

## **Be water wise this weekend**

There are 135 drownings in Ireland every year – that's more than eleven per month. As we approach the June Bank Holiday weekend, water safety should be prioritised by anyone coming close to coastline or inland waterways and when pursuing water-based or waterside activities to avoid the dangers of cold shock, hypothermia and drowning.

A full moon on June 2<sup>nd</sup> will mean create higher risks due to strong tides. Floating toys should not be used in open water as they pose a great risk of being carried out to sea due to stronger currents.

People have a responsibility to themselves and family to stay safe around water by knowing the dangers and learning from the situations that have led to tragic drownings in the past:

- Always wear a Lifejacket when on water and ensure that it has a correctly fitted crotch strap.
- Shore walkers should stay away from the edge and beach walkers should remain vigilant to the dangers of being stranded due to extremes of tide caused by the June 2<sup>nd</sup> full moon.
- Ensure that you are fully trained and competent for your aquatic activity.
- Constant uninterrupted supervision of children is the safest way to avoid tragedy
- Anglers should be extremely vigilant when fishing from the shoreline of Atlantic swells.
- Swimmers should swim parallel and close to the shore and be aware that water is still too cold for extended swims.
- Avoid Alcohol before or during any aquatic activity. On average, a third of drowning victims had consumed alcohol.
- In emergency situations, never hesitate to call 112 and ask for the CoastGuard.

Irish Water Safety encourages everyone to take swimming, lifesaving, survival and rescue classes - for further information click on [www.iws.ie](http://www.iws.ie). If you locate missing Ringbuoys then log on to [www.ringbuoys.ie](http://www.ringbuoys.ie) to report them as "a stolen ringbuoy could lead to a stolen life" in an emergency.

### **Media Enquiries to:**

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