



Irish Water Safety's summer safety tips

KNOW WHAT YOU'RE GETTING INTO!



1 Swim with others, never alone.



2 Swim close and parallel to shore.



3 Avoid water filled holes, drains, containers.



4 Supervise kids at all times.



5 Never swim out after drifting objects.



6 Don't stay in the water too long.



7 Beware of hidden hazards and currents.



8 Wear a Lifejacket when boating.



9 Swim between the Lifeguard flags.

REMEMBER THESE RULES • ENJOY YOURSELF • COME HOME SAFELY

Know your Flags at the beach...



Simple Rescues

SHOUT –

call out, encourage them to shore

REACH –

with clothing, branch, etc

THROW –

ringbuoy, rope, anything that floats

! Swim within your depth. Beware of currents and rip-tides.

! Do not use inflatables in open water.

In An Emergency, Dial 112 or 999

www.iws.ie

info@iws.ie

LoCall 1890 420 202

www.iws.ie – Lifeguarded waterways, courses, advice

www.aquaattack.ie – games and tips for kids

www.ringbuoys.ie – report missing ringbuoys