



**Coimisiún na Scrúduithe Stáit  
State Examinations Commission**

2015 S9X

**JUNIOR CERTIFICATE EXAMINATION, 2015  
PAPER X of ENGLISH - FOUNDATION LEVEL**

**To be used in answering  
SECTION 7 - MEDIA STUDIES**



# Irish Water Safety's summer safety tips

## KNOW WHAT YOU'RE GETTING INTO!



1 Swim with others, never alone.



2 Swim close and parallel to shore.



3 Avoid water filled holes, drains, containers.



4 Supervise kids at all times.



5 Never swim out after drifting objects.



6 Don't stay in the water too long.



7 Beware of hidden hazards and currents.



8 Wear a Lifejacket when boating.



9 Swim between the Lifeguard flags.

REMEMBER THESE RULES • ENJOY YOURSELF • COME HOME SAFELY

## Know your Flags at the beach...



! Swim within your depth. Beware of currents and rip-tides.



! Do not use inflatables in open water.



## Simple Rescues

**SHOUT** – call out, encourage them to shore

**REACH** – with clothing, branch, etc

**THROW** – ringbuoy, rope, anything that floats

In An Emergency, Dial 112 or 999

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