

Police remind people to stay safe in open water



POLICE
SCOTLAND
Keeping people safe
POILEAS ALBA

Scotland's heatwave is set to continue and as the weekend approaches, Police Scotland is reminding people to stay safe in open water.

Hot temperatures can make it very tempting to jump into open water but a number of recent incidents have shown the consequences can be devastating.

Superintendent Carol McGuire, who leads on specialist operations which includes the Dive and Marine Unit, said, "We've been enjoying the warm weather for a few weeks now and many people are looking for ways to cool down.

"However there have been a number of tragic incidents involving people swimming in open water and I want to raise awareness of the dangers, particularly in lochs and disused quarries.

"Open water can be extremely cold and can cause your body to cramp, some people even go into shock. Very cold water can also have an impact on your ability to swim and you could tire out quicker than normal. Open water often looks calm on the surface but once you jump in you could become trapped by

strong undercurrents or injure yourself on unseen objects beneath the surface.

“If you’re with friends and under the influence of alcohol, it might seem like a great idea but you are putting your life at risk.

“We would urge people to take note of the signage in areas which clearly states that you should not enter the water. These signs are there for your safety, so please, don’t think that you know better.

“There are plenty of options for people to go for a swim in a safe and supervised environment. Don’t put your life at risk by jumping into an open water area.”