

Enjoy water safely

Warmer weather is coming, places with water like Salford Quays are great to visit – but please be aware of the dangers of unsupervised open water swimming.

Open water is cold even on the hottest days and jumping in, from any height, sends your body into automatic shock, causing you to gasp.

When you gasp you run the risk of taking water into your lungs and it only takes half a pint of water in the lungs for a full-grown man to start drowning.

Hidden hazards could stop you getting back to the surface and if no lifeguards are present you're relying on your family, friends or members of the public to save you if you get into difficulties.

This is why a Public Spaces Protection Order (PSPO) makes it against the law to jump from bridges and/or swim in the Quays except at organised swimming sessions with lifeguards.

The bridges are monitored by CCTV and regular joint council/police safety patrols. Last year 34 under 18s received a warning letter and home visit from the police and four adults £100 fixed penalty notices for breaching the PSPO.

Twitter/Facebook posts

The sun may be shining, it might feel like summer but the water at Salford Quays is cold all year round. Cold water shock and can be dangerous. Please only swim in supervised sessions with a lifeguard. Read how to enjoy the Quays

safely https://issuu.com/salfordcouncil/docs/life_in_salford_32/s/11929247

When warmer weather comes it's tempting to swim in open water. But do you know the hidden dangers of cold water shock ? Find out how to keep your teens safe this summer at Salford

Quays https://issuu.com/salfordcouncil/docs/life_in_salford_32/s/11929247