



Safety Alert - Small Talk Saves Lives

Each year in the UK about 200 people enter the water trying take their own lives. It is not unusual for rowers to rescue people from the water and, unfortunately, it is not unknown for rowers to find bodies in the water. This has been compiled in conjunction with the Samaritans and is intended to encourage rowers to identify people who may be in distress near the water and be confident enough to intervene and help them.

We can help by starting a conversation with anyone who appears to be at risk.

Signs to look out for:

- They look distant, withdrawn or upset.
- They appear restless, agitated or tearful.
- They're sitting or standing alone or in an isolated spot, perhaps on a bridge.

How to get started

- Approach with 'open' and calm body language, smile and make eye contact.
- Introduce yourself and ask their name.
- Ask if they are OK, or if they need help.
- Make a small comment, for example about the weather.
- Ask a question like "what time is it?" or "where can I get a coffee?"

What to do next

- Try to move the person away from a dangerous location if you can do so safely.
- Ask them if they'd like to sit down somewhere safer, away from the water,
- Ask questions that will lead to a conversation, e.g., "What made you come here today?"
- Listen to what they say and repeat it back; make them feel listened to and understood.
- Ask the person if there's someone you can call for them.
- You could mention other sources of support like Samaritans (call 116 123).

It is also important to look after yourself, take time to understand what happened, talk to someone and ask for help if you need it.

There is more information here [How to start a conversation with somebody who needs help | Small Talk Saves Lives | Samaritans](#).



Trust your instincts - you may save a life

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