

**FINALLY**, if you don't like to wear a lifejacket,

# LOCH SAFETY

**DO NOT JUMP IN TO RESCUE SOMEONE**

**INSTEAD TRY TO**

**SEND** someone to call for help. Tell them to come back and let you know that help is on the way

**REACH** out and offer them a long stick, a coat, a scarf or anything else you find. Crouch or lie down to avoid being pulled in

**THROW** a rope and pull them to shore. Otherwise throw a life belt, a ball or a plastic lemonade bottle – something that will keep them buoyant.

**WADE** in but test the depth with a long stick and then use it to reach out. Hold onto someone else or something on the shore.



**raise your hand!**

Oban, Lorn and the Isles Community Safety Forum

For more copies of this contact:

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The Oban, Lorn and the Isles area offers many opportunities to enjoy boating, swimming, scuba diving and fishing be it on loch, river or in the sea. As with most leisure activities there are certain dangers to be considered and precautions to be taken.

Please find enclosed some suggestions and advice to keep you safe during your visit to the area.



A light green map of the Lochs in Scotland, showing various lochs and islands. The map is used as a background for the text.

## PLEASE BE AWARE OF:

### TEMPERATURE

EVEN ON HOT DAYS THE WATER temperature under the surface IS VERY COLD – this could numb you and bring on cramp.

### SUDDEN DROPS

LOCHS CAN BE DEEP DARK AND UNFORGIVING.

Steep sides are often found within a few feet of the shore and the depth is not easy to judge.

### ALCOHOL AND WATER

Just Do Not Mix

Even one alcoholic drink can impair judgement, making most water activities unsafe.

### DO YOU KNOW WHERE YOU ARE?

Not knowing where you are can be the difference between being rescued and death.

## SOME SUGGESTIONS TO HELP KEEP YOU SAFE DURING YOUR VISIT TO THE AREA

- Supervise children very closely. They are especially vulnerable and cannot easily spot the dangers.
  - Always wear a suitable Life Jacket or Buoyancy Aid. Make sure they are properly fitted and check they carry the CE Mark on the labelling.
  - Loch Awe, Loch Etive and Loch Avich cover a very large area.
- Know where the nearest phone is. (Your mobile phone may not work in certain areas)
- Know how to contact the Emergency Services - 999 for Coastguard and Police.

**TAKE SENSIBLE PRECAUTIONS AND ENJOY YOURSELF!**