

Special Feature

Safe Swimming

14 Steps to Safe & Enjoyable Swimming



1 Swim with others, never alone.



2 Digest food before swimming.



3 Never swim when you're hot or tired or in the dark.



4 Avoid swimming in strange places.



5 Never swim out after drifting objects.



6 Don't stay in the water too long.



7 Don't swim out to sea.



8 Swim parallel and close to the shore.



9 Obey Lifeguards and swim between the flags.



10 Never use inflatable toys.



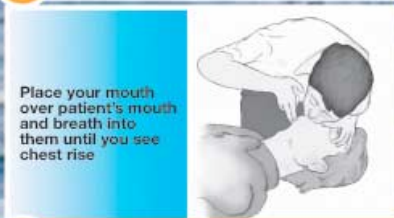
11 Pay attention to signs on the beach.



12 Never bully others or make them take risks.



13 Learn to use equipment before trying it out.



14 Learn Basic Life Support.



REMEMBER THESE RULES - ENJOY YOURSELF - COME HOME SAFELY



Irish Water Safety
Sábháilteacht Uisce na hÉireann
Irish Water Safety is the statutory & voluntary body established to promote water safety in Ireland.
 Tá Sábháilteacht Uisce na hÉireann ina bhíodóir d'ionannas a bhaineann le sábháilteacht uisce a chosúil in Éireann.

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