

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.**

Lifeboats Safer Slough Partnership

Mark Scaife Walking the National Le...
@yorkshire_rebel

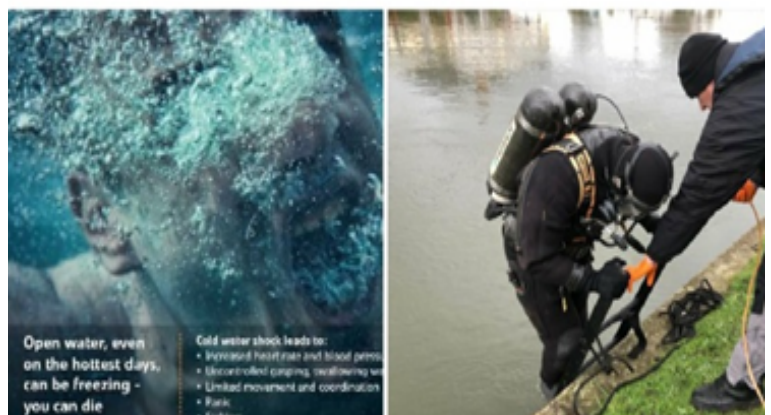
Thank you to [@SloughCouncil](#) for telling our story. Please read it and help it not happen to others 💜

Slough Borough Council @Sloug... · 23 Jun
Michael was just 20 when he got in trouble in the Jubilee River and drowned. His mother has urged people to stay out of the water in hot weather. Read the heart-wrenching story of the day she lost her son here - slough.gov.uk/ne...



Slough Borough Council @SloughC... · 15h

The harrowing task of @sgirescue divers who find people who have drowned in rivers, canals and lakes is recounted here. The school holidays are starting and the weather improving. Don't swim in the Jubilee River...



Appendix G: Jubilee River water safety communications