Swimming Safely at the Beach

Top beach safety tips

✓ Swim at beaches with a lifeguard, within the designated swimming area.
✓ Do not swim near or dive from rocks, piers, breakwater and coral.
✓ Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.
✓ Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
✓ Drink plenty of water regularly, even if you’re not thirsty. Avoid drinks with alcohol or caffeine in them.
✓ If you are not a strong swimmer, use a life jacket and arm floats.
✓ While at the beach, never let your young children out of your reach – supervision is the key to preventing serious accidents.
✓ If you witness an emergency, call for help (166 or 112)

Swimming Benefits

1. Good for your Body
   - Improves heart and lung Health, (Increases your heart rate without stressing your body)
   - Improves flexibility and strength (Tones muscles)
   - Improves balance and posture

3. Improves your sleep
4. Helps manage stress
5. It’s safe during pregnancy

Water Safety Abroad

If you will be spending time in or around water on your next international trip, be cautious when swimming, boating, or diving.

✓ **Learn about health and safety risks at your destination**
  - Research local water conditions, currents, and rules before you get in the water
  - Use experienced guides when boating, scuba diving, or participating in other water-related activities

✓ **Be aware of your surroundings** (Pay attention to colored beach flags posted on the beach, which indicate if it is safe to swim or not)

✓ **Watch the weather.** In some tropical climates a storm can appear out of nowhere and a sudden increase in the wind can cause changes in the patterns of currents and waves

✓ **Take steps to prevent injury**
  - Don’t dive or jump if you don’t know how deep the water is
  - Be aware of jellyfish, sea urchins and other ocean wildlife
  - Use proper safety equipment
  - Be aware of hidden obstacles (like rocks or fallen trees) in the water that could cause injury

Picture’s source: [https://pixabay.com/el/images/search/water%20safety/](https://pixabay.com/el/images/search/water%20safety/)