

# SWIFT NEWSLETTER



SWIFT SWIMMERS  
S W I M S C H O O L

January 2025

## Welcome to our January 2025 newsletter !!

Happy New year! We hope everyone had a lovely break and we look forward to welcoming you back to the pool this week.



### Winter water safety tips

While the cold weather is around we want to make sure all our swift family are safe while around water. Here are some water safety tips for the winter.

#### Keep safe this winter



Stop and Think

1.Keep back from slippery banks and wear footwear with a good grip.

2.Stick to well-lit areas - the reduction in daylight in the winter adds to risks around water. Plan your walks in daylight or along well-lit paths.

3.Ice can be extremely vulnerable even during periods of prolonged cold. Never go onto the ice.



Call 999



Stay Together

#### In an emergency

1.Call 999 – do not enter cold water or ice to rescue.

2.Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.

3.Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.

4.If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keep your legs together. Keep your head clear of the water.



Float