

One last swim?

Open water, even on the hottest days, can be freezing - you can die

Cold water shock leads to:

- Increased heart rate and blood pressure
- Uncontrolled gasping, swallowing water
- Limited movement and coordination
- Panic
- Sinking

Other dangers of open water like Jubilee River are:

- Hidden objects
- Fast flowing water
- Diarrhoea from bacteria
- Getting stuck in the weir

Stay out of the water. Do not cross the weir. Stay safe. Stay alive.