

Dear parents/carers

We know it's tempting to head for rivers, lakes or Salford Quays to cool off in the water in hot weather.

### **But do you and your children know the dangers?**

Even on the hottest day any open water is cold. The water at Salford Quays is deep and very cold all year round.

That's why it is not safe to swim at Salford Quays except as part of an organised, supervised session where the numbers of people can be managed and safely monitored by the right number of lifeguards. It's impossible to have enough lifeguards to allow everyone to swim safely outside these sessions.

### **Cold water shock**

As soon as you go into cold water, your body goes into shock. It's a natural, automatic reaction and you can't avoid it. Children and young people are particularly vulnerable.

- Cold water shock makes you gasp – you could get water in your lungs, particularly if you've jumped in
- Cold water shock can make you panic – you could swallow water and drown.
- Cold water shock can cause heart failure - even in young people
- Cold water numbs your muscles - making it harder to swim and rescue yourself

### **Enjoy holiday fun instead**

We want everyone to enjoy visiting Salford Quays safely so you will find lots of fun activities for young people on [mycity Directory](#).

There will be more summer holiday activities too. Look out for details to come.

Greater Manchester Police and Salford City Council officers will be on patrol again this year warning people of the dangers of swimming in the Quays. Anyone identified jumping from a bridge into the water will receive a warning letter or fixed penalty notice delivered by Greater Manchester Police.

Please make sure you and your children understand the dangers of cold-water shock, keep out of any deep, open water and stay safe.

Thank you

Salford City Council