

AT INLAND WATERWAYS. FIVE HAZARDS TO WATCH OUT FOR:

1.

Steep and slippery riverbanks and crumbling edges, stay away from overhanging banks as they can break off

2.

Water temperature - often much colder just underneath the surface, this can cause cramp

3.

Lakes and rivers often have hidden drop offs or sand banks which can move from time to time

4.

Check carefully for hazards like branches, sticks above the surface, slippery stones, logs and rocks just under the water .

5.

Often there are no lifeguards on duty and no designated safe place to swim like flags at beaches - **ask an adult where it is safe.**



REMEMBER:
ADULT
SUPERVISION AT ALL TIMES



TOO DEEP



COLD



SLIP



CAREFUL



For further information about
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