



***lifesavers***<sup>TM</sup>  
The Royal Life Saving Society

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## **SAFETY IN THE WATER THIS AUGUST BANK HOLIDAY WEEKEND**

With good weather forecast for the Bank Holiday weekend, Lifesavers Ireland (RLSS) 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 many tragic drownings occur. The August Bank holiday weekend in particular is 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 August 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.

If you see someone in difficulties in the water dial 999 or 112 and ask for the Coastguard.

**--- Ends --- Notes for Editors**

Drowning is the second leading cause of accidental death for children in Europe. **Lifesavers** is the largest provider of lifeguard training worldwide, with activities in over 40 countries, and the leading provider of training and education in life-saving, lifeguarding, water safety and resuscitation skills in Ireland. Classes run at around 200 pools throughout Ireland.

**For further information please contact**

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