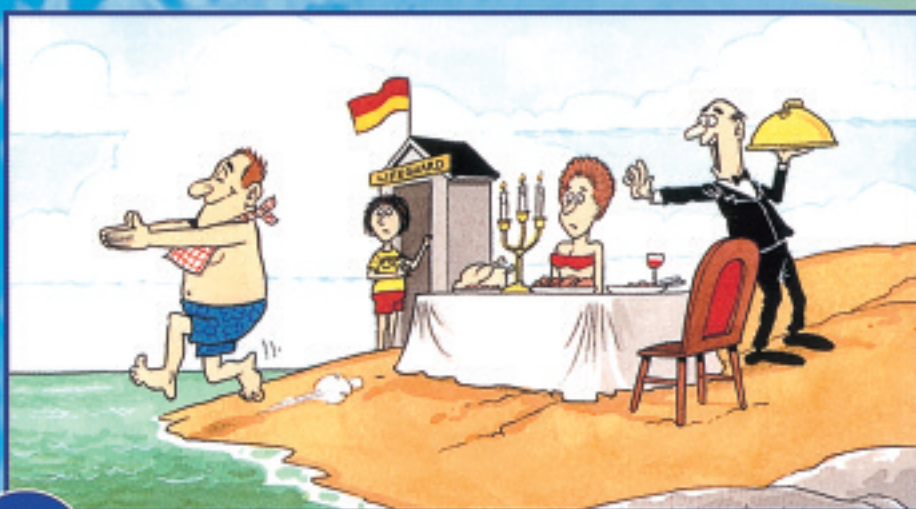


# Water Safety

## 14 Steps to Safe and Enjoyable Swimming



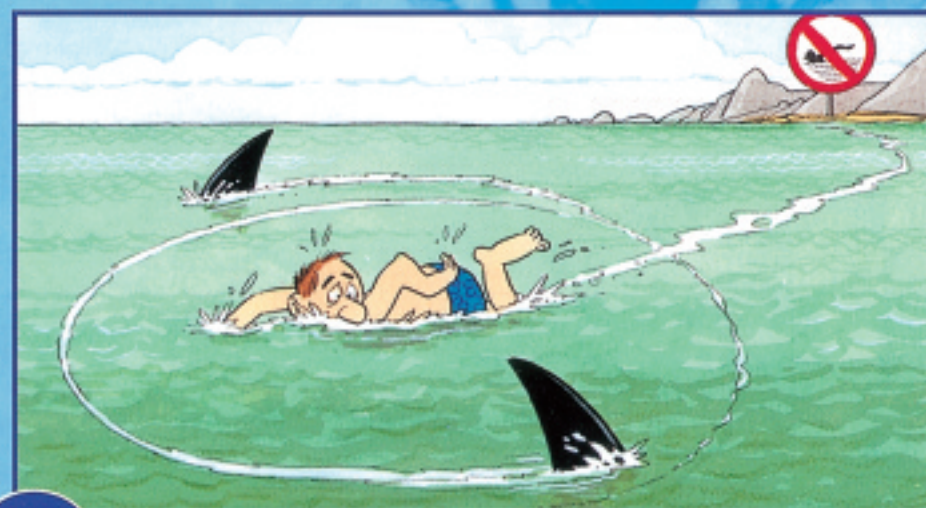
**1** Don't swim alone.



**2** Don't swim just after eating.



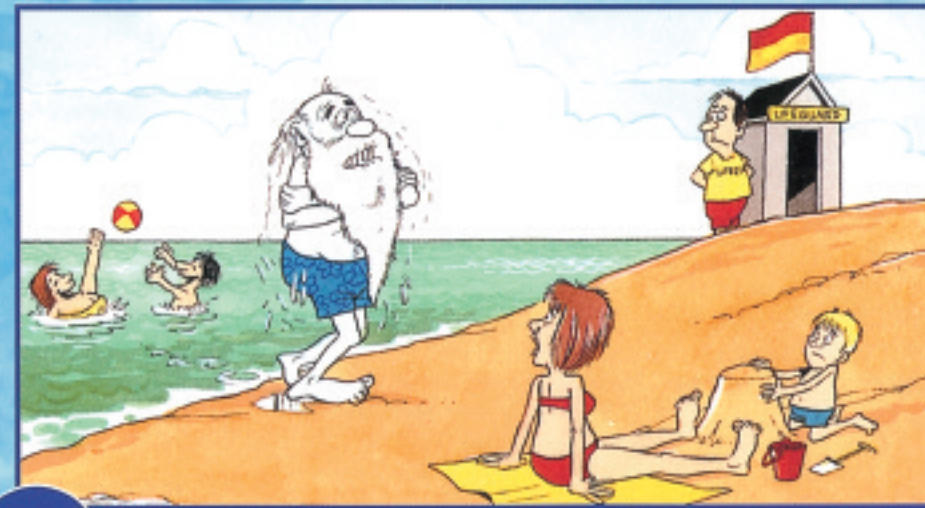
**3** Don't swim when you're hot or tired.



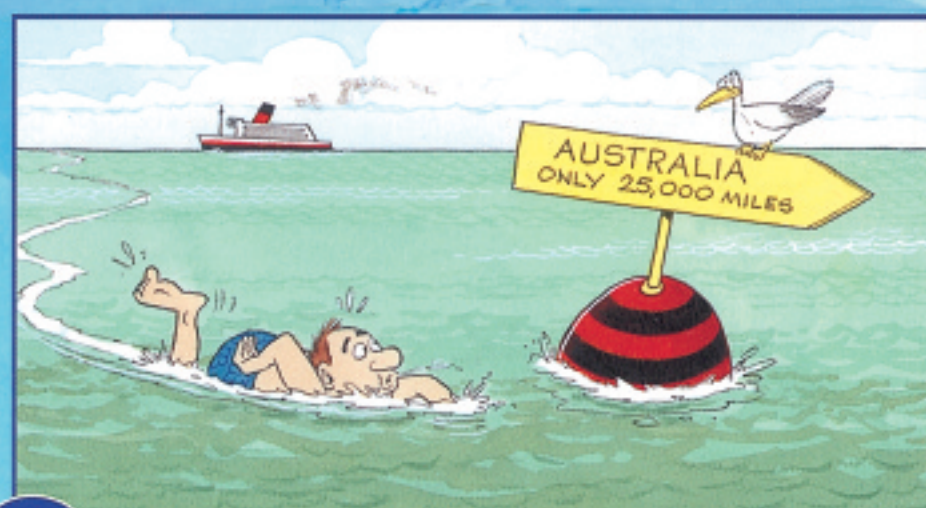
**4** Don't swim in strange places.



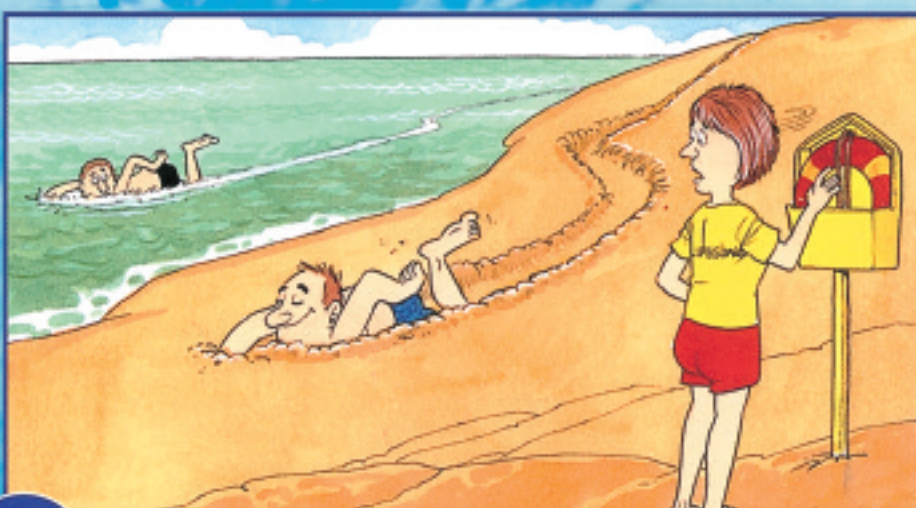
**5** Don't swim out after anything drifting.



**6** Don't stay in the water too long.



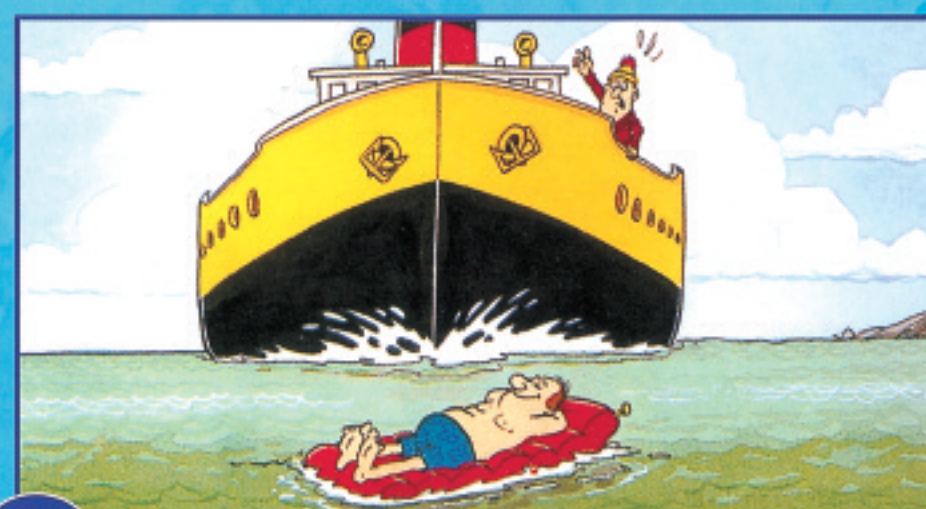
**7** Don't swim out to sea.



**8** Swim parallel and close to the shore.



**9** Do what the Lifeguard tells you.



**10** Never use air mattresses.



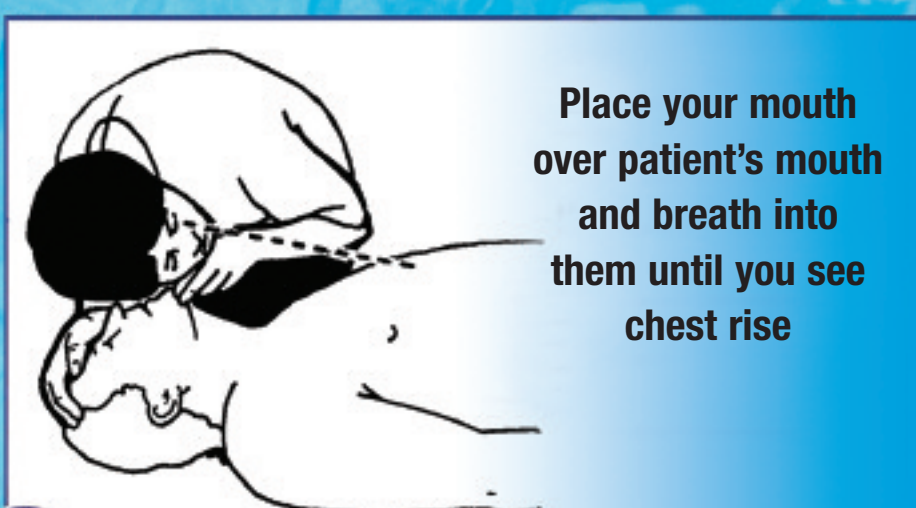
**11** Pay attention to signs on the beach.



**12** Don't be a bully.



**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 and voluntary body established to promote water safety in Ireland.  
Is Sábháilteacht Uisce na hÉireann an t-ábhar donnach rannúil a bfuilteadh le sábháilteacht uisce a chur in éirí.

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