



INTERNATIONAL WATER SAFETY DAY MAY 15

Water Safety Rules & Tips:

1. **Buddy Up** - make sure you never swim alone
2. **Do Not Long Breath Hold** - Repetitively, Continuously or Competitively - Holding your Breath leads to Unconsciousness or Blacking Out, known as **“Shallow Water Blackout”** (Rule of Thumb = 1 Breath Hold, 1 Lap, 1 Time ONLY)
3. **Keep Watch** – Active Supervision 100% of the time
4. **Know your Limits** - do not try to swim further than you are able to
5. **Do not Hyperventilate**
6. **Swim in safe areas** - only swim when a life guard is on duty
7. **Life Jackets** - wear a life jacket if you cannot swim and while on a boat
8. **Cold and Ice are not nice** - do not enter cold water and stay off ice
9. **Reach or throw don't go** - to assist someone in trouble reach to them with a pole, broom or stick, you can also throw something such as a ball
10. **Follow the rules** - when swimming follow posted rules and warning flags
11. **Never ever in bad weather** - do not swim during storms
12. **Feet First** - never dive into shallow or unknown water
13. **Learn to Swim!**
14. **Learn CPR!**

***Quick Facts:**

***30,000** people drown **every month** worldwide

*Drowning is the **3rd leading cause** of ‘accidental’ injury death worldwide

***Children, Males & Individuals** with increased access to water are most likely at risk of drowning

To learn more about the DANGERS of Long Breath Holding – **SHALLOW WATER BLACKOUT, please refer to our website ‘Shallow Water Blackout Australia’

<http://bit.ly/Zz5zUE>

**To learn more about International Water Safety Day 5-15th May, please refer to their website

<http://bit.ly/13ed0nw>

