

Top Tips

Keep your family safe at the river

The river is a great place to explore and have fun, but rivers can also be dangerous to those who are unfamiliar with them. This guide gives some simple information on how you can make sure your visit to the river is an exciting, fun and safe experience.

Top Tip 1 Pick a safe place to visit

You can access the river from lots of public places, such as parks, bridleways and public footpaths.

Safe areas at the river to look out for:

A gravel beach area

This gives you a safe area beside the water to carry out your activities.



Shallow/sloping river banks

So you can get in and out of the river safely.



Clear water

You should be able to see your feet when standing in the water. Brown water is a sign that there has been a lot of recent rainfall and the river is not suitable for getting into.

A riffle

This is an area of shallow water and is ideal for carrying out any activities in the river.

Areas to avoid:

Steep river banks

You shouldn't be having to scramble down steep banks to get to the river as there is a risk of slipping and falling and steep banks are difficult to get out of, especially in an emergency.

Deep or fast flowing water

Avoid fast flowing water and deep pools. Only go in water that is lower than a pair of children's wellies.

As water gets deeper, it appears darker. If you can't see the bottom of the river (river bed), then it's too deep.

'Coloured' water

If the water is brown and murky then it is a sign that the river is in 'flood' or 'on the rise' and is usually the case after prolonged periods of rain.



Check the weather forecast before you set off and keep an eye on it whilst out and about.



In the Eden, water levels in streams and rivers can rise rapidly following heavy rain on the top of the fells. www.metoffice.gov.uk

Top 2 Tip Be prepared!

Whether it's the middle of summer or the depths of winter, it's always a good idea to be prepared when visiting the river.

The following is a list of 'essentials' to wear or take with you to the river, whatever the weather and time of year.

Wellies or sturdy trainers

Outdoor clothes appropriate for the weather conditions e.g. warm clothing and waterproofs in cold weather and cool/breathable clothing, sunhat in warm weather

A towel and a spare set of clothes for children (just in case!)

A pack of wet wipes and bottle of hand sanitiser - for those really muddy hands!



Don't go in the river with bare feet - there may be sharp objects like glass or metal that will cut your feet.

Top 3 Tip Leave things as you find them

It's great fun visiting the river but it's also important to make sure that we don't harm the river and the wildlife that lives there.

So make sure you:

Take your rubbish away with you when you leave

Don't pee or poo in the river!

Don't take any river creatures home - they need to live in the river to survive and thrive!

Always follow the Countryside Code

<https://www.gov.uk/government/publications/the-countryside-code>