

Impact of Swimming in Rivers

Swimming can bring health benefits as it is a form of exercise.



However, there is a risk of injury or even death if you are not used to swimming in a river or the river current changes... You also may not realise how deep a river is.



There may be hidden rubbish in the river which can cause you injury if you got caught onto it.



There could be weeds and plants that may end up entangling you under water.

If a river is polluted, it could make you ill as water can carry germs that infect you. A river can contain harmful germs as it may not be monitored to check what the quality of the water is like.



Sewer blockages can also affect river water quality as can sewage can get backed up and run off into waterways such as rivers.

A range of issues need to be addressed before a river can be seen as being 'safe' to swim in e.g. waste from farming and towns could run off into a river, the waste from animals and discharge from septic tanks that people may have. A lot to think about!