

NATIONAL WATER SAFETY AWARENESS WEEK  
JUNE 13-19



**"A FATHER AND SON WENT OUT ON AN INFLATABLE PADDLE BOARD AND WITHIN MINUTES THEY WERE OVER A KILOMETRE FROM SHORE."**

Jayke Morris, Lifeguard, County Mayo

On beaches, rivers and lakes, lifeguards are getting ready for a busy summer. You can help by getting ready too. From the danger of inflatables to hazards at inland and coastal waterways, lifeguards from all over Ireland share their expert advice at [watersafety.ie](https://watersafety.ie)

Take it to heart. Make water safety part of the conversation around your dinner table. Together let's make summer safer.

**BETTER SAFE THAN SORRY**



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**"IN ONE DAY WE HAD EIGHT MISSING CHILDREN, THREE OF THEM WENT MISSING AT THE SAME TIME."**

Rachel Connolly, Lifeguard, County Louth

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**“A GIRL I TAUGHT IN OUR SUMMER WATER SAFETY CLASSES USED HER SKILLS TO SAFELY RESCUE FOUR PEOPLE. SHE WAS JUST 15 AT THE TIME.”**

Conall Boyle, Water Safety Instructor and Lifeguard, County Cork

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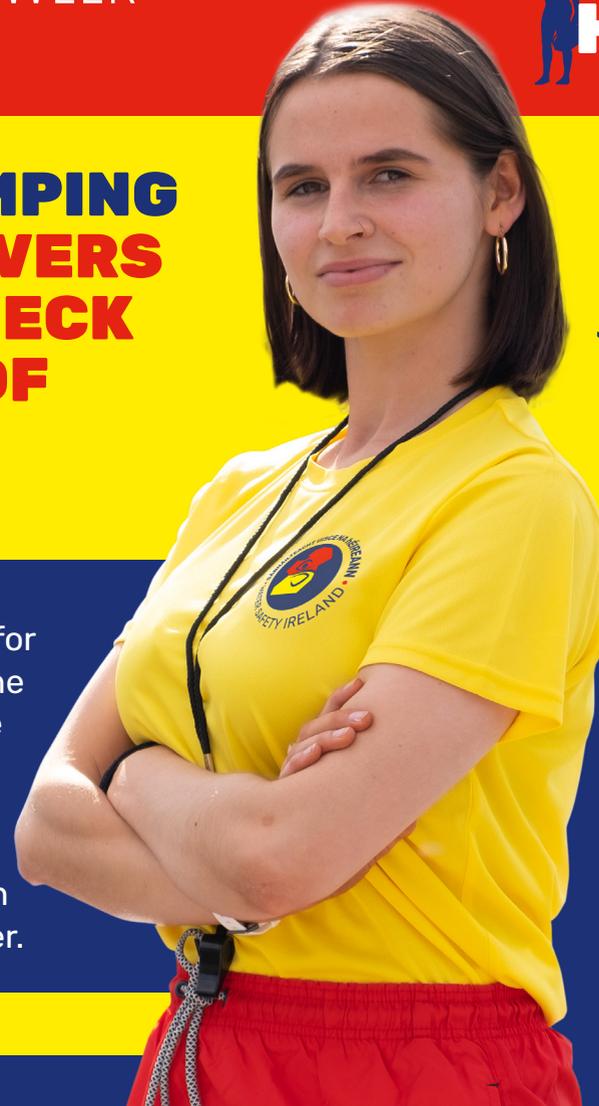
**"I SEE SO MANY PEOPLE JUMPING  
IN WITHOUT THINKING. IN RIVERS  
AND LAKES YOU HAVE TO CHECK  
THE DEPTH AND BE AWARE OF  
HIDDEN DANGERS."**

Lucy Cleere, Lifeguard, County Kilkenny

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**"WE SEE KAYAKS AND PADDLE  
BOARDS GETTING CAUGHT IN  
RIP CURRENTS, CHANGING TIDES  
AND OFFSHORE WINDS. THE  
RIGHT TRAINING IS ESSENTIAL."**

Sarah Donnelly, Lifeguard, County Mayo

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**"AN INCOMING TIDE LEFT  
NINE PEOPLE STRANDED IN  
ONE DAY. IT ALL HAPPENED  
IN 15 MINUTES."**

David Farrelly, Lifeguard, County Dublin

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