



## ***Sailing – Before Going Afloat...***

1. Before going afloat, for your own and your family's sake, you must have basic skills in seamanship.
2. Check the weather forecast before going afloat. Always ask for local knowledge of the area you intend to sail in.
3. Check the condition of all craft, be it on hire or on loan to you.
4. Ensure that safety equipment is provided for all on board.
5. Make sure you leave details of your planned trip with someone ashore.
6. Know your limitations. Always sail within your own ability and that of your crew.
7. Personal Flotation Devices (lifejackets and buoyancy aids) and safety harnesses are essential and should be provided for everyone on board.
8. Ensure that emergency and communication equipment is provided and is operating correctly and that you are trained and proficient in it's use.
9. Keep an eye on the weather and sea conditions. Seek shelter in good time.
10. Before going on your holiday, log onto [www.iws.ie](http://www.iws.ie) for advice or LoCall Irish Water Safety at 1890420202.



# **Stay Safe on your Holidays**





# Stay Safe on your Holidays

## Swimming

People holidaying abroad should note that swimming pools in holiday centres might only be partially lifeguarded or not guarded at all. Therefore extra precautions must be taken from the moment of arrival to the time of departure.

1. On arrival at a holiday centre, do not allow children to go immediately to the swimming pool until you have checked out the safety arrangements. There may not be any lifeguard on duty.
2. It is unwise to go for a quick swim after a lengthy car journey.
3. Never swim after consuming alcohol or food.
4. Obey all the usual safety rules that apply in any properly run pool e.g. no running, no running dives, no horseplay etc.
5. Be particularly careful of young children wandering off.
6. Check for pool depth markings. There may not be any.
7. Ensure that you do not dive into shallow water.
8. Watch out for children in baby pools that may be next to the main pool without any barrier between them.
9. Watch out for sudden drops or changes in the gradient of a pool floor.
10. Check for missing, uneven or slippery tiles surrounding or in the pool.
11. Do not swim in a pool containing discoloured water.
12. Always swim, or surf, in areas patrolled by lifeguards.
13. Swim in the designated swimming area when swimming in the sea.
14. Swim with family or friends – never alone or in the dark. Never bully others or make them take risks.
15. Swim within your depth and parallel to the shore.



## Craft/Adventure Activity



1. Always wear a Personal Flotation Device (PFD) and ask how to secure and inflate it.
2. Do not get on board if the craft appears overloaded or unstable.
3. Ask what safety measures are in place in the event of an accident. Do not partake if the answer is unsatisfactory.
4. Always wear protective headgear.
5. If you can't swim, don't partake.
6. If equipment on offer looks worn, don't use it.
7. Never go on the water alone.
8. Don't drink alcohol before going on the water in any craft.
9. If you feel that the equipment owners are not professional do not use the facilities.
10. If the person in charge of the craft looks inexperienced do not get on board.
11. Remember, any rough or white-water activity can be risky.
12. Don't take part in any water sport activity at night.
13. Never participate in adventure sport unless you have received training.