

READY TO SWIM?

Make safety your priority

From May 13th everyone in England will be able to exercise outside, many times per day, including swimming in rivers, lakes and the sea.



1

SAFETY FIRST

Check out the dangers, inc entering and exiting water, currents, entrapment obstacles, weather. Seek advice from others via Facebook groups etc.



2

SOCIAL DISTANCING

Swim with members of your own household but keep 2m away from others. You can swim 1 to 1 with one person not from your household, along as you keep 2m distance.

Beware of potential virus touch transfer areas inc; gates, railings. Plan your route and changing space to keep a safe distance.



3

CONFIDENT & EXPERIENCED SWIMMERS

Consider your outdoor swimming ability, experience and the prevailing weather conditions; are you confident in all these? If not, it's probably better to postpone your swim.

Take a swim tow float for safety.



4

COLDWATER SHOCK

Be aware of coldwater shock.

Take incremental steps to build up your cold water acclimatisation and allow your body to get used to dealing with the cold.



5

STAY LOCAL

Be mindful of travelling to popular rural areas such as the Lake District and Cornwall where they are asking people not to travel too yet.

Check local knowledge for advice.

