

## HERE ARE A FEW GENERAL TIPS ON PREVENTING DROWNING



### 1. Follow the guidelines issued by the beach and swimming pool lifeguard service.

This service is there to help and to ensure the safety of aquatic facilities by indicating the danger areas, informing and training users, supervising the area, and, of course, banning bathing in extremely dangerous places.

### 2. Be informed.

In addition to knowing the bathing area and the depth of the water, you should understand the meaning of the signs, especially the ones that ban or allow bathing and the different types of flags.

### 3. Supervise children.

Parents or adults responsible for children under 10 should keep them in their sight at all times.



### 4. Prevent:

- Avoid prolonged exposure to the sun. Protect your head and apply sunscreen.
- Splash a little water on yourself before you enter the water and enter carefully to avoid accidents.
- In high temperatures it is important to stay hydrated, by drinking regularly, and eat lightly before bathing.



### 5. Assistance

- If you see anyone in danger, ask for help from the lifeguards or other bathers, or call the emergency telephone number 911.
- If you are the person in danger, try to stay calm.
- Everyone should know how to perform basic CPR. The Health Area offers a practical mobile app that explains the 11 basic steps for dealing with a cardiac arrest.



### Remember these 5 DON'TS

- 1 **DON'T** bathe alone.
- 2 **DON'T** swim too far from the shore in natural aquatic spaces.
- 3 **DON'T** lose sight of small children, supervise them at all times.
- 4 **DON'T** bathe if you are very cold or tired, you may suffer sunstroke.
- 5 **DON'T** disobey the 'No bathing' or 'Danger' signs, or the lifeguard's instructions. They could save your life.

