

ALTON WATER

A GUIDE TO USING OUR PARKS SAFELY

We want everyone to enjoy visiting our Water Parks and most importantly we want you to stay safe. The following information is a guide to staying safe around our reservoirs and open water.

HIDDEN DANGERS

Even the strongest swimmers can get into serious difficulties in open water. Beautiful though they are, our water parks are operational sites used to store water before it's treated and pumped to people's taps. Reservoirs are incredibly deep in places, but very shallow in others - particularly when the water levels drop over the summer. This makes jumping into the water extremely dangerous.

Even in a heatwave, the water temperature stays very low. It's so cold it can cause shock or hypothermia. Plus the water hides other dangers such as machinery, sudden dips and drops, weeds and mud, and very strong currents created by the changing depths and continuous pumping of water.



Beware hidden structures



Beware deep, cold water



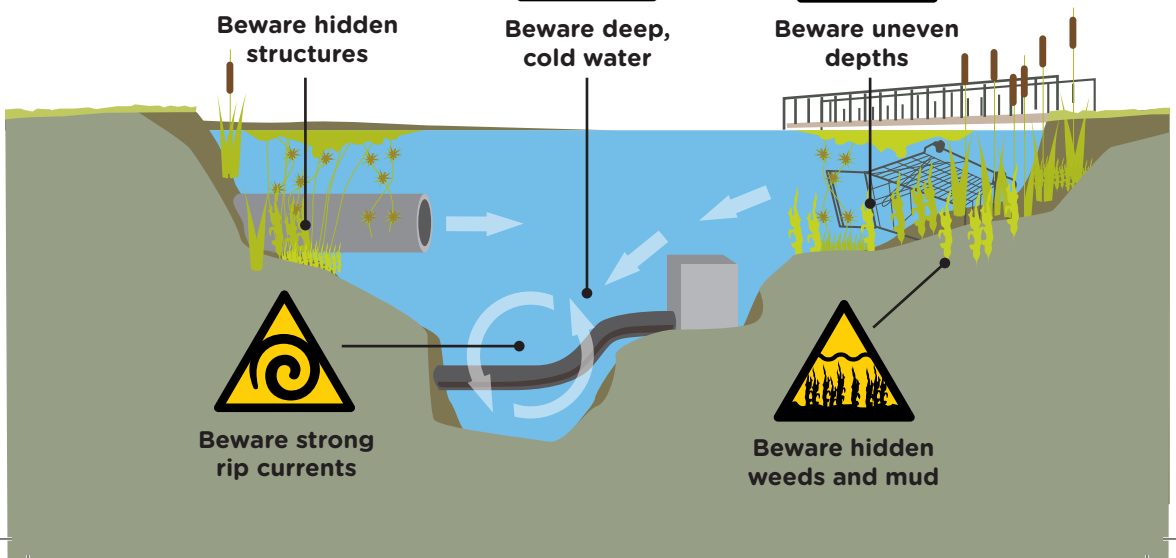
Beware uneven depths



Beware strong rip currents



Beware hidden weeds and mud



RISKS OF SWIMMING IN OPEN WATER INCLUDE:

- **Uneven depths** and very cold water can send the body into shock in seconds
- **Cold Shock** can happen at any time of the year. When you jump, dive or fall into cold water, the freezing temperatures send your body into shock, stealing the air from your lungs. Your blood pressure rises and heart rate increases. Most people - even the strongest swimmers - start to panic
- **Hidden machinery** and underwater pipework takes water out of the reservoir and can create strong currents
- **Hidden machinery, stone or concrete structures** that can't always be seen from the surface are hazards when jumping in or swimming
- **Strong currents** created by the changing depths and continuous pumping of water
- **Steep**, slippery banks
- **Underwater plants** such as reeds and mud can trap swimmers
- **Remote locations** with poor or no mobile phone coverage, and lack of immediate assistance can make it hard for emergency services to reach you.

STAYING SAFE AROUND WATER

The Royal Life Saving Society UK provides the following advice on staying safe around water:

- ✗ **Don't** swim at unsupervised, un-lifeguarded sites including lakes, quarries, reservoirs and rivers
- ✗ **Don't** jump into water from heights or 'tombstone'
- ✗ **Don't** swim into deep water which will be colder
- ✓ **Do** swim at supervised, lifeguarded sites, such as the beach at Rutland Water
- ✓ **Do** look for signs and advice about the specific dangers at the place where you are considering swimming
- ✓ **Do** think about what you will do if something goes wrong.

Three people
have died in
Alton Water
reservoir. Please
don't be next.

ORGANISED EVENTS AT ALTON WATER

From time to time our reservoirs are venues for planned water-based events such as the Great East Swim and triathalons, which are run by independent companies. These events are carefully planned and managed. They take place in specific parts of the reservoir that have been assessed, and have safety experts and emergency services on hand should anyone get into difficulty.

Anyone wanting to try open water swimming or cool off this summer can do so safely at a lifeguarded or supervised site, or at the specifically designated beach area at Rutland Water where highly trained lifeguards are on duty.

We want everyone to be able to enjoy our water parks and most importantly to stay safe.



LED498/08/15

You can read our Water Park byelaws in full at
anglianwater.co.uk/staysafe

