

DID YOU KNOW?

1 in 5 people know someone who has got into difficulty whilst swimming on holiday



Always supervise children.
Follow the pool safety information.
Be aware of hazards and surroundings.

ENJOY THE WATER, SWIM SAFE!

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Every year thousands of us swim and enjoy the water as part of our holidays, in pools, lakes, rivers, seas and oceans all over the world. Swimming is often a fun and important part of a holiday – and a great way to enjoy some exercise, but remember that local rules, flag systems and where swimming may be permitted are different and vary from country to country.

Wherever you're swimming follow ABTA and the Royal Life Saving UK's top tips for swimming safety:

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Wherever you're swimming follow ABTA and the Royal Life Saving UK's top tips for swimming safety:

1. Make the most of your time in the water

- Brush up on your swimming skills before you go away.
- If you've got kids then get in the water with them – it's easier to keep an eye on them as well as good fun – remember children should always be kept under constant supervision in or near water.

2. Be aware of your surroundings

- Always follow pool rules and local signs.
- Check the pool layout to know where the deep and shallow ends are, especially before jumping or diving in.

- Check warning flags and signage on the beach.
- Beware of dangerous currents: these can be very powerful. Ask locally if there are any known dangerous currents or dangers caused by the tides and avoid swimming in these areas.
- Beware of underwater hazards, such as reefs, rocks, sudden changes in depth and marine life.
- Don't dive or jump from rocks, piers, breakwaters or poolside furniture.

3. Follow safety advice

- Speak to reps, hoteliers or local people about pools and local beaches.
- Read the pool rules before you swim and remember, not all holiday accommodations employ lifeguards.
- Never swim where a sign says not to e.g. in zoned areas for jet boats or jet skis, or where the lifeguards have identified as being unsafe (possibly due to hazards that you can't see).
- If there are lifeguard flags, learn what they mean.

4. Look out for others

- Never swim alone, 'buddy up' with others in your party.
- Children should be supervised by an adult at all times and never left unattended, even if a lifeguard is present.
- Armbands can be a good training aid for children but are not a substitute for supervision.
- Never swim at night or after drinking alcohol.
- Know how and where to get help, if you see someone in difficulty; raise the alarm - preferably the emergency services – ensure you know the correct number for the country you're in.

5. Don't overestimate your ability

- Consider lessons before you go if you think you might need them.
- Even if you regularly swim in a pool, remember that open water can be very different, and cold water reduces the distance that you can swim significantly, even for strong swimmers.

And remember to stay SAFE with the RLSS UK's code:

Spot – spot the dangers

Advice – follow safety signs and advice

Friend – stay close to a friend or family member

Emergency – shout for help and call the emergency services

The RLSS UK has tips and information as well as courses and awards designed to help you and your family stay safe. Visit www.rlss.org.uk for more information.

