



10



Never use inflatable toys.

11



Pay attention to signs on the beach.

12



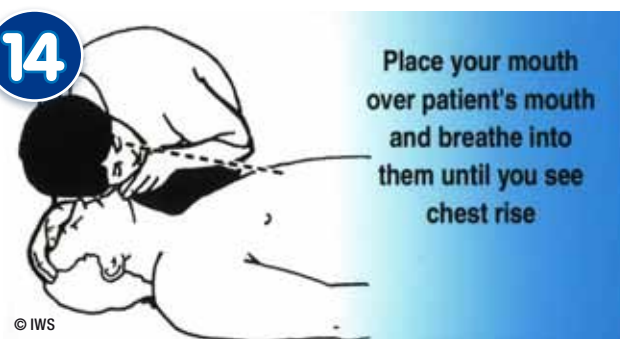
Never bully others or make them take risks.

13



Learn to use equipment before trying it out.

14



Learn Basic Life Support.



# Steps to Safe Swimming



## Irish Water Safety

*The statutory body established to promote water safety in Ireland.*

The Long Walk, Galway  
Tel: 091-564400  
LoCall 1890420202  
Fax: 091 564700

info@iws.ie  
www.iws.ie  
www.aquaattack.ie  
www.ringbuoys.ie





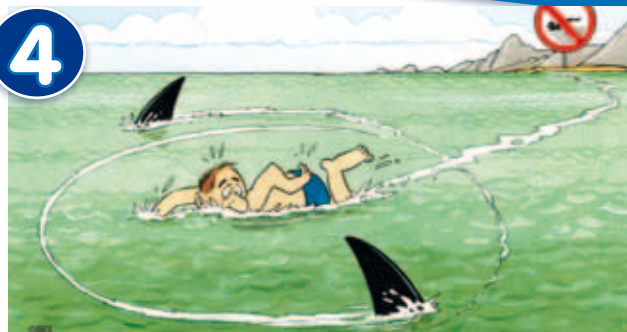
# Steps to Safe Swimming

1



Swim with others, never alone.

4



Avoid swimming in strange places.

7



Don't swim out to sea.

2



Don't swim just after eating.

5



Never swim out after drifting objects.

8



Swim parallel and close to the shore.

3



Never swim in the dark or when you are hot or tired.

6



Don't stay in the water too long.

9



Obey Lifeguards and swim between the Lifeguard Flags.

Remember these rules: Enjoy yourself: Come home safely!