

Water safety checklist:

If you plan to swim in open water, such as a lake or river, the Royal Life Saving Society offers the following tips:

- ✓ **Always look for warning and guidance signs**
- ✓ **Swim parallel to the shore and not away from it**
- ✓ **Avoid drifting in the currents**
- ✓ **Don't enter fast flowing water**
- ✓ **Be aware of underwater hazards**
- ✓ **Get out of the water as soon as you start to feel cold**
- ✓ **Never get in the water if you've been drinking alcohol**
- ✓ **Always take someone with you when you go in the water**
- ✓ **If you get into difficulty call for help**