

# Six Year Review

## Scotland's Drowning Prevention Strategy (2018 – 2026)

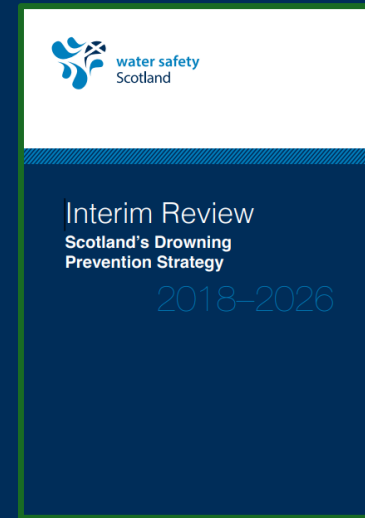
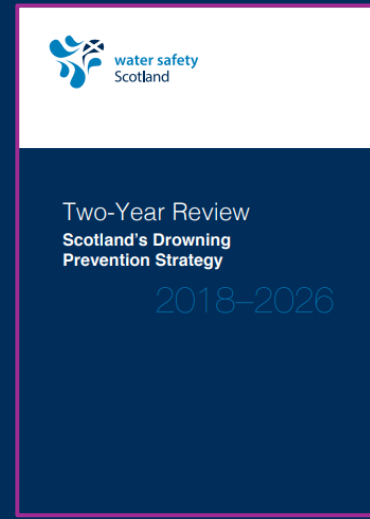
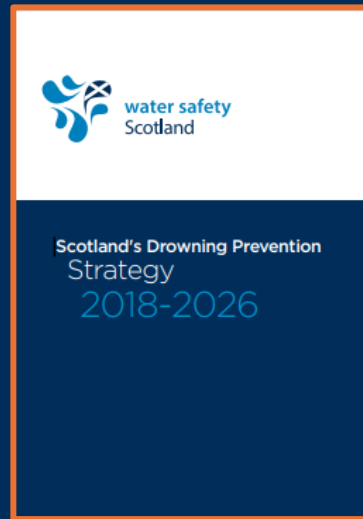
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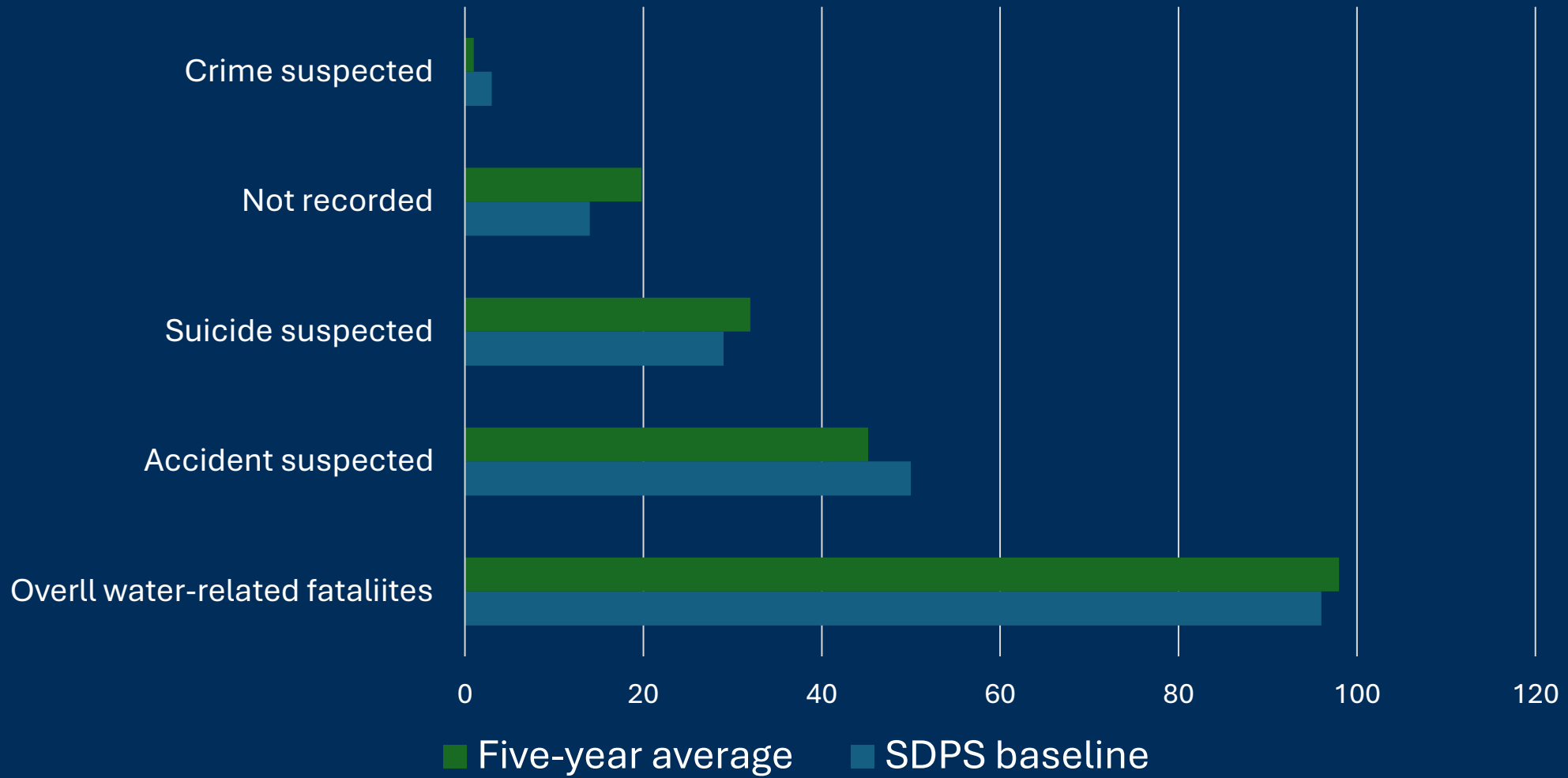


accidents don't have to happen

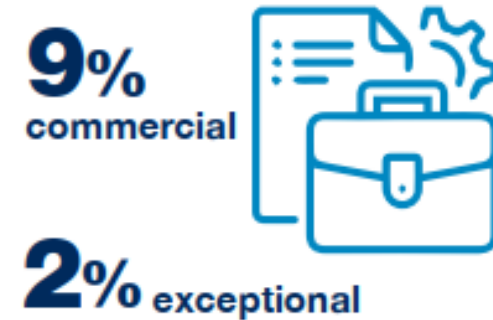
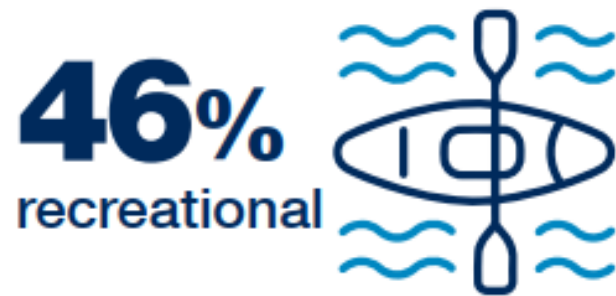
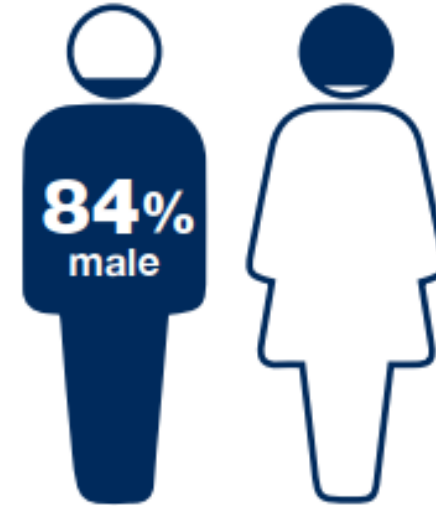
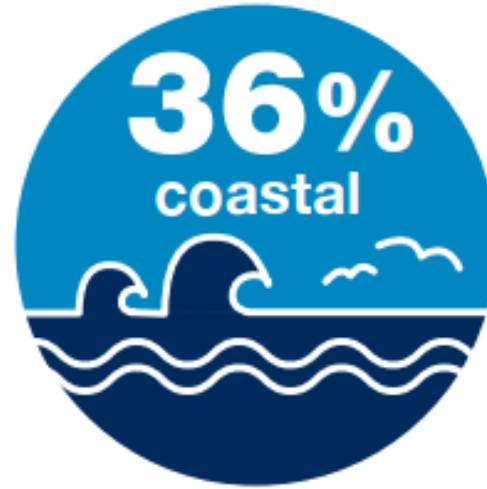
# Scotland's Drowning Prevention Strategy (2018 – 2026)

- Reduce accidental drowning deaths in Scotland by 50 per cent by 2026 and reduce risk amongst the highest-risk populations, groups and communities
- Contribute to the reduction of water-related suicide

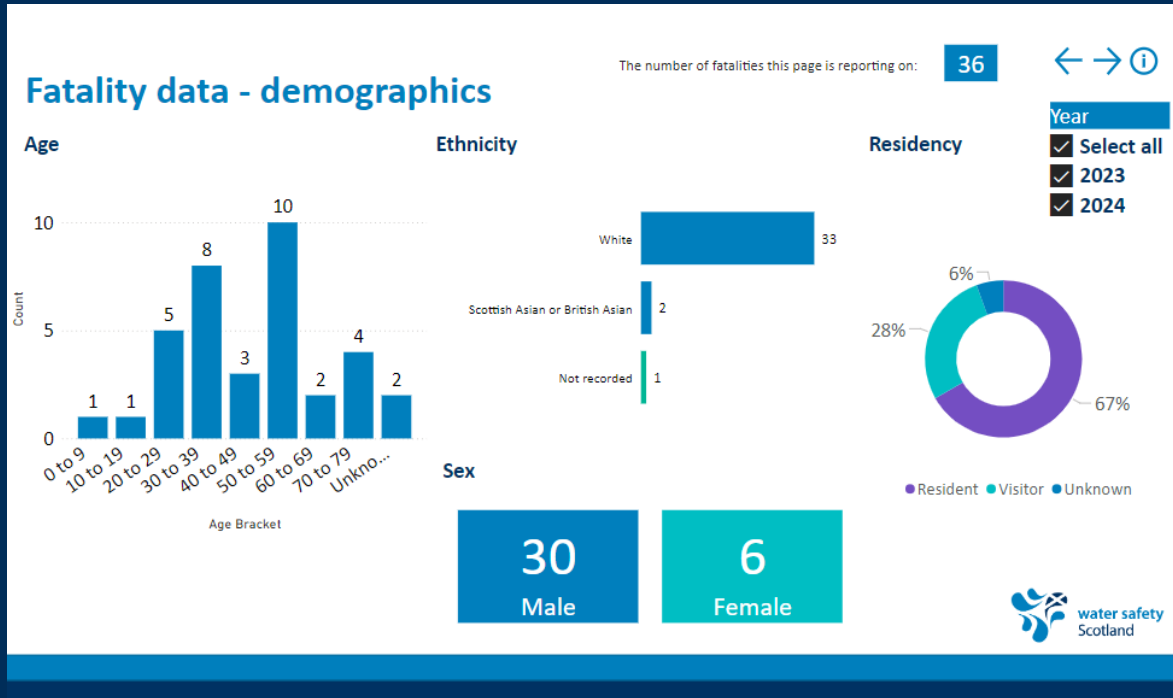




## Of the accidental drowning fatalities...



# Progress made



# Progression Pathway



## Our Aim

As part of Scotland's Drowning Prevention Strategy, Water Safety Scotland aims to drive a generational change in water safety education and enjoyment in and around the water, with a key focus on promoting the [Water Safety Scotland Code](#). Recognising the pivotal role of education, we are supporting all practitioners to further develop children's and young people's understanding and awareness of the dangers of open water, enabling them to safely participate in water-based activities.

The provision of age- and stage-appropriate water safety education supports all children and young people aged 3 to 18 to develop valuable lifesaving knowledge, skills and understanding. The current proposal of one lesson per key educational level will support the embedding of water safety education and progression within Curriculum for Excellence. Additional extension activities to enhance the learning experience will also be made available through the Education Scotland [National Improvement Hub](#) and [Water Safety Scotland website](#).



**Stop and Think,  
Spot the Dangers**



**Stay Together,  
Stay Close**



**In an Emergency,  
Call 999**

## Contents

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2	First Level	3
3	Second Level	4
4	Third/Fourth Level	5
5	Senior Phase	6 - 7

## Health and Wellbeing Experiences and Outcomes

- I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.*  
HWB 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a / HWB 4-16a
- I know and can demonstrate how to travel safely.*  
HWB 0-18a / HWB 1-18a / HWB 2-18a / HWB 3-18a / HWB 4-18a
- I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.*  
HWB 0-15a / HWB 1-15a / HWB 2-15a / HWB 3-15a / HWB 4-15a
- I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.*  
HWB 0-17a / HWB 1-17a / HWB 2-17a / HWB 3-17a / HWB 4-17a


Supporting practitioners to support children and young people:

- Age-and-stage-appropriate, from 3 – 18.
- Lifesaving knowledge
- Lessons, materials and extension activities: mainly discussion based.
- Inclusive and accessible.
- Free to use and download


[National Improvement Hub](#)  
[Water Safety Scotland](#)















 water safety Scotland

## WATER SAFETY CODE

 **Stop and Think, Spot the Dangers**  
If you are thinking of being near or entering the water, have you considered the following?

-  **Be aware of cold water shock**  
For more info visit [www.watersafetyscotland.org.uk/coldwatershock](http://www.watersafetyscotland.org.uk/coldwatershock)
-  **Keep off all frozen waters**
-  **Check for safety signage**
-  **Avoid alcohol and drugs**
-  **The depth of the water may hide underwater ledges, hidden currents and unseen items**
-  **Be aware of other water activities**
-  **If it is safe to enter the water, ensure you have a safe way out**
-  **At the coast, consider rip currents, wind and the tide**

 **Stay Together, Stay Close**  
It is better to go near the water with a friend or family member.  
If you are in trouble in the water, float until you feel calm.  
Lean back, extend your arms and legs.  
Float until you can control your breathing. Then call for help or swim to safety.

 **In an Emergency, Call 999**  
If you see someone in trouble DO NOT enter the water.  
Look for a throw line or life ring to help whilst you wait on the emergency services.  
Call 999 or 112

**TOP TIP: Thinking of taking part in a planned activity?** To enjoy your activity to the full, check that your provider is fully insured, with skilled staff and the relevant accreditation.



**We are all having a great day and learning about water safety here at Loch Lomond Shores**

**You can get your face painted by our talented artists on the Boardwalk**

**#WATERSAFETY #DROWNINGPREVENTION**









 water safety Scotland

 SCOTTISH SURFING

 LOST SHORE SURF RESORT



**Having a surf companion will lead to a safer more enjoyable trip**

**⚠ Water hazards are present here ⚠** 



**BEWARE - SAILING AREA**



**BEWARE - COLD WATER**



LEARN THE WATER SAFETY CODE

**Children must be supervised at all times**

**In an emergency, call 999, ask for Police and quote**

Location code: S20-95S
Alloy Park – North West
OS Grid Ref: NN166 712



water safety Scotland

**STAND-UP PADDLEBOARDING SAFETY CODE**

**Stop and Think, Spot the Dangers**

- Learn how to paddle safely and how to rescue yourself and other paddlers.
- Wear suitable clothing for the conditions, including a personal flotation device. A wetsuit, wetsuiver or dry suit will help to keep you warm.
- Use an ankle or spine release self-rescue device for use at non-treading water. On assessment that you do not use a back-up in the water, wear your emergency whistle.
- Check the weather forecast, wind speed, direction and tide times before you set out. Be careful of offshore winds.
- Keep your equipment well maintained and check it before every trip. Have your contact details clearly marked on your board.
- Plan your trip and ensure that you can enter and leave the water safely before setting off.
- Find the water you are paddling on and know a back-up plan. Using lifelines, buoys and favourable conditions will make this easier.
- Avoid alcohol or drugs - they can reduce coordination and impact judgement and reaction times.

**Stay Together, Stay Close**

Don't paddleboard alone. Having a paddling companion can save your life.

Always tell someone on land where you're going and expected return time.

Always carry a means of calling for help and keep it on your person.

**In an Emergency, Call 999**

Call 999 or 112. If you get into difficulty, stay attached to your board. Feet will be the last to get out of the water. If you can't get back up from the board, extend your arms and legs and float until you are rescued or your lifeline.

For further safety advice, please scan this QR code

water safety Scotland

**OPEN WATER SWIMMING SAFETY CODE**

**Stop and Think, Spot the Dangers**

- Make a risk assessment before every swim - Identify hazards, consider the size and your own ability, and take precautions to avoid them.
- Your assessment should take into account the weather - wind-filled vehicles offer both warmth and buoyancy.
- Always carry a means of calling for help.
- Match clothing to conditions (dry suits can reduce coordination, impact judgement and reaction times, and affect your body's response to cold).
- Make sure you know where you can get out before getting in.
- Check for any signage or flags which could warn you of potential risks.
- Be aware of other water activities that may pose a threat to you, such as powered craft and angling.
- A brightly coloured swim hat and a life float can help you to be seen.
- Stay where it's warm where you are an experienced pool swimmer.
- If you begin to feel cold at any point, let someone know and leave the water immediately.
- Cover all limbs, choose other swimming and be by and to land water without swimming.

**Stay Together, Stay Close**

- Swim with others if possible. Always be within reach when you are going and when you're back.
- If you are unable to swim, float on your back with your arms and legs extended. If you have a life float, use it to help you float.
- Look for help and keep your head above water. If you are unable to swim, float on your back with your arms and legs extended. If you have a life float, use it to help you float.
- Look for help and keep your head above water. If you are unable to swim, float on your back with your arms and legs extended. If you have a life float, use it to help you float.

**In an Emergency, Call 999**

- If you are unable to swim, float on your back with your arms and legs extended. If you have a life float, use it to help you float.
- Look for help and keep your head above water. If you are unable to swim, float on your back with your arms and legs extended. If you have a life float, use it to help you float.

For further safety advice, please scan this QR code

water safety Scotland

**KAYAKING/CANOEING SAFETY CODE**

**Stop and Think, Spot the Dangers**

- Learn how to paddle safely and how to rescue yourself and other paddlers.
- Check the weather forecast, wind speed, direction and tide times before you set out. Be careful of offshore winds.
- Wear suitable clothing for the conditions, including a personal flotation device. A wetsuit, wetsuiver or dry suit will help to keep you warm.
- Plan your trip and ensure that you can enter and leave the water safely before setting off.
- Find the water you are paddling on and know a back-up plan. Using lifelines, buoys and favourable conditions will make this easier.
- Avoid alcohol or drugs - they can reduce coordination and impact judgement and reaction times.

**Stay Together, Stay Close**

Don't paddle alone. Take a friend on this can water your trip.

Always tell someone on land where you're going and when you'll be back.

Always carry a means of calling for help and keep it on your person.

**In an Emergency, Call 999**

Call 999 or 112. If you get into difficulty, stay with your companion or life raft and get back into it as soon as you can.

If you fall into the water and lose your kayak/canoe - Stay with it. It will be your best chance of staying afloat.

For further safety advice, please scan this QR code

water safety Scotland

**ANGLING SAFETY CODE**

**Stop and Think, Spot the Dangers**

- Check the weather forecast and tide times if appropriate.
- Check safe access and exit points from the water and adverse safety signs.
- Be aware of your surroundings, both on and under water. Power lines, pylons, cables, gas pipes, diving buoys, debris or washed boats etc, and other water users, particularly powered craft.
- Never fish in an established stream, and be aware of fish rising over banks via hydroelectric.
- Unless fly-fishing, never fish up-drift from the water's edge.
- If fishing from a bank, avoid standing up and always wear a life jacket.
- Absorb consumption can significantly increase the risks in and around water.

**Wading**

- Wear a life jacket when wading if you and/or companions in the water, a life jacket can save your life.
- Wear a wading belt which can allow down the flow of water take your waders and enable an ascent and back the water.
- Consider using a wading staff to assist with stability and identifying underwater hazards.
- Take it slow when wading the water and identify a safe exit route.
- Identify your feet in the water rather than feeling them, maintaining contact with the bottom can increase your stability.

**Stay Together, Stay Close**

- Be aware of your surroundings, both on and under water. Power lines, pylons, cables, gas pipes, diving buoys, debris or washed boats etc, and other water users, particularly powered craft.
- Never fish in an established stream, and be aware of fish rising over banks via hydroelectric.
- Unless fly-fishing, never fish up-drift from the water's edge.
- If fishing from a bank, avoid standing up and always wear a life jacket.
- Absorb consumption can significantly increase the risks in and around water.

**In an Emergency, Call 999**

- Call 999 or 112. If you get into difficulty, stay with your companion or life raft and get back into it as soon as you can.
- If you fall into the water and lose your kayak/canoe - Stay with it. It will be your best chance of staying afloat.

For further safety advice, please scan this QR code

water safety Scotland

**SURFING SAFETY CODE**

**Stop and Think, Spot the Dangers**

- Before You Leave - Check the weather forecast and tide times.
- Know Your Limits - Surf within your ability. Be aware of other surfers.
- Equipment - Wear the right wetsuit for the conditions and always wear a life jacket.
- Unfamiliar Gnar - Are there rip currents or other hidden dangers? Take advice from locals.
- Safety First - Hold on to your board - it's a danger to others.
- Understand Surf Etiquette and Rights of Way

**Stay Together, Stay Close**

- Don't surf alone. Having a surf partner can really help your trip.
- Always tell someone on land where you're going and expected return time.
- Check for mobile phone coverage at the beach.
- Call 999 or 112. If you get into difficulty, stay on your board.
- If you lose your board, call for help or swim to safety.

For advice on surf etiquette, please scan this QR code

water safety Scotland

**DIVING SAFETY CODE**

**Stop and Think, Spot the Dangers**

Before water diving, please consider the following:

- Ensure that you have safe access in and out of the water.
- Plan your dive. Weather and tides can change while you are underwater. Find specific tide tables for your location for the UK and Ireland at [www.tide-tables.com](http://www.tide-tables.com).
- Always consider your own health before doing an open water swim. Get extra advice on your body.
- Dive to your personal limits of qualifications, experience and fitness.
- Always follow the water you are in. Be aware of the effects of your exposure, even in Scotland. Remember, once you are in the water, you are in the water.
- Keep your equipment well maintained and check it before every dive.
- Make sure you are fit to dive and if you should medical conditions or medications tell your doctor before a diving session.

**Decompression illness (DCI)**

- Decompression illness (DCI) can be caused by many factors, including ascending too fast, the absence of decompression and emergency factors.
- Hydration is a significant factor for avoiding DCI, please make sure you are hydrated whatever the weather.
- Plan your dive and dive the plan. Regularly monitor your computer and ascent status through the dive.
- Monitor yourself and others following a dive as symptoms may not appear immediately.
- Even minor symptoms may require emergency medical attention.
- If you suspect DCI or pressure or other illness, hold your breath and do not breathe normally. Call emergency services immediately.
- Call the DCI helpline 0300 456 4568 (landline) or 07821 181 823 (text) or 112.

**Stay Together, Stay Close**

- Never dive alone. Use the buddy system and always have a third person on the beach.
- Always tell someone on land where you're going and expected return time.
- Check for mobile phone coverage at the beach.
- Call 999 or 112. If you get into difficulty, stay on your board.
- If you lose your board, call for help or swim to safety.

**In an Emergency, Call 999**

Call 999 or 112. If you get into difficulty, stay on your board.

After diving, it is recommended that you wait at least 18 hours before flying.

**DAN PADI**



# Guidance for creating a Multi-Agency Incident Response Guide (MAIRG)

**Water Safety Scotland**

Version 1.0  
Year: 2024  
Status: Official [public]



# Exercise Guidance Supporting Document

**2024**

Version 1 | 2024



Credit: Scottish Fire and Rescue Service

Thank you



water safety  
Scotland



## Six Year Review

Scotland's Drowning Prevention Strategy  
(2018–2026)

