



Think Safe – Swim Safe

Water Safety Starts with You



Learn how to swim and always follow basic water safety rules. Never swim alone, and make sure to enter the water at least three hours after your last meal. Avoid consuming alcohol before swimming, as it can impair your judgment and physical abilities.

Stay close to the shore and conserve enough energy for your return. Finally, never dive into unknown areas, as hidden hazards or shallow water can cause serious injuries.



Know How to React Safely

If you feel tired or experience a cramp while swimming, try not to panic. Stay afloat, remain calm, and signal or call for help if needed. Be aware of sea currents and, if caught in one, swim diagonally toward the shore rather than directly against it.

Always supervise children when they are in or near the water, and follow the instructions of lifeguards at all times. For your safety, leave the water immediately during storms, lightning, or strong winds, as conditions can change rapidly and become dangerous.



Think Ahead, Stay Protected

Protect yourself from excessive sun exposure by limiting the time you spend in direct sunlight, as prolonged exposure can lead to sunburn or heatstroke. If you have a serious medical condition, consult your doctor before swimming or taking part in water activities. Always pay attention to warning signs and follow any safety instructions provided.

Avoid swimming at night, when visibility is limited and risks are greater. Stay away from boat lanes and fishing areas, and remain alert for boats operating near the shore. If you begin to feel dizzy, weak, or unusually cold while in the water, leave the water immediately and seek assistance if necessary.



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Sources: World Health Organization (WHO). *Drowning Prevention and Water Safety Guidelines*. Available at: <https://www.who.int/health-topics/drowning>
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