

Dear Family

As we experience very warm weather, we would like to remind families of the serious risks associated with swimming and playing in open water, including rivers, reservoirs, lakes, quarries, canals and other unsupervised locations.

Across the country, there have already been a number of tragic incidents this year involving children, young people and adults who have entered open water during periods of hot weather. We are therefore asking all families to speak with their children about water safety and to remain vigilant over the coming days and weeks.

Whilst open water can appear calm and inviting, it often presents hidden dangers that are very different from those found in swimming pools.

Key Water Safety Messages

Please discuss the following important points with your child:

- Cold water can be dangerous even on the hottest days. Rivers, lakes and reservoirs can remain cold enough to cause cold water shock, which can affect breathing and movement within seconds.
- Never jump or dive into open water. Sudden immersion can trigger an involuntary gasp response and cold water shock, even for strong swimmers.
- Reservoirs and rivers contain hidden hazards. Strong currents, sudden drops, submerged objects, deep water and underwater structures may not be visible from the surface.
- Many drowning victims are competent swimmers. Confidence in a swimming pool does not necessarily prepare someone for the challenges of open water.
- Never swim alone. If swimming takes place, it should only be in suitable, supervised locations and never without others present.
- Avoid alcohol and risk-taking around water. Poor decision-making and peer pressure can quickly turn a fun day into a dangerous situation.

Further Information

Families may find the following organisations helpful for further advice and resources:

- RNLI Water Safety – www.rnli.org/safety
- Royal Life Saving Society UK – www.rlss.org.uk

Thank you for your continued support.

Yours sincerely



Ms N Jones
Principal