

LOCH
LOMOND
& THE TROSSACHS
NATIONAL PARK



BE **SAFE** ON

LOCH LOMOND

BOATING

SWIMMING

We want you to make the most of Loch Lomond and the National Park. Here's some advice on how to enjoy the Loch responsibly so that everyone can have the best experience possible.

There are a variety of loch users and we ask that you take care of yourself, be aware of your surroundings and show respect for others in or on the water.



This leaflet has been part-funded and produced in co-operation with the Loch Lomond Association.



SAFE BOATING

BEWARE

**SWIMMERS ARE NOT
OBVIOUS IN THE WATER!**

- Keep a look-out.
- If you see an Alpha flag it means there is a swimmer or diver in the water.
- Make yourself aware of the Loch Lomond Byelaws.
- If you are using a powerboat make sure you have had suitable training.
- Know your loch.





OBSERVE

SWIMMERS MAY BE LOCATED IN ANY AREA OF THE LOCH

- Swimmers and other loch users may be in any area of the loch at any time of day or night.
- Maintain a proper lookout at all times for swimmers and other loch users.
- Swimmers can be very difficult to see, especially when there are waves or sun glare. Moderate your speed in these conditions.



AVOID

TAKE EARLY ACTION AND KEEP WELL CLEAR

- **Keep as far away as possible from swimmers and their support boats if they have them.**
- **Remember boats supporting swimmers can not move out of your way.**
- **Your wash can put swimmers and other loch users into serious difficulty.**
- **Slow down and keep a safe distance.**



TURN OFF

KILL THE ENGINE TO PROTECT THE SWIMMER

- Always wear your kill cord, and make sure it is attached to the driver of the boat!
- In an emergency, if you do get too close to a swimmer, turn off your engine to stop injury from propellers.
- In an emergency dial 999 and ask for the police.

STOP THE SPREAD



Are you unknowingly spreading invasive species on your water sports equipment and clothing?

Invasive species can affect fish and other wildlife, restrict navigation, clog up propellers and be costly to manage. You can help protect the water sports you love by following three simple steps when you leave the water.

CHECK

CHECK your equipment and clothing for live organisms - particularly in areas that are damp or hard to inspect.

CLEAN

CLEAN and wash all equipment, footwear and clothing thoroughly. If you do come across any organisms, leave them at the water body where you found them.

DRY

DRY all equipment and clothing - some species can live for many days in moist conditions. Make sure you don't transfer water elsewhere.

For more information visit

www.nonnativespecies.org/checkcleandry

SAFE SWIMMING

SAFE SIGHT

CAP - FLOAT - FLAG - BOAT

- Swimmers may be able to see boaters, but boaters may not be able to see swimmers!
- Wear a bright swim cap and tow a bright float so you are more obvious to other loch users.
- Swimming alone in busy areas can be dangerous. Look for quieter areas of the loch.
- If possible have a safety boat/canoe displaying an Alpha flag. They can provide support and boaters will see your safety boat before they see you.





WATER WISE

TEMPERATURE - DEPTH - QUALITY

- Avoid blue/green algae during the summer months.
- Exposure to cool water can lead to cold water shock and rapidly lead to hypothermia.
- We strongly recommend you wear a wetsuit to keep you warmer and more buoyant.
- The water can be cold even on a hot day. Enter slowly so you have time to get used to it.
- Always check the depth and the water bed by walking in carefully.



INFORMED

KNOW THE DANGERS - REDUCE THE RISK

- Remember other people use the loch too!
- Loch Lomond is busy with lots of different craft using the water.
- People on boats may struggle to see you. A collision with any boat can be fatal.
- Tell someone where you are going and when you expect to be back.
- Advice on open water swimming can be found on our website:
www.lochlomond-trossachs.org



MINDFUL

WHERE - WHEN - QUIET LOCHS ARE BEST

- Choose one of the quieter areas of Loch Lomond.
- Be aware boaters may be in any area of the loch at any time of day or night.
- If possible avoid mooring areas, marinas and jetties used by boats, waterbus routes and boating channels.
- Fishing boats may be angling with long lines up to 50 metres.
- Only swim when weather conditions are suitable – remember they can change quickly.

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USEFUL CONTACTS

BOAT REGISTRATION & RANGER SERVICE

Duncan Mills Memorial Slipway,
Pier Road, Balloch G83 8QX

T: 01389 722030

Loch users priority line: 01389 757295

NATIONAL PARK HEADQUARTERS

Carrochan, Carrochan Road,
Balloch G83 8EG

T: 01389 722600

E: info@lochlomond-trossachs.org

For more information:

lochlomond-trossachs.org