

#BeAdventureSmart

Make your good day better

www.adventuresmart.uk

Enjoying time by the water?
#BeAdventureSmart & water aware, think about...



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Your ability and confidence

Stay within your and your companions' capabilities

Water temperature

It will be cold! Enter the water slowly and allow time to adjust

Water depth

It could become deep very quickly! Stay close to shore

Weather

Hot days make the water feel colder; windy days can push you away from the shore

What you've just eaten or drunk

Wait a while after eating; alcohol and water don't mix!

Where to go

Wherever you go, check you can return to get out