

# 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](http://www.abta.com/tips-and-advice/staying-safe-on-holiday/swim-safe)