



## IRISH WATER SAFETY PRESS RELEASE

31 July 2017

### 123 drowned last year - Know the risks this August bank holiday weekend.

As August is the most popular month for outdoor swimming, Irish Water Safety is appealing to the public to reduce the risk of drowning by swimming at Lifeguarded waterways and within your depth.

Drownings often happen quickly and silently with 80% of drownings occurring within the victim's county. Of the 123 drownings last year, 94 were male, 29 female.

As the bank holiday approaches, there are several ways to protect yourself:

#### Safe Swimming in August:

1. Swim at lifeguarded waterways - listed at <http://www.iws.ie/bathing-areas/map.372.html>
2. Swim with others in areas that are traditionally recognised as safe.
3. Swim within your depth, parallel and close to shore.
4. Never use inflatable toys in open water or swim out after anything drifting.
5. Never swim in the dark.
6. Avoid staying in the water too long as you risk the onset of hypothermia.
7. Train for your aquatic activity at [www.safetyzone.ie](http://www.safetyzone.ie).
8. Supervise children at all times near water - thirty aged fourteen and under drowned in a decade.
9. In Marine Emergencies call 112 and ask for the coastguard.
10. Water sports and alcohol don't mix. Tragically, alcohol is a factor in one third of adult deaths from drowning.

— **When angling or boating: Wear a Lifejacket.** Find out what device suits your needs at <http://www.iws.ie/boating/personal-flotation-devices.327.html>

#### Enquiries:

John Leech: 087-6789600 / Roger Sweeney: 087-6789601

Irish Water Safety, The Long Walk, Galway Tel:091-56.44.00 Fax:091-56.47.00

Email: [info@iws.ie](mailto:info@iws.ie) Website: [www.iws.ie](http://www.iws.ie) / [www.safetyzone.ie](http://www.safetyzone.ie) / [www.aquaattack.ie](http://www.aquaattack.ie) / [www.ringbuoys.ie](http://www.ringbuoys.ie)