

Thinking of swimming in the river at Olney?

OLNEY RIVER STEPS



Please Read Before Entering the Water

This may appear to be a lovely place to swim **BUT this is NOT a designated swimming area.**

There are **no lifeguards** and no safety supervision.

The river can be fast flowing.

Anyone entering the river does so at their own risk.

Just because others are in the water does not mean it is safe for you or your child.

River Conditions Are Changeable

River conditions may vary from day to day.

Water quality concerns have been identified through local testing, including fluctuations in pollution indicators. At times, pollution levels may increase and could affect health.

Pollution and sewage may not be visible.

Water can appear clean while still containing bacteria, sewage contamination, agricultural run-off or other pollutants.

Recent local testing has shown that results can vary significantly over time. Conditions can change rapidly, particularly following rainfall or sewage discharge events.

Please check the latest available testing information and sewage overflow alerts before entering the water.

Useful links

<https://theriverstrust.org/sewage-map>

Risks to Consider

Cold Water Shock & Drowning. *[Insert link RNLI Float to Live video]*

Even in warm weather, cold water can trigger involuntary gasping, panic, breathing difficulties and muscle weakness.

Rivers also present hidden risks including:

- Slippery surfaces
- Sudden depth changes
- Strong currents
- Entrapment hazards
- Fatigue and drowning risk

Hidden Hazards Underwater

The riverbed may contain:

- Broken glass
- Sharp metal
- Fishing tackle
- Hidden debris
- Uneven surfaces

Protective footwear is strongly recommended.

Bacteria & Illness

River water may contain bacteria such as **E. coli**, which can cause stomach upset, vomiting, diarrhoea and fever. Some strains of E.coli may cause more serious illness.

Weil's Disease (Leptospirosis)

A rare but potentially serious infection spread through water contaminated by rat urine.

Discarded food waste and litter can attract rats and may increase risk.

Symptoms can include:

- Fever
- Severe headache
- Muscle pain
- Vomiting
- Flu-like symptoms

Seek medical advice if symptoms develop after river water exposure and tell medical staff about recent river contact because symptoms can present as a normal virus.

If You Choose To Enter The Water

Please consider the following precautions:

- ✓ Wear protective footwear
- ✓ Avoid entering after heavy rainfall or pollution events
- ✓ Avoid swallowing river water

- ✓ Shower thoroughly afterwards
- ✓ Wash wetsuits, swimwear and equipment after use
- ✓ Wash hands before eating or drinking
- ✓ Cover cuts and grazes

Please think carefully before entering the water. Risks are not always visible.



EMERGENCY THROWLINE

IN EMERGENCY



Remove throwline



Keep out of the water

QUOTE LOCATION



what3words

// Facing Political Glasses



Grasp rope end

ENTER CODE



PUSH BUTTON TO OPEN



Holding rope end
throw bag and contents
at casualty pulling
them to shore

