Wear a wet suit in cold water.

If you see someone in distress, these simple steps may save a life:

1 SHOUT
to encourage and guide the person to shore.

2 REACH
out with a long object such as a branch or a piece of clothing but do not enter the water.

3 THROW
a ringbuoy or any floating object and call 112 for the coast guard.

SÁBHÁILTEACHT UISCE NA hÉIREANN · WATER SAFETY IRELAND

SAFE SWIMMING
KNOW WHAT YOU'RE GETTING INTO...

FOR ADVICE VISIT
WATERSAFETY.IE

REMEMBER THESE RULES.

To enjoy your swim safely, learn swimming and lifesaving skills.

Swim within your depth and stay within your depth, parallel to shore.

Swim at lifeguarded waterways between the lifeguard flags.

Swim with others, never alone.

Enter the water at a shallow gradient and never jump or dive, in case of hidden hazards.

To escape a rip current sweeping you out to sea, swim parallel to shore until free.

Swim for short periods as cool water can lead to disorientation and hypothermia which weakens your muscles.

LIFEGUARD

Take advice from Lifeguards and observe the water safety signage.

Never put pressure on others to take risks.

Never use inflatable toys in open water as wind can carry them and you away from shore.

Note the location of the nearest ringbuoy in case of emergency.

Enter cool water slowly, allowing your body to acclimatise to prevent cold shock.

ENJOY YOURSELF. COME HOME SAFELY.