

DID YOU KNOW?

1 in 5 people know someone who has got into difficulty whilst swimming on holiday

Only swim where it is permitted to do so.
Beware of surroundings, hazards and swimming conditions.
Know your ability.
Follow pool and beach safety information and advice.

ENJOY THE WATER,
SWIM SAFE!

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Every year thousands of us swim as part of our holidays, in pools, lakes, rivers, seas and oceans all over the world. Swimming is often a fun and important part of a holiday – and a great way to enjoy some exercise, but remember that local rules, flag systems and where swimming may be permitted are different and vary from country to country.

Wherever you're swimming on holiday follow ABTA's top tips for swimming safety:

- 1. Make the most of your time in the water** – If you've got kids then get in the water with them – it's easier to keep an eye on them as well as good fun. Remember children should always be supervised in or near water.
- 2. Be aware of your surroundings:**
 - Always obey pool rules and local signs
 - Check the pool layout to know where the deep and shallow ends are, especially before jumping in
 - Check warning flags and signage on the beach
 - Beware of dangerous currents, these can be very powerful. Ask locally if there are any known dangerous currents or tides and avoid swimming in these areas
 - Beware of underwater hazards such as reefs and rocks, sudden changes in depth and marine life
 - Only dive where it is permitted to do so
 - Don't dive or jump from rocks, piers, breakwaters, poolside furniture or decorative pool features.
- 3. Follow safety advice:**
 - Speak to reps, hoteliers or local people about pools and local beaches
 - Read the pool rules before you swim and remember, not all holiday accommodations employ lifeguards
 - Never swim where a sign says not to e.g. in zoned areas for jet boats or jet skis.
- 4. Look out for others:**
 - Never swim alone, 'buddy up' with others in your party
 - Children should be supervised by an adult at all times and never left unattended, even if a lifeguard is present
 - Armbands can be a good training aid for children but are not a substitute for supervision
 - Never swim at night, after drinking alcohol or on a full stomach
 - Know how and where to get help, if you see someone in difficulty raise the alarm – preferably with the emergency services.
- 5. Don't overestimate your ability** – even if you regularly swim in a pool, remember that open water can be very different.

