









Scottish Swimming Open Water Swimming




Be Safe

-  Consider if it is right for you!
-  Never swim alone
-  Avoid unsupervised venues




Be Well

-  DO NOT SWIM if you feel unwell
-  Only swim where water quality is tested
-  Shower as soon as you can after swimming

Be Alert

-  The water is COLD - cold water shock is REAL
-  Wear a wetsuit - you can still get cold
-  STOP swimming if you feel cold

Be Careful

-  Avoid venues with untested water quality
-  Ensure people know where you are
-  Don't jump in. Wear shoes on entry & exit

PHYSICAL DISTANCING APPLIES ONLY 6 CAN MEET FROM 6 HOUSEHOLDS UNLESS AN ORGANISED GROUP* OF UP TO 15 PEOPLE



*Please see full guidance for definition
We strongly recommend you do not start open water swimming unless part of a safe, supervised and organised session

