







SWIMMING SAFELY

Whilst the Official Bathing Season has ended, more people are now swimming all year round. Going for a swim in cold, open water can be exhilarating, but it's not without risk.

Here's some advice to follow to make sure you have a safe swim:

-  Check the weather, tides and sea conditions before going out and know your limits - if in doubt, don't go out.
-  Check for water quality alerts – download the Surfers Against Sewage Safer Seas App, check the SWW WaterFit Live webpage or Environment Agency webpage
-  Choose your spot – choose a sheltered location and only swim in the designated swimming areas. Stay within your depths.
-  Go with a buddy - open water swimming is much more fun with someone else, and you can look out for each other. It's also good to tell someone on shore where you are going and when you will be back. They'll be able to call for help if you are overdue.
-  Have the right equipment – be seen, wear a brightly coloured swim hat and have a tow float for extra buoyancy. Carry a means of calling for help, such as a mobile phone in a waterproof pouch and a whistle to attract attention.
Call 999 or 112 and ask for the Coastguard in an emergency and 'Float to Live'
-  Make sure you acclimatise to avoid cold water shock.

For more safety advice,
visit the RNLI website



www.rnli.org/safety

For water quality information:

Download the
SAS Safer Seas App



www.sas.org.uk

Storm Overflows:
SWW WaterFit
Live Data



www.southwestwater.co.uk

Bathing Water Info:
Environment Agency



Search 'Swimfo'
www.environment.data.gov.uk/bwq/profiles

www.foweyharbour.co.uk

Harbour Office, Albert Quay, Fowey, Cornwall PL23 1AJ
+44 (0)1726 832471 | reception@foweyharbour.co.uk