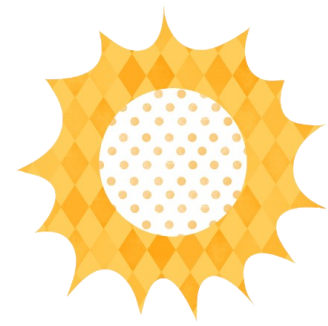




Building Safer Communities

 @theBSCprogramme



SUMMER 2021

Key messages on staying safe outdoors this summer

With lockdown measures continuing to ease in most areas and many people in Scotland choosing to have a “staycation” this year, outdoor safety and leisure partners have pulled together to provide some key messages to help keep members of the public safe.

BE PROACTIVE

- Check the weather
- Consider appropriate clothing and footwear
- Seek information – Tourist information, speak to locals and other users
- Get connected – Follow national organisations online for quality information
- Know your route
- Tell a friend

STOP AND THINK

What are the potential dangers?

How do my actions impact others?

Ask yourself... 'what would happen if...?'

- I trip, slip or fall?
- I end up in the water?
- I get lost?
- I'm late?
- something breaks?
- my batteries run out?

STAY AWARE

Remain aware of...

- safety messages in your location and on your journey.
- other users.
- time and daylight hours.
- where you are.
- changing weather - colder, windier, wetter?
- changing water conditions - flow, height, waves, wind?

NEED HELP?

Don't delay and call 999 or 112

Poor signal? Send Text/Message to 999 or 112

If you are somewhere remote, dial 999, ask for **POLICE**, then **MOUNTAIN RESCUE**

For additional information and support:

Mountains, Hills and Trails

[Safety and skills | Mountaineering Scotland](#)

[Advice - Ramblers](#)

[Mountain Safety & Advice - Scottish Mountain Rescue](#)

Water

[Information \(watersafetyscotland.org.uk\)](http://watersafetyscotland.org.uk)

Activities

Walking

[Advice - Ramblers](#)

[Safety and skills | Mountaineering Scotland](#)

[Mountain Safety & Advice - Scottish Mountain Rescue](#)

Biking

[Riders - Do the Ride Thing - Developing Mountain](#)

[Biking in Scotland \(dmbins.com\)](#)

[Get Involved - British Cycling](#)

Canoeing and Paddleboards

[Scottish Canoe Association | Canoe Safety](#)

[\(canoescotland.org\)](http://canoescotland.org)

Boating

[Get afloat | Getting Afloat](#)

[Royal Yachting](#)

[Association](#)

#RespectTheDestination





Enjoy a fire free summer

Advice from the Scottish Fire and Rescue Service on having a safe summer

Whether you're off camping in the countryside, barbecuing with friends or enjoying a picnic with the family, you can take some simple steps to protect yourself from danger.

SFRS has put together some useful information about [deliberate fires](#), the great outdoors and advice on how you can leave your home 'fire safe' if you plan to leave it for an extended period of time. There are a number of useful, downloadable [community safety leaflets](#) available, like the [Summer Safety leaflet](#) and [Wildfires Safety leaflet](#), with helpful information about how you can enjoy a fire free summer.

Deliberate Fires

During the summer as the schools break-up, we often see a rise in the number of deliberate fires across Scotland. These include refuse and wheelie bin fires, fires in stairwells or derelict buildings, as well as grass and countryside fires made worse by hot and dry conditions. If you're a parent or guardian, you can help reduce the number of [deliberately set fires](#) by discussing fire safety with young people.

Great Outdoors

Here in Scotland, we boast some of the most stunning scenery in the UK – we'd really appreciate your help to keep it that way. Warmer weather and the increased numbers of people visiting the countryside creates a greater risk of fire. When you're out and about:

- Make sure you extinguish and dispose of any smoking materials properly. Never throw a lit cigar or cigarette away in a rural environment as they have the potential to cause serious fires, or even wildfires, during the drier summer months

- Dispose of glass or bottles in a bin and not out in the open. Glass can be magnified by the sun's rays and has the potential to cause a wildfire or serious grassland fire
- Before lighting any outdoor fires, check for any restrictions or permissions required by the landowner
- Ensure recreational fires are made in a fire safe pit or container and that they are properly extinguished before you leave
- If a fire occurs in the countryside, no matter how small, call 999 and ask for the Fire Service straight away. Even small fires have the potential to turn into a wildfire
- Many outdoor fires are started deliberately or are due to careless, reckless or irresponsible behaviour. If you suspect someone of acting irresponsibly, contact Police Scotland on the non-emergency number [101](#) or [Crimestoppers](#) on [0800 555 111](#).

Anyone holidaying or going to the countryside for sports or leisure can find some great advice about staying safe by reading the [Scottish Outdoor Access Code](#).

If you're a camper, remember:

- A fire in a caravan or mobile home spreads much more quickly than it would in a house or flat
- Caravans should be fitted with a smoke alarm - if you have a cooking area, consider fitting a heat alarm
- Make sure that caravans and tents are at least six metres apart and well away from parked cars. This will reduce the risk of fire spreading.



Camping

If you are camping, it's important to have campsite safety in mind during your trip:

- Tents can be 'gone in 60 seconds' and are particularly susceptible to fire – don't light fires near them, cook well back from them, and make sure any campfires are out before you go to sleep
- Only use torches in or near a tent, they're much safer than candles
- Don't smoke inside tents

It's important too to know the risks associated with carbon monoxide (CO):

- Heating and cooking appliances can cause CO poisoning if they are poorly installed, incorrectly used, inadequately ventilated or if they are not regularly or properly maintained
- The early signs of CO poisoning include tiredness, drowsiness, dizziness, chest pains or nausea
- If you have a caravan, consider fitting a CO detector and ensure that the caravan is well ventilated

Never take a portable barbeque - or lit charcoal - into an enclosed space like a tent or caravan, even if they are cooling down – the fumes can be lethal.

Switch off before you set off

If you're leaving your home for an extended period of time this summer for a holiday, remember to **'switch off before you set off'**.

Things like electrical appliances – televisions, hair straighteners, computers – are more likely to cause a fire if they are accidentally left switched on for long periods of time, for example when people go on holiday for a week or two.

So if you're about to set off for a much needed relaxing holiday we would ask you to switch off electrical appliances and take a moment to consider our fire safety advice before you set off.



Exploring Scotland's Waterways

Carlene McAvoy (Leisure Safety Manager for the Royal Society for the Prevention of Accidents) shares advice on how to stay safe in and around Scotland's beautiful coasts and inland waterways this summer.

Scotland has an impressive stretch of coastline spanning around 18,000km with mainland Scotland making up around 9000km of this! To put that in

perspective, this is a bigger coastline than the likes of Spain or Italy. In addition to such a huge coastline, Scotland has a wonderful array of over 30,000 freshwater lochs.

With the summer looking to be nice and warm across most parts of the country and restrictions lifted, it is a fantastic time to explore for people to Scotland and some of its fantastic waterways. Whether it's a hike up one of Scotland's Monroes, a stroll along our canals, a visit to one of our gold award beaches or trying out some new sports like paddle boarding or kayaking – it's important for everybody to be water aware.

Sadly, Scotland sees a number of drowning fatalities each year which makes it extremely important for people to learn how to keep safe around water. That is why RoSPA is urging organisations as well as public to learn and be aware of the dangers of water. The best way to do this is by following and getting involved in a water safety campaign.

Water Safety Scotland (WSS) brings together organisations and individuals to help promote water safety and provide expertise so that locals and visitors alike can enjoy Scotland's waterways safely. This summer, WSS is recommending that everybody – organisations and individuals alike- follow the Respect The Water campaign which is aiming to provide a consistent and national message.

As part of this campaign WSS's water safety code is being highlighted. This code follows three simple steps to help keep safe near water:

- **Stop and think - spot the dangers**
- **Stay together, stay close**
- **Know what to do in an emergency**
- **You can see the full code with further information online [here](#).**

If you would like to support the Respect The Water campaign in Scotland, visit <https://watersafetyscotland.org.uk/campaigns/respect-the-water/>

Additionally, there are a number of water safety campaigns to be aware of this summer which can be easily supported by social media:

- **[Drowning Prevention Week](#), June 19th – 26th – RLSS UK**
- **[Inflatable Toy safety](#), ongoing**
- **[World Drowning Prevention Day](#), 25th July – United Nations**





Be a responsible dog owner



With many people venturing out into the countryside with young dogs for the first time, we asked Scottish Outdoor Access for some top tips about keeping owners and others safe during the summer.

The outdoors is good for dogs and their owners. In Scotland, you can walk your dog on most land as long as you follow the Scottish Outdoor Access Code and keep your dog under proper control.

Poorly controlled dogs are a serious concern for farmers, other land managers and visitors to the countryside. Dogs can:

- worry or attack livestock, for example causing pregnant ewes to miscarry or resulting in injury or death
- disturb wildlife, including breeding birds, and – scare other people.

Key things to remember are:

- do not allow your dog to approach animals or people uninvited (in open country, it may not be obvious when animals are around)
- where possible avoid animals

- release your dog if threatened by cattle
- always keep your dog in sight and under control
- if in doubt use a lead
- don't take your dog into fields of vegetables and fruit unless there is a clear path
- always bag and bin dog poo
- take it home when bins aren't available.

To help address any problems caused by dog walking, farmers and crofters can:

- consider public access and assess relevant risks
- if necessary, use helpful signs to highlight issues to dog owners, removing them when not required suggest reasonable alternative routes if needed.

For further advice the [Scottish Outdoor Access Code website](#) includes guidance on managing issues linked to dog walking and downloadable signs. For assistance in managing problems at a particular place, contact your [local authority access officer](#).

We hope you have found this Summer safety update useful and informative.

We would be delighted if you would get in touch with any feedback or ideas .

Please contact Wendy McInnes with your ideas or contributions:

email: wendy.mcinnnes@gov.scot

Follow us on Twitter: [@theBSCprogramme](https://twitter.com/theBSCprogramme)

Check out the [Unintentional Harm Hub](#)



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