

98
BPM

PLAYER : xx_Lauren_xx



37°C

STATUS: **Calm**

ACTION:
Talk → ((DAVID :P))

Impress

Skill

Special

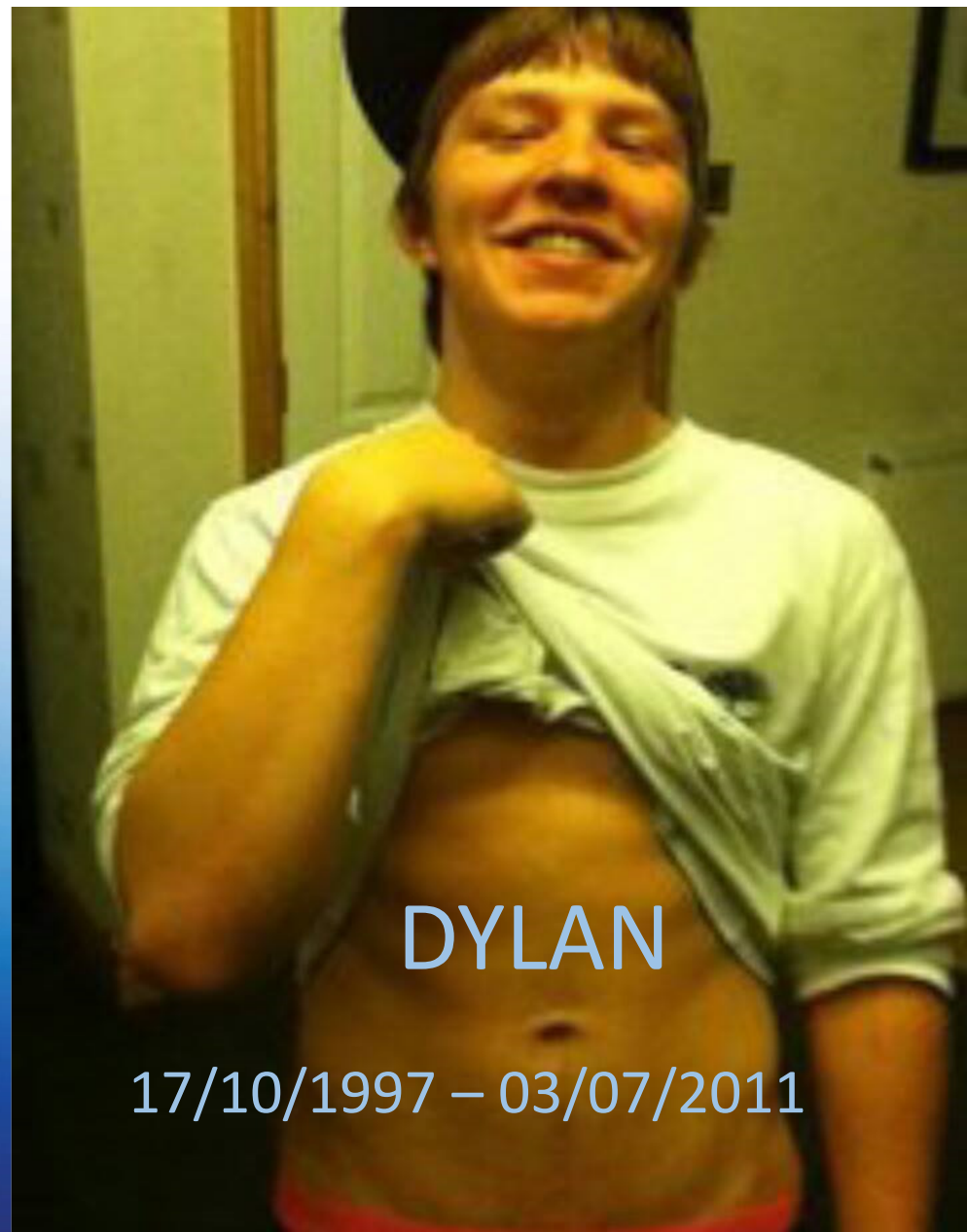
HEALTH - 3000 / 3000

EXPERIENCE - 2380 / 3100

level
27

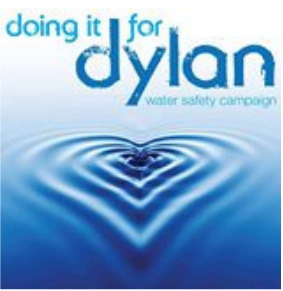
doing it for
dylan
water safety campaign

#NoLifeguardNoSwimming



DYLAN

17/10/1997 – 03/07/2011



BODIES OF OPEN WATER SUCH AS ...

SEA

SUCH AS ...

QUARRIES

RIVERS



LAKES

CANALS

LOCH`S

WEIRS

RESERVOIRS

ALL HAVE HIDDEN DANGERS. MANY CAN`T BE SEEN ...

Dangers of swimming in open water!

- Drowning
- Cold water shock
- Sudden depth changes
- Undercurrents
- Under water debris
- Slippery embankments
- Sudden temperature changes
- Cramps
- Rip currents
- Poisonous chemicals



DROWNING.

*This is where water enters the lungs taking the space needed for air.

*Swimming in a warm sanitized swimming pool is nothing like swimming in open water.

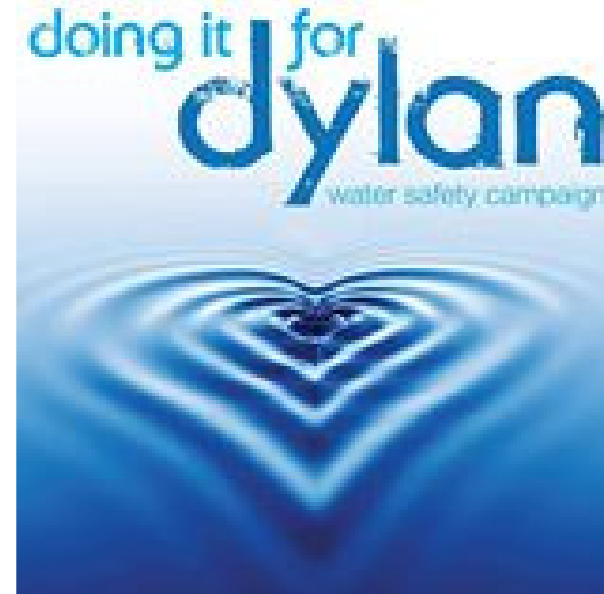
The risks of swimming in outside water

Drowning sudden depth changes
chemicals hypothermia seizures
cold water shock pollutants
sudden temperature changes cramps
undercurrents underwater debris
slippy embankments

On the 3rd July 2011 Dylan Fitzmaury who was just 10 years old died whilst swimming at Hill Top Quarry, Chorley.
An official investigation was conducted into the water and it was found that the water was too cold and turbulent to safely swim in. Dylan was an extremely fit and active young boy and his death was a tragedy for his family and the community.
Dylan's devoted family have created the 'Doing it for Dylan' campaign to raise awareness in schools about the dangers of swimming in open water. Please visit our website for more information. www.dofitfor.com



[@itsmybabyboy](https://twitter.com/itsmybabyboy)
www.dofitfor.com/DoingItForDylan
[petitions.direct.gov.uk/petitions/300719](https://www.petitions.direct.gov.uk/petitions/300719)



COLD WATER SHOCK

*The cause of death for most people who die in open water is

“Cold water shock”

*Even very good swimmers can be affected by the cold water.

DO YOU KNOW THE DANGERS OF SWIMMING IN OPEN WATER?

What can happen when Cold Water Shock takes place?

- FEAR AND PANIC
- GASPING FOR BREATH
- LOSS OF CONSCIOUSNESS
- CRAMP
- HEART PROBLEMS
- DIZZINESS
- HYPERVENTILATION

COLD WATER KILLS!

On July 3rd 2011 Dylan Ramsay lost his life at Hilltop Quarry in Chorley due to Cold Water Shock, Dylan was a fit, strong and healthy young man. Please think before you swim and remember the golden rule

NO LIFEGUARD, NO SWIMMING

Cold Water Shock Awareness Campaign

To get involved in the campaign contact:
beckieramsay@hotmail.com
doingitfordylan @missmybabyboy

doing it for **dylan**

SUDDEN DEPTH CHANGES

*Bodies of open water can often be at different levels. For example I could be knee deep in water a step to my right & I could be ankle deep or a step to my left & I could be neck deep or worse!



UNDERCURRENTS

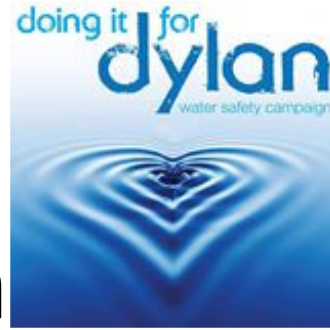
*Can carry a person away in the blink of an eye.

*Can be natural or man made.

Man made ones are caused by machinery.

(Such as that in reservoirs). Natural ones are caused by the weather. (Like the crashing of the waves when the weather is bad)





UNDERWATER DEBRIS

*Anything may be beneath the surface in open water. (Often it's the things you can't see that can/will cost you your life.)

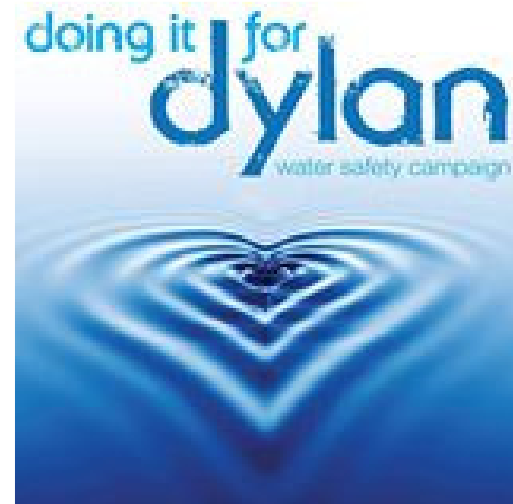
*Scrap metal, Glass, Weeds, machinery

Poisonous chemicals to name but a few.

***ANYTHING** could have been dumped in any body of open water.

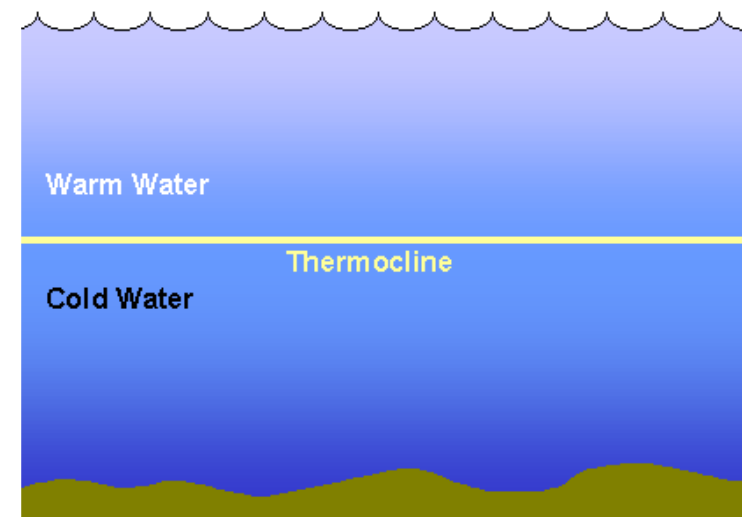
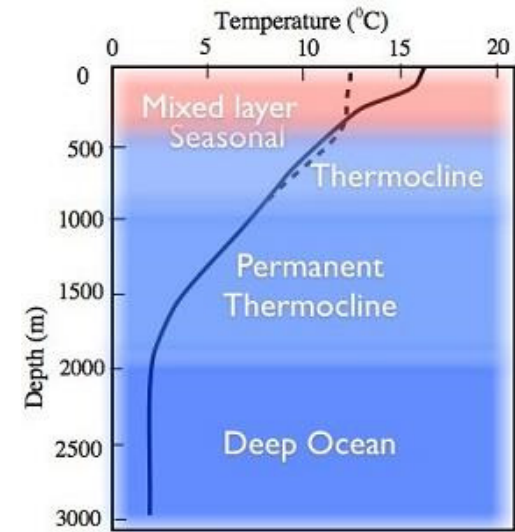
SLIPPERY EMBANKMENTS

*Often people get in to open water easily. When it comes to getting out embankments have become slippery and it makes it difficult to get out without help.



SUDDEN TEMPERATURE CHANGES

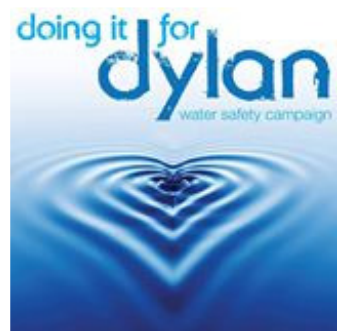
*The surface of the water can often feel tepid even warm to the touch. Beneath the surface there is a layer of water called the thermocline which separates the top tepid layer from the bottom freezing cold layer of water.



CRAMPS

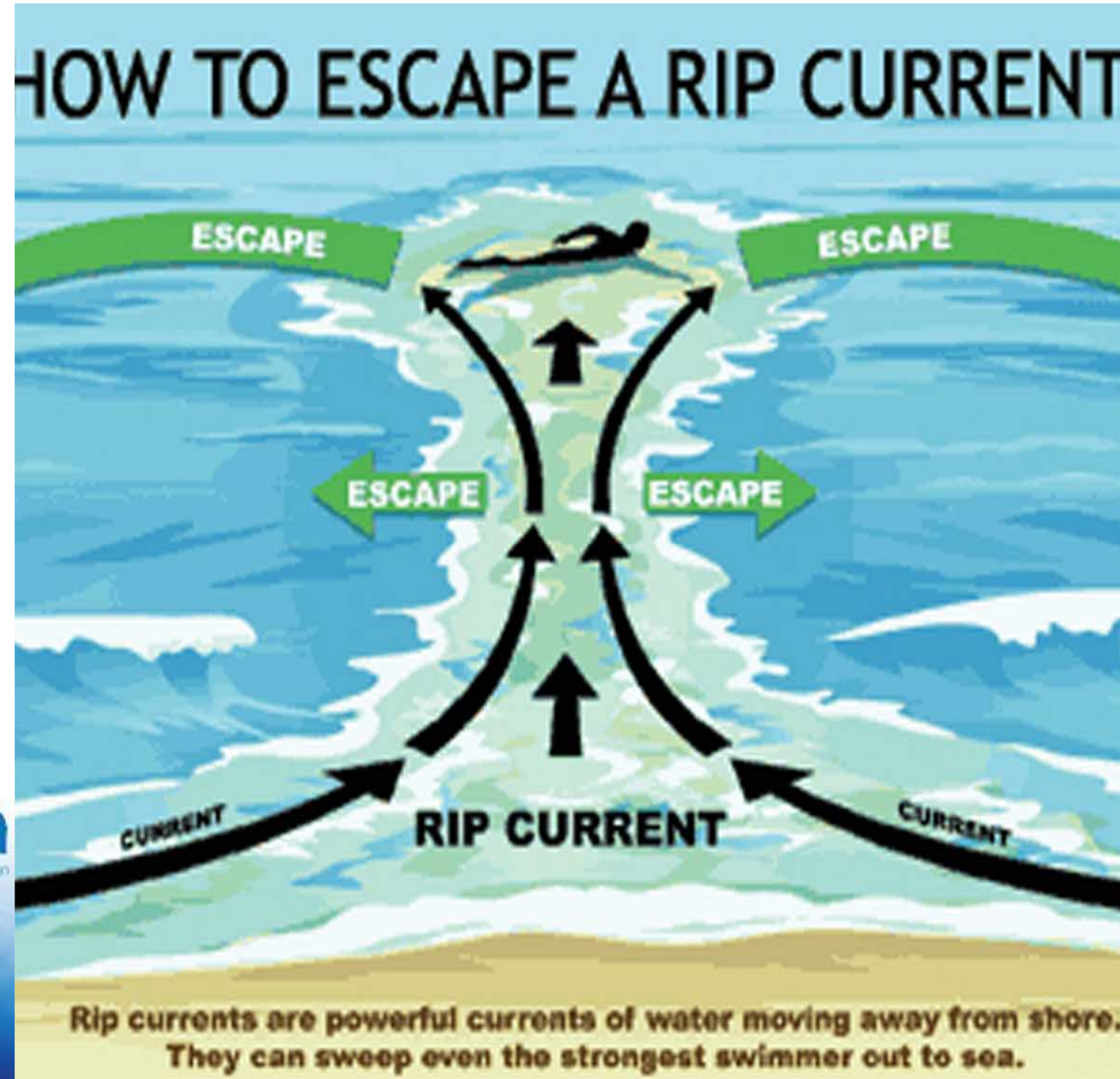
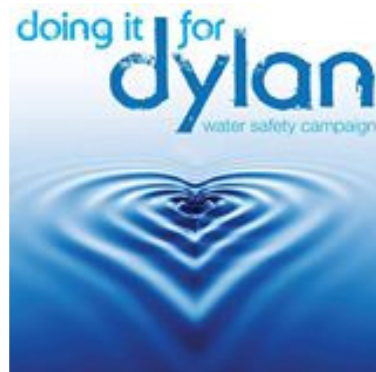
*Cold open water can often cause cramp in muscles making it hard to swim.

*Your fingers & toes then your arms & your legs will be first to feel numb/ tingly. This is because the blood is pumping round your body trying to keep your internal organs working. This is putting pressure on the heart.



RIP CURRENTS

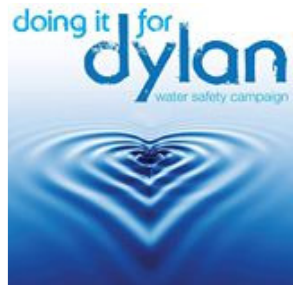
- *Never swim against a RIP current.
- *To escape swim parallel to the beach.
- *Put one hand in the air. To alert a lifeguard that you are in trouble
- *Don't panic



POISONOUS CHEMICALS

*Anything may have been dumped in that open water.

*Bodies of open water have been known to have high ph levels some almost as high as bleach/ toilet cleaner. This can cause tummy upsets, skin rashes and illness.



NO LIFEGUARD NO SWIMMING

Dylan Ramsay
1997-2011



[#DoingitforDylan](#)

DO YOU KNOW THESE BEACH FLAGS



FLAGS YOU SHOULD KNOW

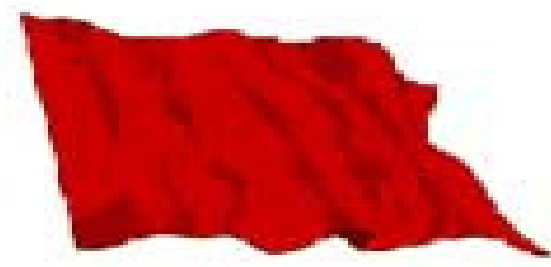
Swim between
the two red and
yellow flags



Surf between two
black and white
chequered flags



Red flag means
do not bathe



Only ever swim at life guarded beaches between the red & yellow flags.

What a rescuer wears to do a SAFE rescue!
Compared to the shorts which have NO protection.

- *Woolly bear
- *Dry suit
- *Buoyancy aid
- *Gloves
- *Specialist tough boots
- *Helmet with a light
- *Knife
- *Throw bag / rope



Same quarry dyed black



Looks uninviting?



Looks inviting?



When you're around an open body of water you should follow the [SAFE](#) code

**STAY
AWAY
FROM
EDGES**



The difference between a body of open water and a swimming pool

- A swimming pool is a safe temperature to swim in.
 - A swimming pool is sanitized.
 - A swimming pool is supervised by trained lifeguards.
 - A swimming pool is designed by Safety specialists.
- Open water is cold enough to kill.
 - Open water is murky and full of unknown pollution.
 - Open Water is unsupervised and provides little to no aid Relative to the dangers that it poses.
 - Open water can be full of Harmful debris.

... so why would you swim outdoors?

Never Vandalise Potentially Lifesaving equipment...



EMERGENCY THROWLINE

For Lock Code
Dial: **999**

Ask for: **FIRE SERVICE**

QUOTE LOCATION:
SY01

 This board is dedicated to
Dylan Ramsay
17/10/1997 - 03/07/20

 **South Yorkshire
FIRE & RESCUE**

 **Rotherham
Metropolitan
Borough Council**

**EMERGENCY
THROW
LINE**

**Keep out
of the
water**

INSTRUCTIONS FOR USE:

1. OPEN COMBINATION LOCK
2. OPEN DOOR
3. PULL LINE BAG OUT
4. OPEN VELCRO FLAP AT NECK OF BAG
5. GRAB OPEN END OF BAG WITH THROWING HAND
6. GRASP ROPE LOOP FIRMLY IN OTHER HAND
7. THROW BAG AND CONTENTS AT THE PERSON TO BE RESCUED KEEPING A FIRM HOLD ON THE LOOP

Children must be observed at all times
Caution around water bodies where banks may be steep and muddy
For all other enquiries Call Rotherham Council on: 01709 382121

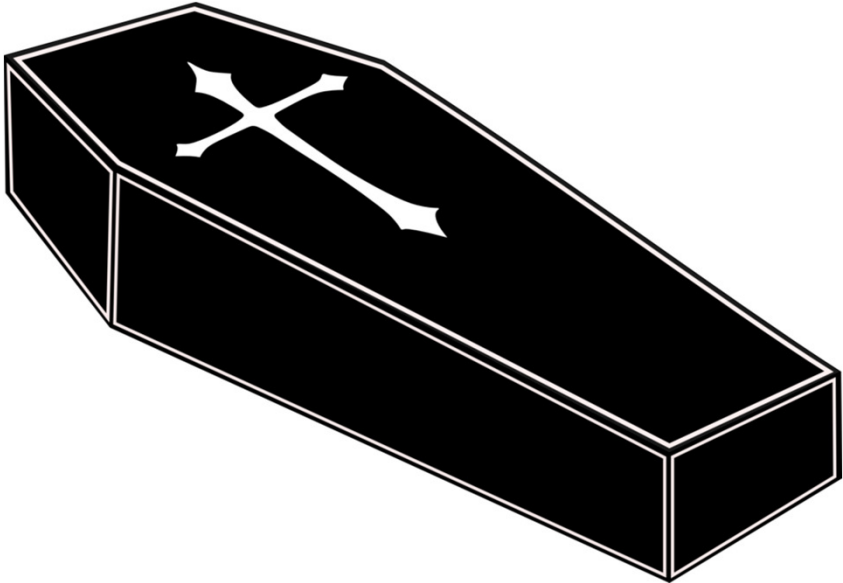
... You Could Be Taking A Life

Some Safety Tips

- Late at night you should avoid open bodies of water especially if you are under the influence of any mind altering substances.
- You shouldn't visit open bodies of water on your own, its safer to travel with at least one other person.
(theres safety in numbers)
- Stay away from the edge.

A Trip, Slip Or Fall Could End It All

The memories we didn't get to make often hurt more than the ones we did



Surprising But True

- More people die in water than in fires based upon national statistics.
- More people die in water than in cycling incidents based on national statistics
- The national curriculum includes fire safety talks and cycling proficiency tests but fails to cover anything about water safety, bearing in mind the fact that we are an island nation I think this is mad.

In the case of an emergency

If you see someone in trouble at the coast call 999 and ask for a coastguard.

If you see someone in trouble in inland water call 999 and ask for the fire service.

They can get an instant and accurate representation of your location if you download and open the what 3 words app.



WHAT3WORDS



WHAT3WORDS

Precautions to take if you go open water swimming despite the risks

- Never go alone
- Wear bright and easily visible clothing.
- Go to a supervised body of open water.
- Climatize your body to the temperature of the water slowly.
- You must be a strong and capable swimmer.

Remember following these precautions will only lower the risks a very small amount, there are still many dangers lurking beneath the water that can cause injuries or even death.

DYLAN RAMSAY 17/10/1997



Fit Athletic* Kind* Genuine* Friendly* Loved* Clever
Excellent Swimmer Funny* Always there for
anyone. Died July 3rd 2011 swimming in open water.

