



# Petal & Paper

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## Wild swimming safety checklist



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W I L D   S W I M M I N G 

# safety checklist

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**Before you go** · Check the spot is safe & legal: ☐ Tell someone:  
☐ Weather: ☐

**Never swim alone** · Swim with others: ☐ Know your exit point:  
☐

**Cold water rules** · Enter slowly: ☐ Acclimatise before  
swimming: ☐

**Cold water shock** · First 60 seconds: stay calm, float, control  
breathing: ☐

**Kit** · Tow float: ☐ Wetsuit (esp. winter): ☐ Bright cap: ☐ Warm  
clothes for after: ☐

**Know the dangers** · Currents: ☐ Cold: ☐ Weeds: ☐ Depth/objects  
unknown: ☐

**After** · Warm up gradually: ☐ Hot drink: ☐ Dry clothes: ☐ No  
alcohol: ☐

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