

DO YOU KNOW THE DANGERS OF SWIMMING IN OPEN WATER?

What can happen when Cold Water Shock takes place?

- FEAR AND PANIC
- GASPING FOR BREATH
- LOSS OF CONSCIOUSNESS
- CRAMP
- HEART PROBLEMS
- DIZZINESS
- HYPERVENTILATION

COLD WATER KILLS!

On July 3rd 2011 Dylan Ramsay lost his life at Hilltop Quarry in Chorley due to Cold Water Shock, Dylan was a fit, strong and healthy young man. Please think before you swim and remember the golden rule

NO LIFEGUARD, NO SWIMMING

