



Putting the 'Ho-ho-ho' in H2O

Description

Summer holidays by a body of water – whether it's the ocean, rivers, dams or swimming pools – are always buckets of fun (excuse the pun). However, water activities come with their own set of risks.

We've put together a list of tips to help keep you and your little ones safe while enjoying lazy days in and on the water.

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Keep an eye out

Always keep a close eye on children when they are near or in the water. Designate a responsible adult to supervise. Even if lifeguards are present, parental supervision is crucial. If your children are younger, always stay within arm's reach.

Just keep swimming

Enrol your children in swimming lessons from a young age. Knowing how to swim significantly reduces the risk of drowning. Adults should also be proficient swimmers, especially if they plan to engage in water activities.

Use life jackets

If you're going on a boat trip or taking part in water sports, make sure that everyone, especially children, wears a properly fitted life jacket – even strong swimmers



Check what's below

Before entering the water, check for any warnings or advisories. Be aware of strong currents, tides and underwater hazards. In rivers and dams, be cautious of sudden drops and hidden obstacles.

Obey the rules

Set clear rules for water activities, such as no running near the pool or no diving in shallow areas. And always swim with a buddy. Make sure children understand and follow these rules.

Take it easy

Spending time in the sun and water can be exhausting. Make sure everyone drinks plenty of water and takes regular shade breaks to rest and reapply sunscreen.



Up the SPF

Protect your family from harmful UV rays by applying a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours and after swimming. Wear protective clothing, hats, and sunglasses. It's also best to stay in the shade during the hottest part of the day.

Be a first aider

In case of an emergency, knowing how to respond can save lives. Keep a first aid kit handy and know the location of the nearest medical facility. If you are able, do a course in basic first aid.

Ditch the booze

Avoid consuming alcohol when supervising children or taking part in water activities. Alcohol impairs judgment and coordination, which can increase the risk of accidents.

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Knowledge is power

Teach your children about the dangers of water and the importance of safety measures. Encourage them to ask questions and express any fears they may have.

By following these guidelines, you can ensure a safe and enjoyable holiday on the water for you and your family. Remember, safety first means fun for everyone!

Category

1. Lifestyle