



Know the Facts

Health



Swimming Safely at the Beach

Top beach safety tips

- ✓ Swim at beaches with a lifeguard, within the designated swimming area.
- ✓ Do not swim near or dive from rocks, piers, breakwater and coral.
- ✓ Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.
- ✓ Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- ✓ Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.
- ✓ If you are not a strong swimmer, use a life jacket and arm floats .
- ✓ While at the beach, never let your young children out of your reach – supervision is the key to preventing serious accidents.
- ✓ If you witness an emergency, call for help (166 or 112)



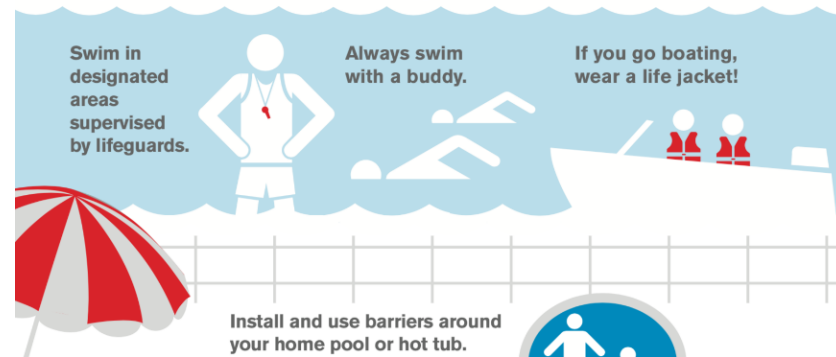
HELLENIC NATIONAL WATER SAFETY PROGRAM Εθνικό Πρόγραμμα Ασφάλειας στο Νερό



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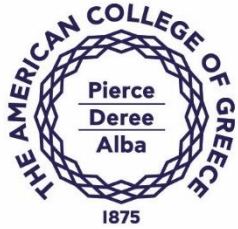
Water Safety Tips



Swimming Benefits

1. Good for your Body
 - Improves heart and lung Health, (Increases your heart rate without stressing your body)
 - Improves flexibility and strength (Tones muscles)
 - Improves balance and posture
3. Improves your sleep
4. Helps manage stress
5. It's safe during pregnancy

Picture Source: <http://www.moh.gov.gr/articles/ethniko-programma-asfaleias-sto-nero/hellenic-national-water-safety-program/3369-water-safety-at-sea-and-inland-waters>



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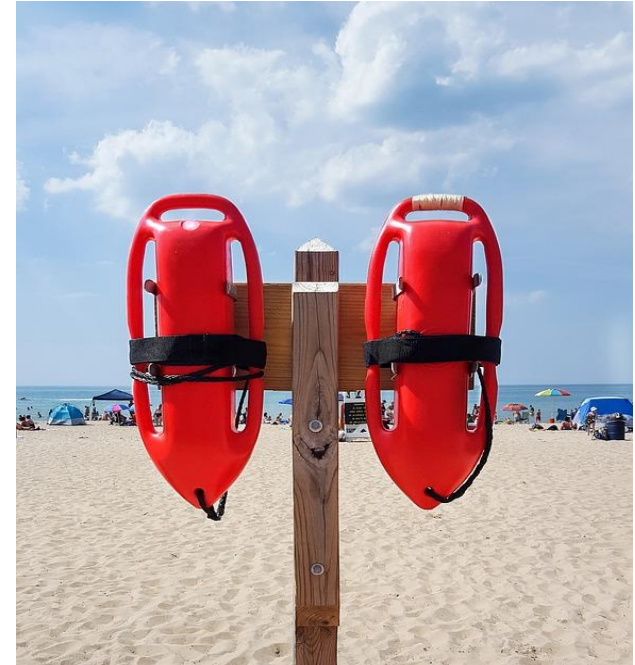
Health



Water Safety Abroad

If you will be spending time in or around water on your next international trip, be cautious when swimming, boating, or diving.

- ✓ **Learn about health and safety risks at your destination**
 - Research local water conditions, currents, and rules before you get in the water
 - Use experienced guides when boating, scuba diving, or participating in other water-related activities
- ✓ **Be aware of your surroundings** (Pay attention to colored beach flags posted on the beach, which indicate if it is safe to swim or not)
- ✓ **Watch the weather.** In some tropical climates a storm can appear out of nowhere and a sudden increase in the wind can cause changes in the patterns of currents and waves
- ✓ **Take steps to prevent injury**
 - Don't dive or jump if you don't know how deep the water is
 - Be aware of jellyfish, sea urchins and other ocean wildlife
 - Use proper safety equipment
 - Be aware of hidden obstacles (like rocks or fallen trees) in the water that could cause injury



Picture's source: <https://pixabay.com/el/images/search/water%20safety/>

DROWNING CHAIN OF SURVIVAL

A call to action



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Sources: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety.html>
<https://wwwnc.cdc.gov/travel/page/safe-swimming-diving>
<https://newsnetwork.mayoclinic.org/discussion/swimming-safety-key-to-a-great-outdoor-experience/>