



*lifesavers*TM
The Royal Life Saving Society

Press Release – 2 May 2007

DON'T DROWN THIS MAY BANK HOLIDAY WEEKEND

With more good weather forecast for the Bank Holiday weekend, *Lifesavers* (The Royal Life Saving Society) is concerned that drowning tragedies will increase unless people heed warnings to swim only at properly supervised swimming pools and beaches. This weekend is traditionally a peak time for drownings, and Government figures show that on average thirteen people drown each month in Ireland.

Jack Britton, *Lifesavers*' Beach Safety Manager, said: "We are now at the time of year when drownings start to rise. Bank holiday weekends in particular are when drownings peak. It is vital that people understand that water in this country remains extremely cold, even in very hot weather, and there are strong currents and hidden hazards, which can pull you down.

"Most of the victims are swimmers who overestimate their capabilities. They often die within a couple of minutes of entering the water and quite close to shore.

"The May Bank Holiday is also when many water-sports and boating enthusiasts take to the water. By taking a few basic safety measures and wearing lifejackets, they can ensure a safe day on the water".

Lifesavers has produced a four point Water Safety Code

Spot the Dangers – Water can be dangerous, be aware of currents, deep water and the cold.

Take Safety Advice – Ask lifeguards or local people with specific knowledge about the area

Don't Go in Alone – Always swim with someone else, and on a supervised beach

Learn How to Help – Why not take lifesaving lessons at your local pool.

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Notes for Editors

Lifesavers is the largest provider of lifeguard training worldwide, active in over 40 countries, and is the leading provider of training and education in life-saving, lifeguarding, water safety and resuscitation skills in Ireland. Classes run at over 200 pools throughout Ireland.

For further information please contact

Jack Britton 087.2442454 (Beach Safety Manager)

David Browne 086.2311730 (Pool Lifeguard Manager)

***Lifesavers*, Carmichael House, North Brunswick Street, Dublin 7**