Beach safety & pool

Learn to swim if you do not know how to

Plan on spending your time at the pool or at the beach?

While this is exactly how many people plan on spending their time over the next few months, ER24 is urging the public to be responsible.

Drowning, especially during the warmer months, is a common occurrence.

Below are some tips to keep in mind to prevent drowning:

- Remember that anyone, including people who can swim, are at risk of drowning. Avoid taking risks and being overconfident.
- Refrain from drinking alcohol if you plan on swimming or if you are supervising others who are swimming. Remember that alcohol impairs movement and thinking.
- Children must always be supervised while around water or if swimming. Never allow a child to swim without adult supervision.
- Keep your pool covered with an approved safety/pool net when not in use. It is a good idea to put a fence around your pool if it is not fenced.
- Never dive into or act recklessly around a pool. Remember that you could easily fall or slip into the water and get injured.
- Do not swim far out into the ocean. You may struggle due to fatigue or get swept away. Swim in designated areas.
- Wear a life jacket especially when participating in water sports.
- Never swim alone.

What to do if someone is drowning?

- If you are at the coast and you see a person drowning, alert a lifeguard immediately. If you can swim and decide to save the person yourself, ensure you wear a floatation device.
- If you find a person drowning and are able to get them out of the water be it at a pool or at the beach, initiate CPR if there is no pulse and breathing.
- Do not stop CPR unless the person starts to breathe on his/her own.
- Call for an ambulance as soon as possible and tell them what you are doing so they can send the correct level of care.
- Do not put the person in the car and drive to hospital. You may be involved in an accident due to panic or the victim may suffer brain damage while en route to hospital.