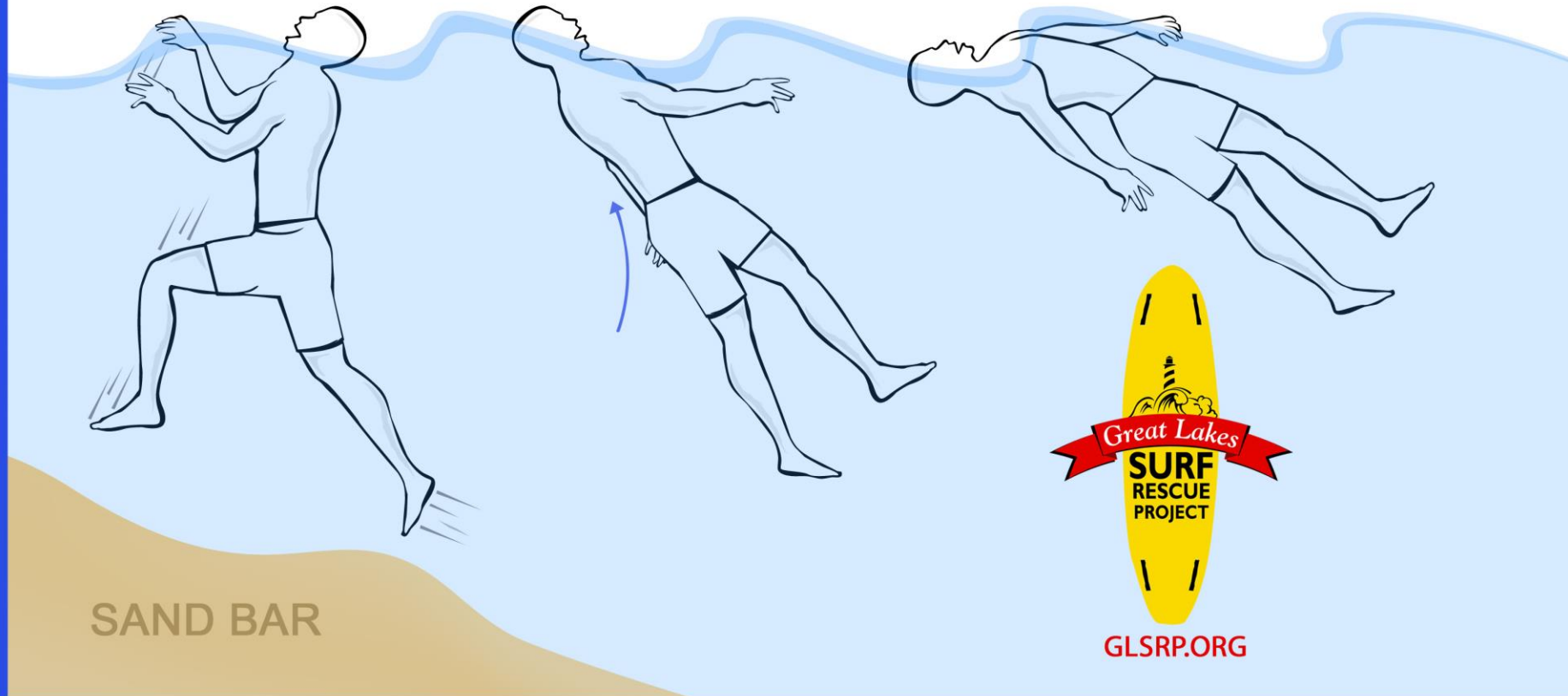
Flip over onto your back and float.

## Float to:

- Keep head above water.
- Calm yourself down from fear and panic; don't panic.
- Conserve your energy.

Follow the safest course to safety:

- 1 Do not fight the current.
- 2 Follow the current to assess which way it's flowing. Swim perpendicular to the flow.
- 3 Too tired to swim, continue floating and try to signal for help.



# ALWAYS FOLLOW THE WATER SAFETY CODE

**Drowning is preventable.  
Even one drowning is one too many.**



# A reminder...

Please do not enter classrooms without a member of staff present or permission from a member of staff.

Any student found in a classroom without permission, will receive a 30 minute same day detention

