



PRESS RELEASE

25th October 2018

Stay Safe, Smart and Sober when Bank Holiday boating

On Bank Holiday weekends, people are more at risk of drowning as they can become complacent and put themselves and their families in dangerous situations. Water-related tragedies can happen in seconds and with an average of five drownings every fortnight, Irish Water Safety is drawing attention to the dangers that will put people's lives at risk this Bank Holiday weekend.

- When boating, always carry a VHF radio and mobile phone and have it close to hand, in a waterproof pouch or cling film.
- Always wear a Lifejacket when shore angling and when on or near water and ensure that it has a correctly fitting crotch strap. Wear suitably warm and waterproof clothing.
- Shore and beach walkers should stay away from the edge and be vigilant to the dangers of stranding by incoming tides. Always carry a mobile phone to raise the alarm.
- Ensure that you are fully trained and competent for your aquatic activity. See www.safetyzone.ie
- Children should be constantly supervised and taught lifesaving advice available at <http://www.iws.ie/education/paws.2925.html>
- Alcohol should be avoided before or during any aquatic activity. Alcohol is a factor in one third of drownings.
- Hypothermia is a killer – know what to do to protect yourself: <http://www.iws.ie/emergency-situations/hypothermia-what-to-do.355.html>
- In emergency situations, never hesitate to call 112 and ask for the Coast Guard.

Further information on water safety can be obtained by contacting:

Irish Water Safety, The Long Walk, Galway. LoCall: 1890.420.202 / Tel: 091-56.44.00 / info@iws.ie

Mobiles: John Leech 087-6789600; Roger Sweeney 087 6789601