

Tombstoning/Jumping Diving In Toolkit

Context:

Jumping or diving into open water, often referred to as tombstoning, is a high-risk activity that has led to serious injuries and fatalities across Wales. While it may seem thrilling, the dangers are often hidden and underestimated, especially by young people influenced by social media or peer pressure.

WAID data (2019 -2023) shows that 10 accidental drownings in Wales have occurred when individuals jumped or dived into water from height.

Risks from tombstoning include:

- Unseen hazards: Submerged rocks, debris, or shallow water can cause serious injuries
- Cold water shock: Sudden immersion in cold water can impair breathing and movement – even in strong swimmers
- Changing conditions: Tides, currents, and water depth can shift rapidly
- Access issues: Getting out of the water may be more difficult than expected
- Peer pressure: Young people may feel pressured to jump, even when they feel unsafe.

These risks are amplified when alcohol or drugs are involved, or when individuals are unfamiliar with the water environment.

Key messages:

Stop and Think - Before entering any body of water:

- Check the depth and look for submerged objects
- Never jump unless you know the water is deep enough—at least 5 metres for a 10-metre jump
- Avoid jumping under the influence of alcohol or drugs
- Consider how you'll get out of the water before you get in
- Don't let peer pressure override your instincts—if it doesn't feel safe, don't do it.

Float to Live

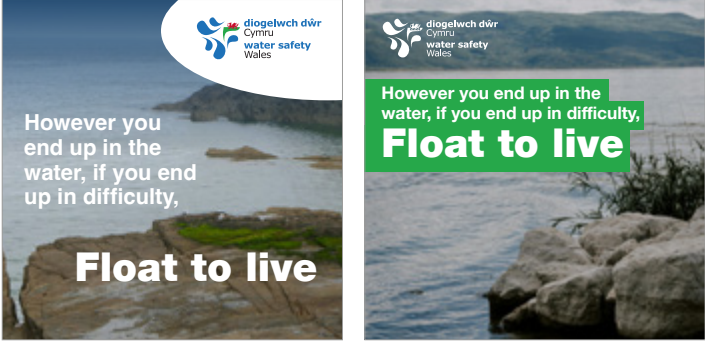

However you end up in the water, if you end up in difficulty, Float to live

- Tilt your head back, submerging your ears
- Relax and control your breathing
- Move your hands and legs to help you stay afloat
- Your legs may sink – that's OK everyone floats differently
- Practice floating at a supervised location like a swimming pool.

Assets:

Water Safety Wales (WSW) will share and reinforce these messages across its channels. WSW members and partners are encouraged to share these posts to reach a wider audience.

We also recommend sharing safety advice and assets from the HM Coastguard's **Coast Clever** campaign.

Message 1 Twitter/X – General	Image
<p>Think Before You Leap!</p> <p>Jumping into open water can be deadly. Hidden rocks, cold water shock, and strong currents are just some of the dangers.</p> <p>Don't risk it.</p> <p>#WaterSafetyWales #StopAndThink #FloatToLive #TombstoningRisks</p>	 
Message 2	
<p>Jumping or diving into open water might seem fun, but it can be fatal. Submerged hazards, cold water shock, and strong currents have led to serious injuries and deaths across Wales.</p> <p>Before you jump,</p> <p>Stop and Think</p> <p>Share this message and help keep our communities safe.</p> <p>#WaterSafetyWales #FloatToLive #StopAndThink #TombstoningRisks</p>	