9th July 2025

Sunshine and Tides Rise - So Does Risk, Warns Water Safety Ireland

Public urged to "Enjoy the Water but Respect the Risk" Over Coming Days

As Ireland anticipates a warm and sunny weekend, Water Safety Ireland is reminding those who will be drawn to beaches, lakes, rivers and canals to enjoy water activities responsibly and to be aware of potential hazards.

Full Moon Brings Stronger Tides and Hidden Hazards

The upcoming full moon on Thursday, 10 July, will bring spring tides over the coming days, causing higher high tides and lower low tides than usual. These conditions increase the risk of strong rip currents and rapid changes in water depth as higher tides quickly cover areas that may have hidden depths. During low tide, people may be tempted to walk farther out - especially on sandbanks - but incoming tides can isolate and trap walkers, cutting off the route back to shore. Water Safety Ireland urges everyone to stay alert, carry a fully charged mobile phone and monitor incoming tides closely when walking the coastline.

Watch Your Step: Weever Fish Stings are a summer hazard

Weever fish lie buried in shallow sandy waters, with only their eyes and venomous dorsal spines visible. If accidentally stepped on, their dark-tipped spines can deliver a painful sting. To reduce the risk, wear beach shoes when paddling or walking in shallow water. If stung, immerse the affected area in hot water which helps break down the venom's protein.

Water Safety Tips for the weekend

When you get to a waterway, draw an imaginary line on the ground and before you cross it, assess the risk and keep the following in mind for a safe and enjoyable time:

1. **Swim at Lifeguarded Waterways**: Choose beaches and swimming areas where lifeguards are present. All are listed at https://watersafety.ie/lifeguards/. If there is no lifeguarded waterway nearby, swim in areas known locally to be safe.

2. **Supervise Children Constantly**: Always keep a close watch on children near water. They need constant, uninterrupted, adult supervision.
3. **Avoid Alcohol**: Do not consume alcohol before or during water activities.
4. **Check Weather and Tides**: Look up local weather conditions and tidal information before leaving home.
5. **Wear a Lifejacket**: Ensure lifejackets are worn when boating or participating in water sports.
6. **Be Cautious of Currents**: Understand and respect the power of currents and tides. If caught in a rip current, swim parallel to shore until your break free.
7. **Avoid Swimming Alone**: Always have someone accompany you when swimming.
8. **If you see someone in difficulty in the water, never hesitate to call 999 or 112 and ask for the Coast Guard**.

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