



Canals

Stay away from the edge, as canals are man made and have very steep sides. If you fall in it can be very difficult to climb out.

Locks are dangerous places - the water is very deep.

- Keep away from the sides. Once you fall in it is almost impossible to get out.
- Ringbuoys can often be found on the canal bank. If they are tampered with they will be of little use to a drowning person. Do not remove them unless you have to. They could save a life. It may be yours or your friend's. report missing ringbuoys on www.ringbuoys.ie.
- Never walk on ice-covered canals. If someone falls in remember to reach first with a rope or stick or piece of clothing.
- If you are hot and thirsty, never drink the water even if it looks clean.

Reservoirs

These are deep and cold, with sudden changes in depth.

- Never go to a reservoir alone -you may fall in and have no assistance to get out.
- Never play near reservoirs.

Gravel Pits

These are sometimes used as bird sanctuaries but they are dangerous places.

- Do not enter even if the water looks inviting - they are very cold and can be very deep. Weeds often grow thickly beneath the surface.
- Gravel sliding down steep sides makes it very difficult to climb out.
- Even good swimmers have drowned in gravel pits.

Piers

Be very careful walking along piers that you do not trip or be blown into the water by the wind.

- When fishing, make sure that an adult is always with you.
- Never reach out after tangled fishing lines in case you fall into the water.

Ice

Remember that even if ice is a foot thick in one area on a lake, it can be less than one inch thick just a few metres away.

- Do not walk on a frozen river or canal – use a bridge instead.

**THERE IS
NO SUCH THING
AS SAFE ICE.**

Lakes and Wetlands

- Cold water in lakes and wetlands can be very dangerous. It is often much colder beneath the surface than you think. Suddenly getting into cold water can give you a cold shock. If you feel cold, get out of the water straight away or you could suffer from Hypothermia.
- The bottom of lakes and wetlands can be soft and uneven. Look out for submerged objects.
- Large lakes and rivers may look calm, but remember wind will create choppy waves that make it dangerous to swim or go out in a small boat.
- Do not use floating toys on lakes or wetlands - you can be easily blown away from shore and away from safety.

Construction sites

- You cannot tell how deep a hole is if it is water filled.
- Ground churned up by digging machinery can be very soft and become water filled, acting like "quicksand".
- Sides of trenches can collapse.
- Stay away from construction sites!

Cliffs

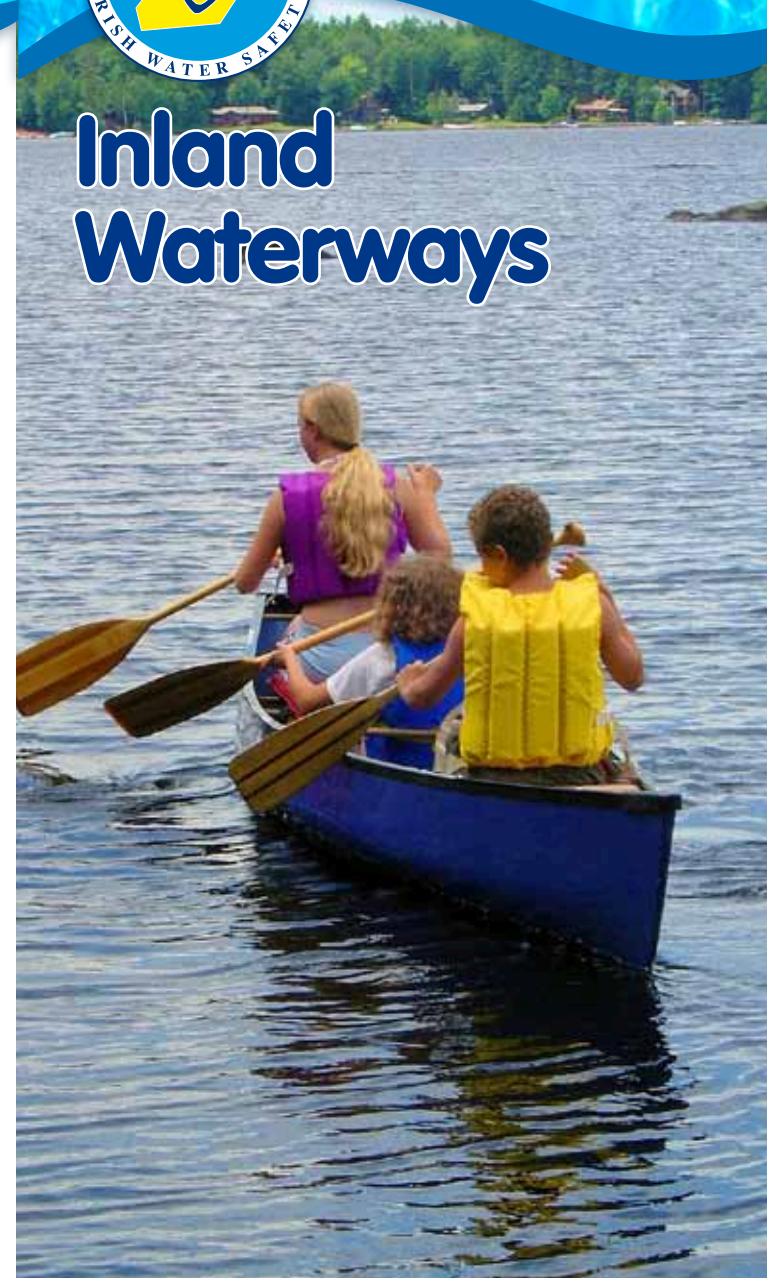
- Keep clear of cliff edges, as they can be slippery when wet or loose underfoot.
- If you see someone in difficulty, tell an adult and stay clear of the edge.
- Remember – stay SAFE and Stay Away From the Edge.
- Never jump from cliffs into water.

In an Emergency

**Dial 999 or 112 on your mobile
or nearest telephone**



Inland Waterways





Inland Waterways

In order to get the most fun at waterways, it is important that you follow some simple safety guidelines. Follow the **SAFE** message – Stay Away From the Edge!

Rivers

Rivers have swift currents and very deep areas. Tragedy can be avoided if you check it's safe before you enter the water.

The best way is by asking an adult who knows the area; a lifeguard, a shopkeeper, caravan park owner or someone who lives nearby. They are most likely to know the dangers and direct you to a safe spot.

River Safety Tips:

- Check where ringbuoys are placed. They could save a life. It might be yours. Report missing, stolen or vandalised ringbuoys on one of Irish Water Safety's websites, www.ringbuoys.ie.
- Never wade into a river to retrieve an item that has fallen in.
- Do not jump off bridges – even if you see friends do it.
- Never push a friend into the water "for a laugh".
- Be careful of slippery grass by the water's edge.
- Always pay attention and keep your eyes open to avoid tripping over things.
- Never swim in fast flowing water. If you feel that it is dangerous then do not swim, even if your friends say that it's okay. Check first by throwing in a twig to see how fast the current is travelling. Remember that the current can be faster under the water and river currents are often stronger than they appear.
- If you are caught in a current, float on your back and travel downstream feet first to protect your head.
- Beware of submerged objects – they can be very dangerous. Watch out for trees, branches, rocks and rubbish. Always enter the water feet first.
- Do not play near the edge of overhanging riverbanks at the water's edge. It can crumble away suddenly

Leisure centres and parks

These areas can contain swimming pools, paddling pools, model boat ponds and boating lakes. All are safe, if you follow the rules.

- Go swimming with someone who can swim well.
- Stay within your depth.
- Learn to swim and always watch out for those who cannot.
- Wait for an hour after meals before swimming.
- Do not retrieve model boats by wading in.
- Do not swim in the dark and check first for a Lifeguard.



1

Beware of submerged objects. Always enter the water feet-first



2

Cold water in lakes can be dangerous - It is often much colder beneath the surface than you think



3

Don't play near the edge of riverbanks - they can crumble away suddenly



4

Do not retrieve model boats by wading in



5

Never walk on ice-covered waterways



6

Reeds and grasses often obscure the edge of a pond



7

The banks of a pond may be weak and give way under your weight



8

When angling, always make sure an adult is with you



9

Be cautious riding horses near and into water

Remember these rules – Enjoy yourself – Come home safely