

OPEN WATER SAFETY GUIDE

When travelling, take extreme care if you are considering entering any open water.*
Your safety when in and round these areas is extremely important to us.

**rivers, lakes or seas*

Here are **8 top tips** to ensure you stay safe.

1. SPEAK to your tour leader before deciding whether to swim.



2. Only enter the water if you are sure there are no **HAZARDS** such as currents, reefs, rocks or sudden changes in depth.



3. CHECK warning flags, signage and ensure you are aware of and follow any safety information on the beach.



4. Do **NOT** swim near or dive from rocks, piers, power boats or jet skis, breakwaters and coral.

5. Do **NOT** swim alone, or at night.



6. REMEMBER not to swim after drinking or on a full stomach.



7. Make sure that you know what to do in an **EMERGENCY**, for example, call the local coastguard.



8. If you see someone in difficulty raise the **ALARM**.

For more information, please see this ABTA safety advice for holiday makers.
www.abta.com/tips-and-advice/staying-safe-on-holiday/swim-safe