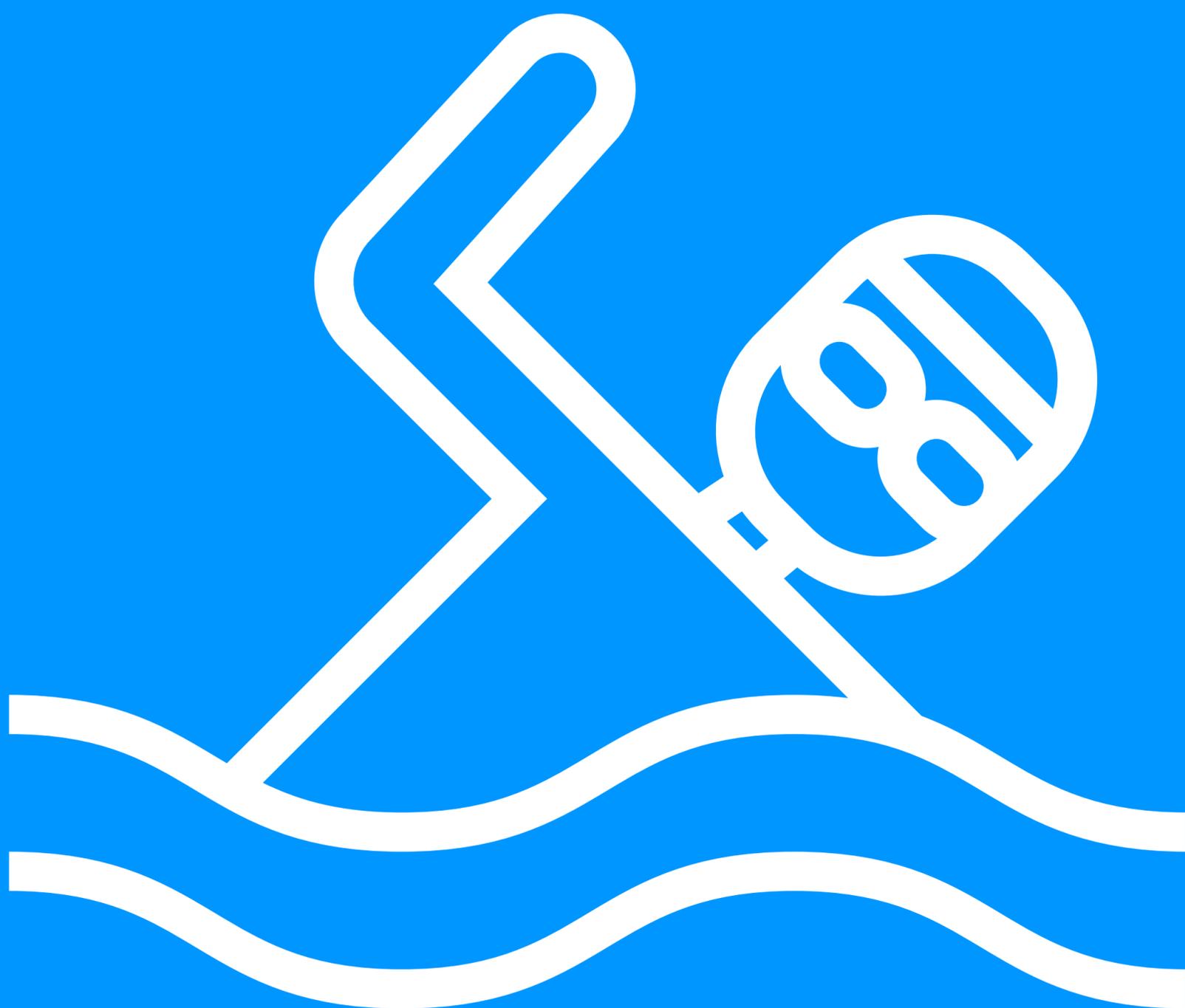


The Ultimate Water Safety Guide For Parents



Irish Water Safety
Sábháilteacht Uisce na hÉireann

My **Kidstime**





How to Help

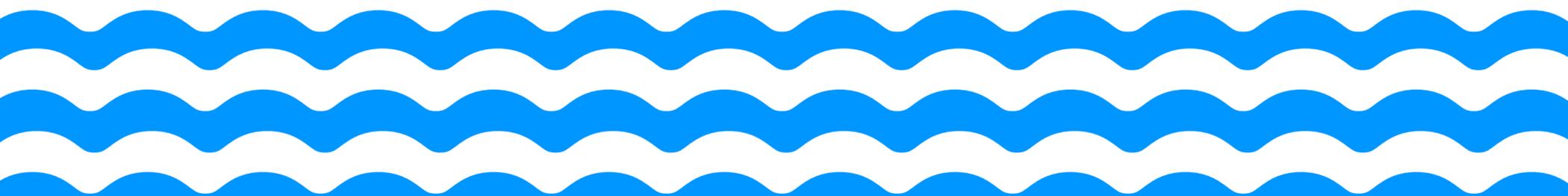
How to help if someone is in trouble in the water

It can be all too easy to get into difficulties in water, not just while we are out and about, but also around the home, so we have teamed up with Irish Water Safety to bring you The Ultimate Water Safety Guide for Parents to ensure we gain a better understanding of the dangers and stay safe.

If you see someone in difficulty **these simple steps** may save a life:

- **SHOUT** to the casualty and encourage them to shore. This may orientate them just enough.
- **REACH** out with a long object such as a branch or a piece of clothing but do not enter the water yourself.
- **THROW** a ringbuoy or any floating object and call 112 for the coast guard.

[Always report a missing ringbuoy if you notice it while out and about.](#)





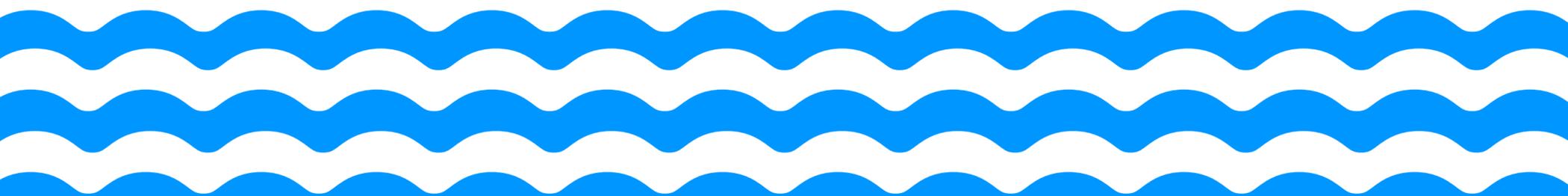
Safe Swimming

Did you know?

- The majority of drownings occur inland
- The onset of cramp, combined with the panicked realisation your out of your dept can have tragic consequences
- **Cold water immersion** is the greatest contributing factor to inland drownings
- Learning to swim is fun, healthy and an important life skill

Here are some simple tips for safe swimming:

- Never swim alone
- Know your flags
- Swim at designated bathing areas where **lifeguards will be on duty**
- If there is no designated bathing area near you, swim at known traditional bathing areas
- Never swim in quarries or ESB reservoirs
- Check the yellow box for a ring buoy before entering the water
- Swim within your depth
- Wear a wetsuit if you are not used to cold water
- Never swim with alcohol or drugs in your system
- Educate children and teens about the **dangers of holding their breath under water**
- Supervise children in all water from baths to pools and open water.





Water Safety At the Beach

We are so lucky here in Ireland to have some amazing beaches to enjoy. They can get very busy during hot weather so follow these tips to **stay safe at the beach:**

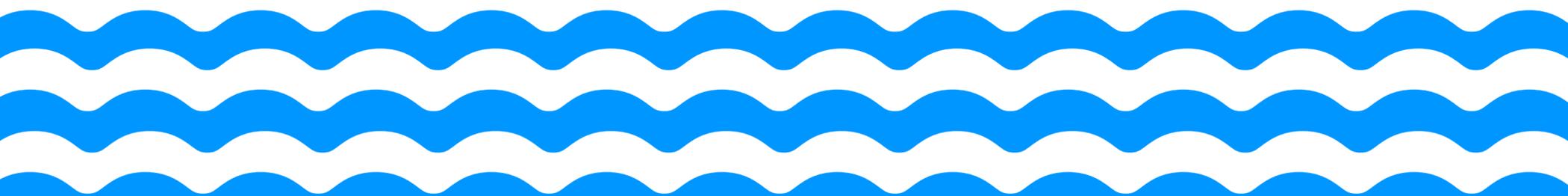
- Don't swim alone
- Let someone know you are entering the water
- Never swim out after anything
- Never swim when the flag is red
- Heed warnings from the lifeguard
- Never swim just after eating
- Avoid using inflatables and air beds in the water
- Look out for hazards such as boats, surfers etc.
- Swim in your depth, parallel to the shore
- Don't stay in too long and wear a wetsuit if necessary
- Have a lesson before using equipment such as paddle boards
- Look out for swimmers when using any equipment
- Where possible only swim at **designated bathing areas** where lifeguards are on duty (June 1st to September 15th)



Water Safety on Inland Waterways

Inland waterways sometimes hold [different dangers](#) to the sea or swimming pools. **62% of all drownings happen on inland waterways. Stay safe:**

- Swim where possible at designated bathing areas with lifeguards
- If there are no designated bathing areas swim at known traditional bathing areas where ring buoys are erected
- Never swim alone
- Let others know where you are swimming
- Don't swim in quarries or ESB Reservoirs
- Wear a wetsuit if you are unused to cold water
- Enter the water feet first if you can't see the bottom
- Stay in your depth
- Never wade in after objects or animals
- Play away from the banks
- Don't go on ice formed in winter months





Water Safety at Swimming Pools

A day out at the swimming pool, whether on holidays or locally is always great fun. **Be water safe at swimming pools.**

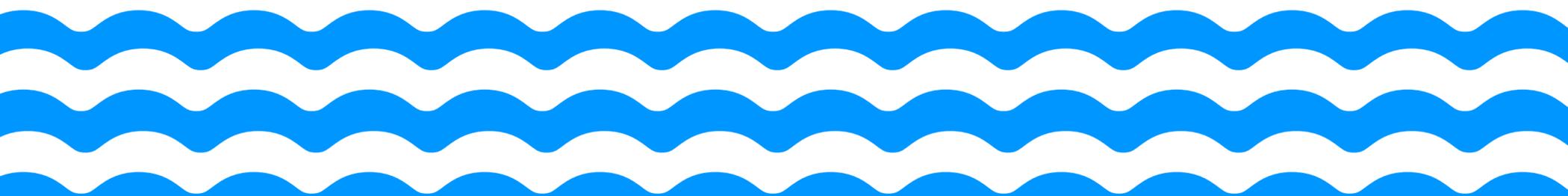
- Parents always supervise your children
- Heed warnings from the lifeguard
- Check how deep or shallow water is especially before diving in
- Never run at the side of a pool
- Check for other swimmers before you enter the water
- Supervise children while in paddling pools or swimming pools at home too



Safe Coastal Walking

While coastal walking is generally safe, there are **several risks you should be aware of** before setting out to enjoy a stroll with the family.

- Check weather forecast before walk
- Only use designated coastal paths
- Check tide times so you don't get stranded
- Bring a mobile phone, compass and map
- Stay away from edges
- Wear correct footwear
- Stay together
- Let others know your route and a time to expect you back
- Never follow pets into the water





Water Safety at Home

You can drown in just a few inches of water. It is important to **know the dangers** that exist at home and stay with younger children at all times when they are around water.

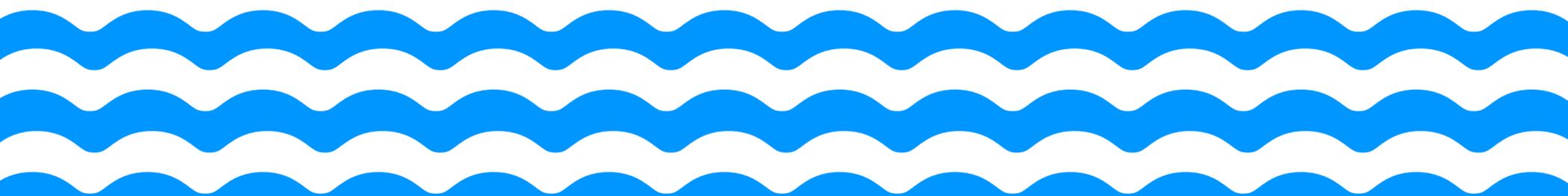
- Ensure all drains have tight fitting lids
- Warn children to stay away from rain water barrels
- Supervise children using paddling pools
- Warn children of the dangers of going near ponds & streams
- If you have a home pool, ensure the cover is tight fitting
- Supervise younger children in the bath
- Check depth of any puddles before jumping in them



Water Safety on Farms

Working farms can have **more hazards than other properties**. They often have slurry pits, ponds and water barrels for feeding animals and collecting rainwater. [Supervision and education of children on farms](#) is key to keeping them safe.

- Teach children to avoid slurry pits
- If someone falls into a slurry pit shout for help and use a stick or clothing to throw out to them to drag them in
- Supervise children at ponds and other water sources
- Stay away from the edge of natural water holes
- Stay away from reeds growing near water
- Never go on ice formed during winter months on ponds or lakes
- Keep children away from water barrels
- Ensure drains are covered with a tight fitting lid
- Have fences around water hazards
- Check depth of puddles and natural holes before jumping in them



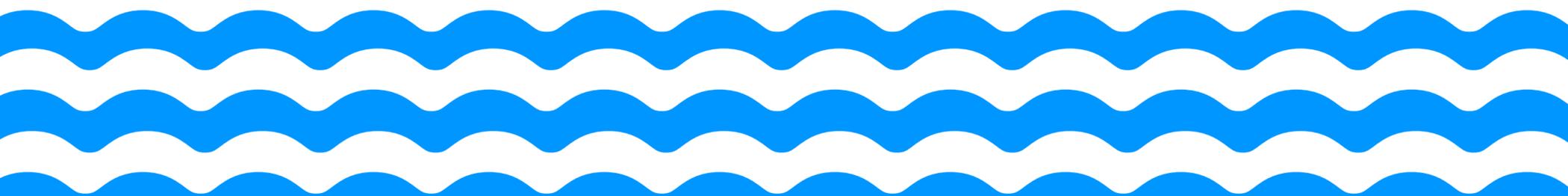


Water Safety During Floods

In the last number of year, [flooding](#) has become an increasing problem. Fast moving water can exert up to 4 times it's speed and water displaces bodyweight which increases the risk of being knocked over or swept away.

Flood Water Safety Tips

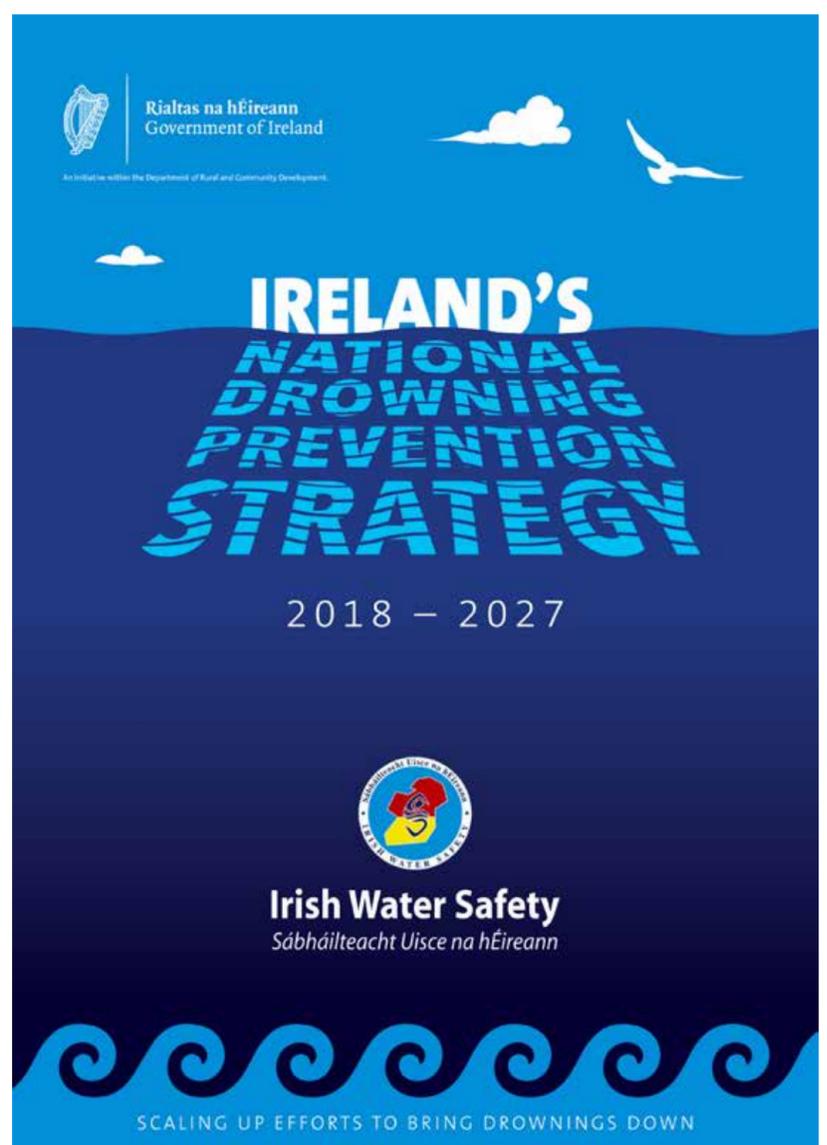
- Heed flood warnings
- Block access points with sandbags
- Stay away from the source of the flood
- Move to higher ground
- Do not drive on flooded roads
- If swept away, never put feet down as you may become trapped by hidden objects
- Take care when using electric appliances



The 10 year plan to reduce drownings by half

Irish Water Safety (IWS) run a **full education program nationwide** with courses on How to Become a Lifeguard to water safety courses including water survival and self rescue techniques.

Many courses take place at beaches during the summer months and year round at swimming pools. Through education you will learn to have a healthy respect for water and understand the dangers so you can enjoy water sports and activities safely.



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www.iws.ie

