Create a poster explaining the dangers of cold water shock

How can you minimise the risk?

If you enter the water unexpectedly:

* **Take a minute.** The initial effects of cold water pass in less than a minute so don’t try to swim straight away.
* **Relax and float** on your back to catch your breath. Try to get hold of something that will help you float.
* **Keep calm** then call for help or swim for safety if you’re able.

If you’re planning on enjoying the water:

* **Check conditions** - including water temperature - before heading to the coast. Visit [**magicseaweed.com**](http://magicseaweed.com/UK-Ireland-Surf-Forecast/1/) for full surf reports in the UK and Ireland.
* **Wear a wetsuit** of appropriate thickness for the amount of time you plan to spend in the water and the type of activity you're doing, if entering.
* **Wear a flotation device**. It greatly increases your chances of making it through the initial shock. See our [**guidance on lifejackets and buoyancy aids (PDF 3.3MB)**](https://rnli.org/-/media/rnli/downloads/rnli-guide-to-lifejackets-and-buoyancy-aids.pdf).