

Canal & River Trust believes that life is better by water.

Enjoy summer by and on the water

Getting your slice of waterside wellbeing this summer is easier than you think – have your lunch alfresco by the canal rather than al desko, use the towpath for your daily walk to work or school, jog by the waterside instead of an hour on the treadmill and have a family outing without the price tag.

But of course there are lots of other ways you can enjoy the water this summer – go for a paddle in a canoe, enjoy a boat trip or try your hand at fishing.

The canals and rivers across England and Wales are free and on your doorstep, so what are you waiting for?



**Canal &
River Trust**

Making life better by water

Discover your local canal this summer

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#BeWaterSafe



Stay cool this summer

#BeWaterSafe



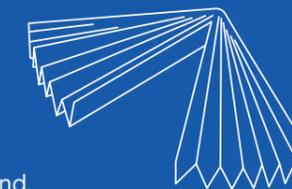
Ways to keep cool this summer:

- Follow the instructions on this leaflet to create your own fan
- Canal water will be really cold, even in the summer, and will take your breath away making it difficult to swim, so have a cooling drink instead
- If you want to jump and dive, head to your local swimming pool, don't get in locks or canals. Canals can be shallow and you could hurt yourself if you jump in.
- Lounge in the shade of waterside trees, rather than get tangled in waterway reeds
- Eat an ice lolly at a waterside cafe
- There are bugs in canal and river water which can make you ill, so don't get in the water and head to you local pool instead
- Don't forget your shades (they make you look cooler)
- Keep your cool – chill out by the water and let your worries drift away

Don't go swimming in a canal, river, reservoir or dock, it's just not worth it.

Create your own fan to stay cool

Starting from one end, fold pleats accordion style the whole length of the leaflet. Then fold in half and get fanning!



Search **'canal safety'**

