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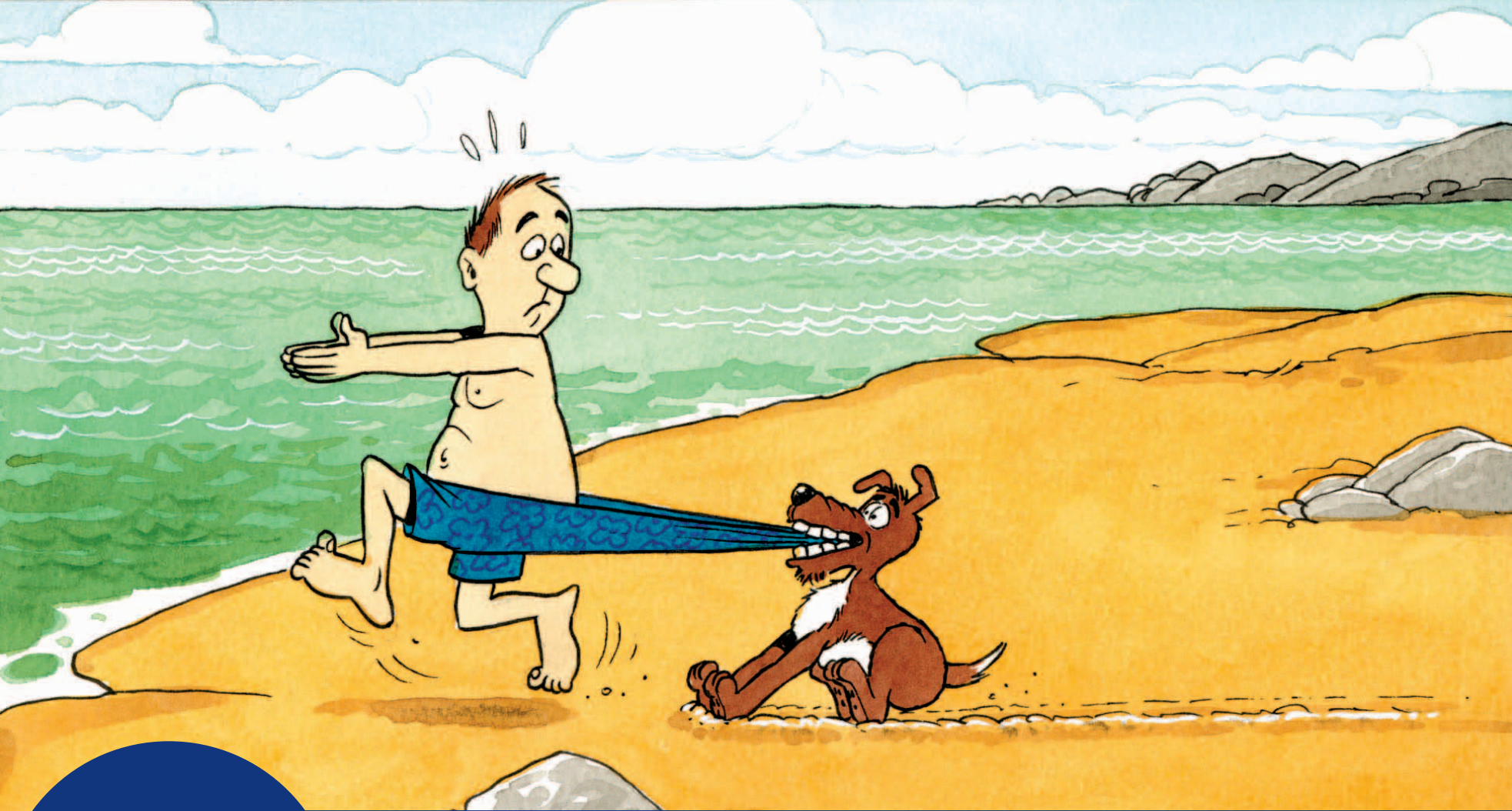
Comhairle Chontae na Gaillimhe
Galway County Council



Comhairle Cathrach na Gaillimhe
Galway City Council

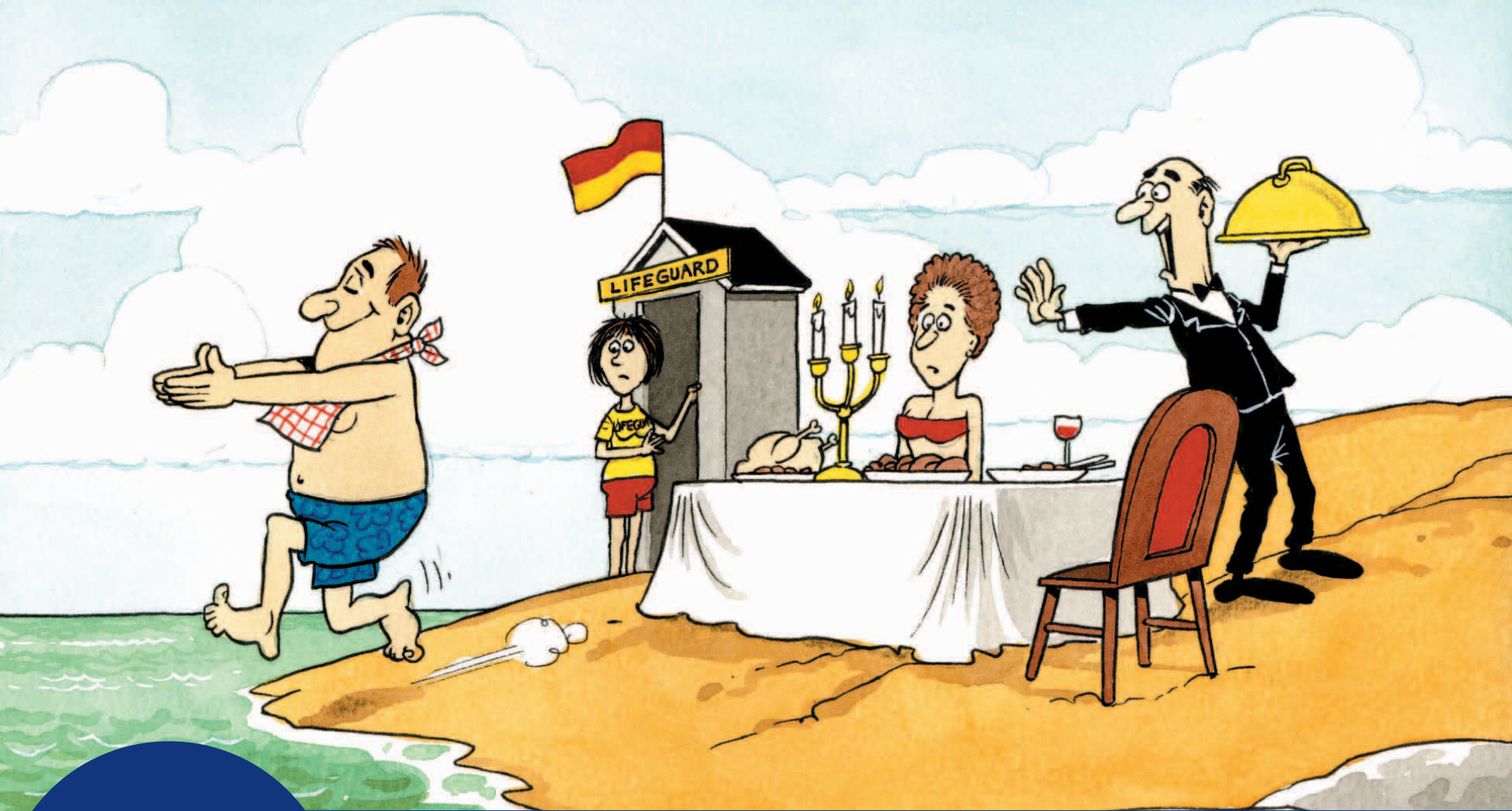
**15 chéim do shnámh
taitneamhach
sábháilte...**

**15 steps to safe
enjoyable swimming...**



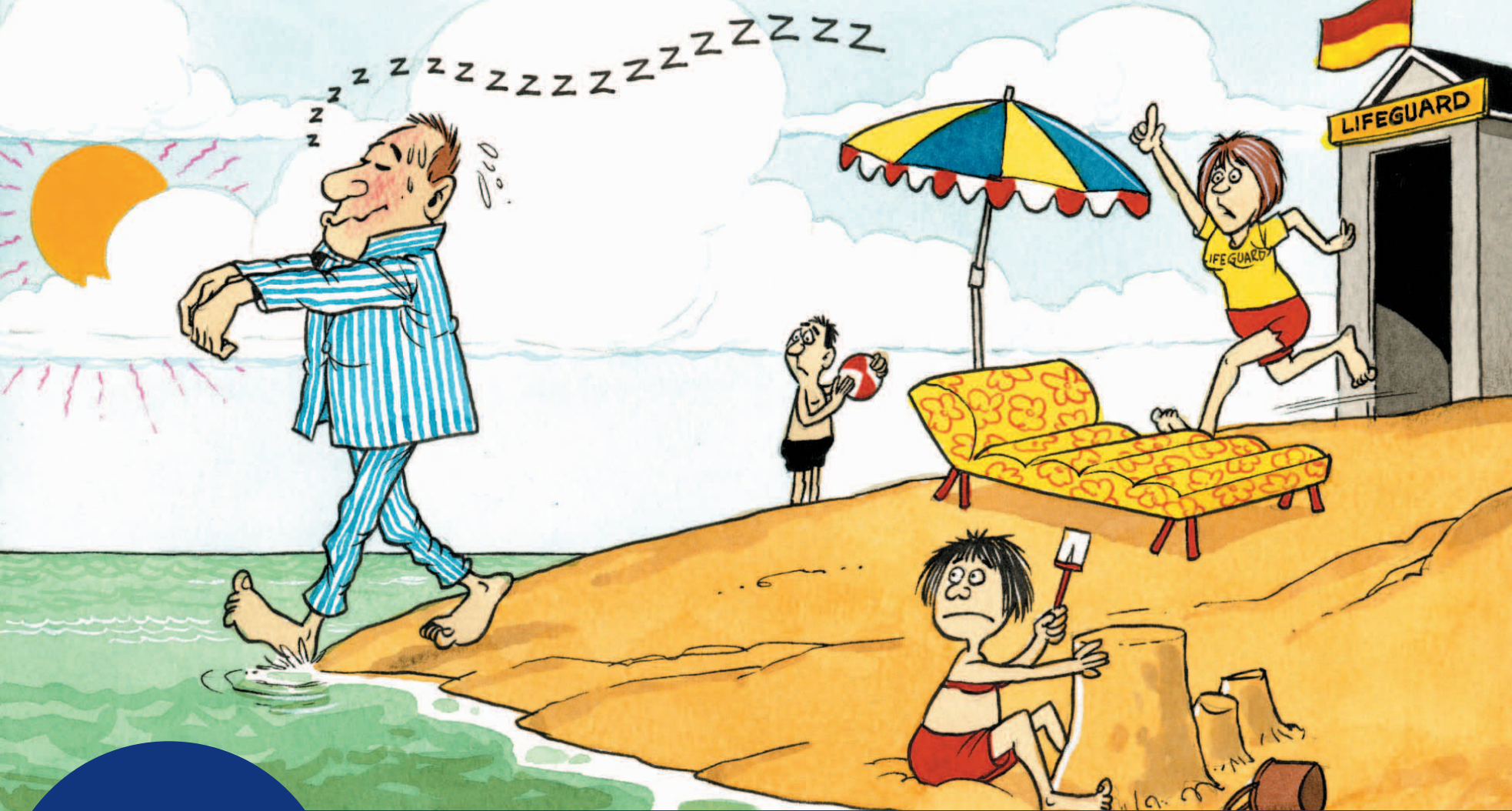
1

Ná gabh ag snámh i d'aonair
Swim with others, never alone



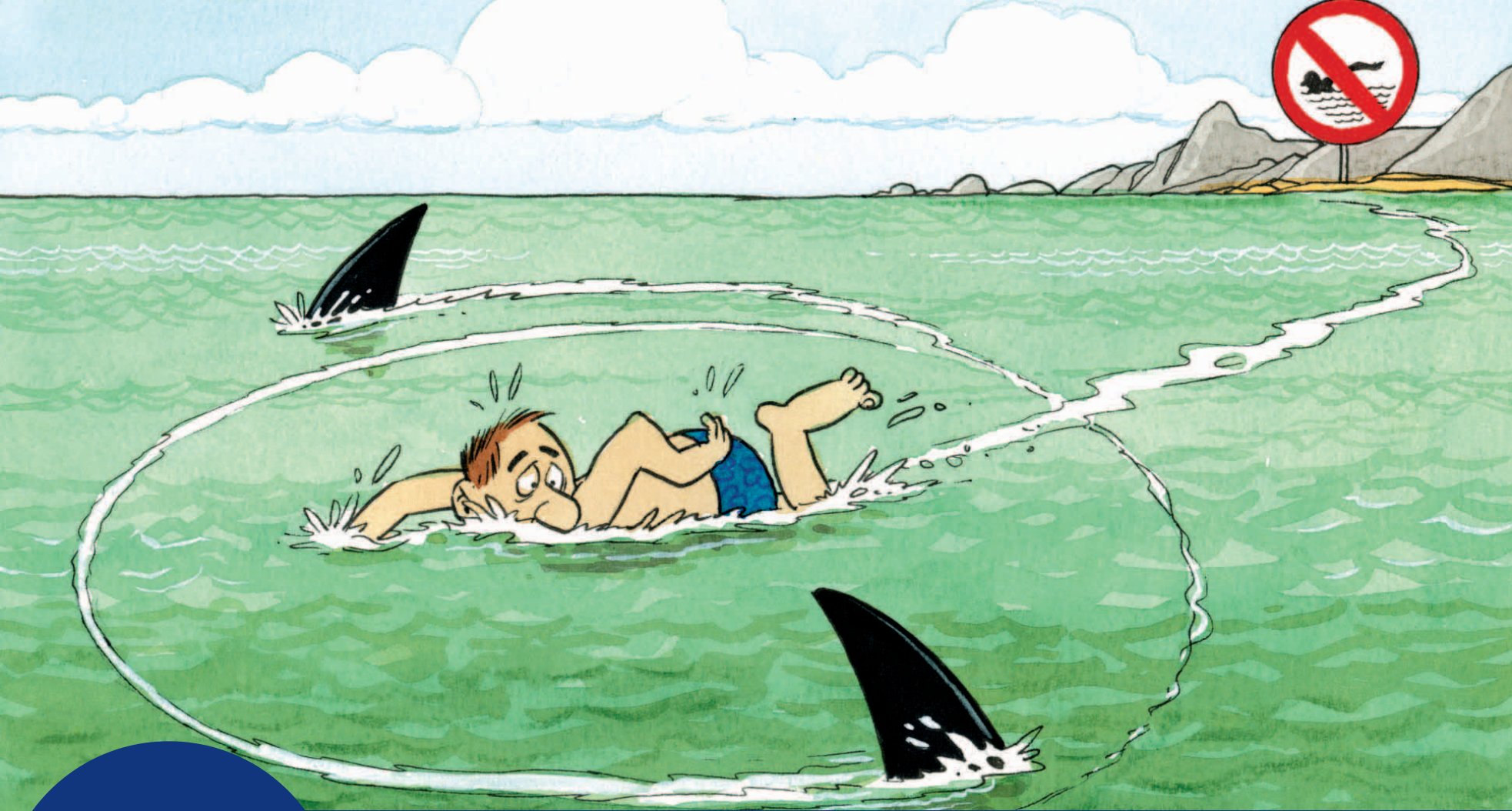
2

Ná gabh ag snámh díreach tar éis béile
Don't swim just after eating



3

Ná gabh ag snámh sa dorchadas nó
nuair a bhíonn tú tuirseach nó te
*Never swim in the dark or when you
are hot or tired*



4

Ná gabh ag snámh in áiteanna
strainséartha

Avoid swimming in unfamiliar places



5

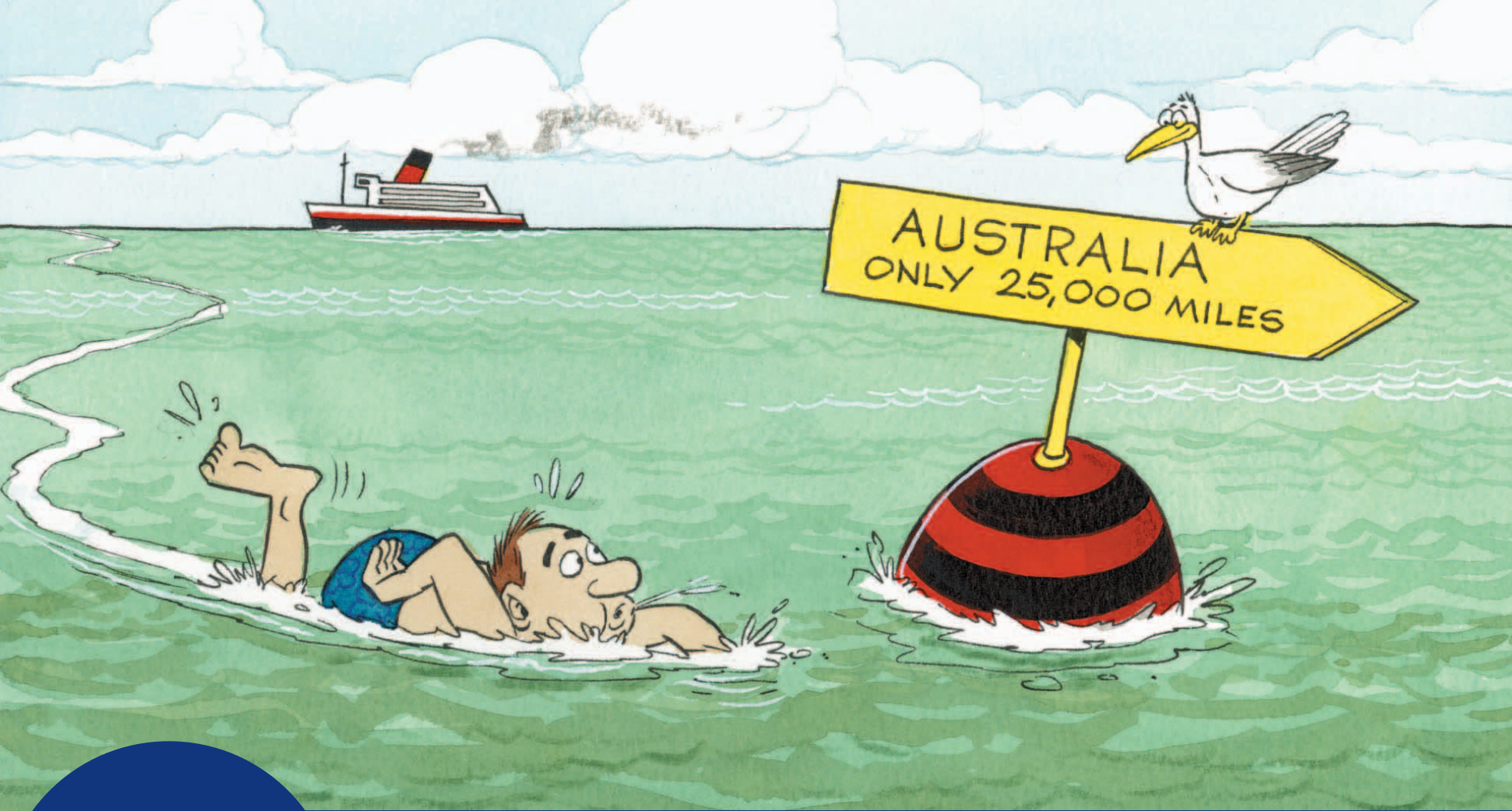
*Snámh idir bratacha an gharda
tarrthála amháin*

Only swim between the Lifeguard Flags



6

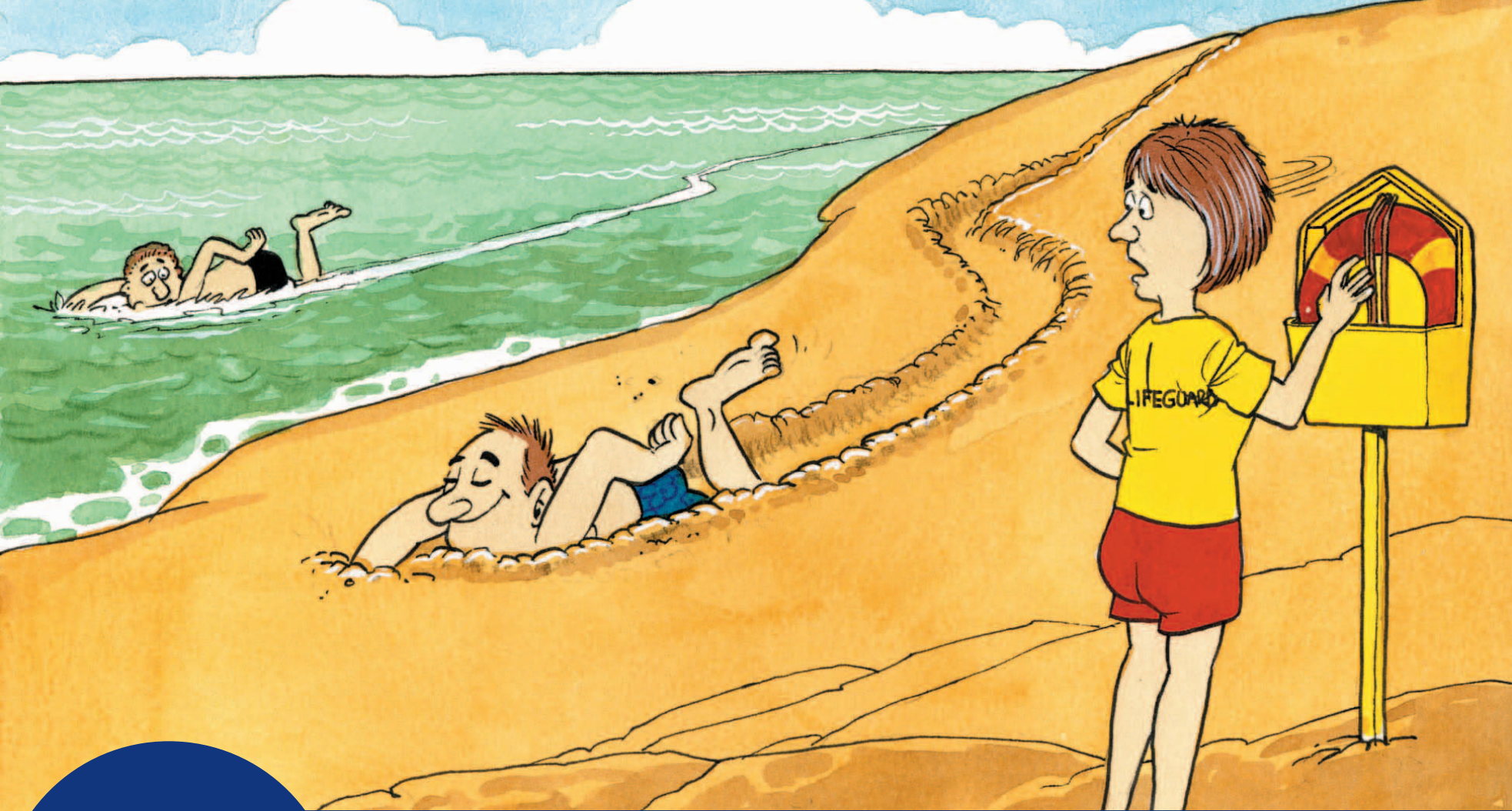
Ná fan rófhada san uisce
Don't stay in the water too long



7

Ná tabhair d'aghaidh amach ar an bhfarraige

Don't swim out to sea



8

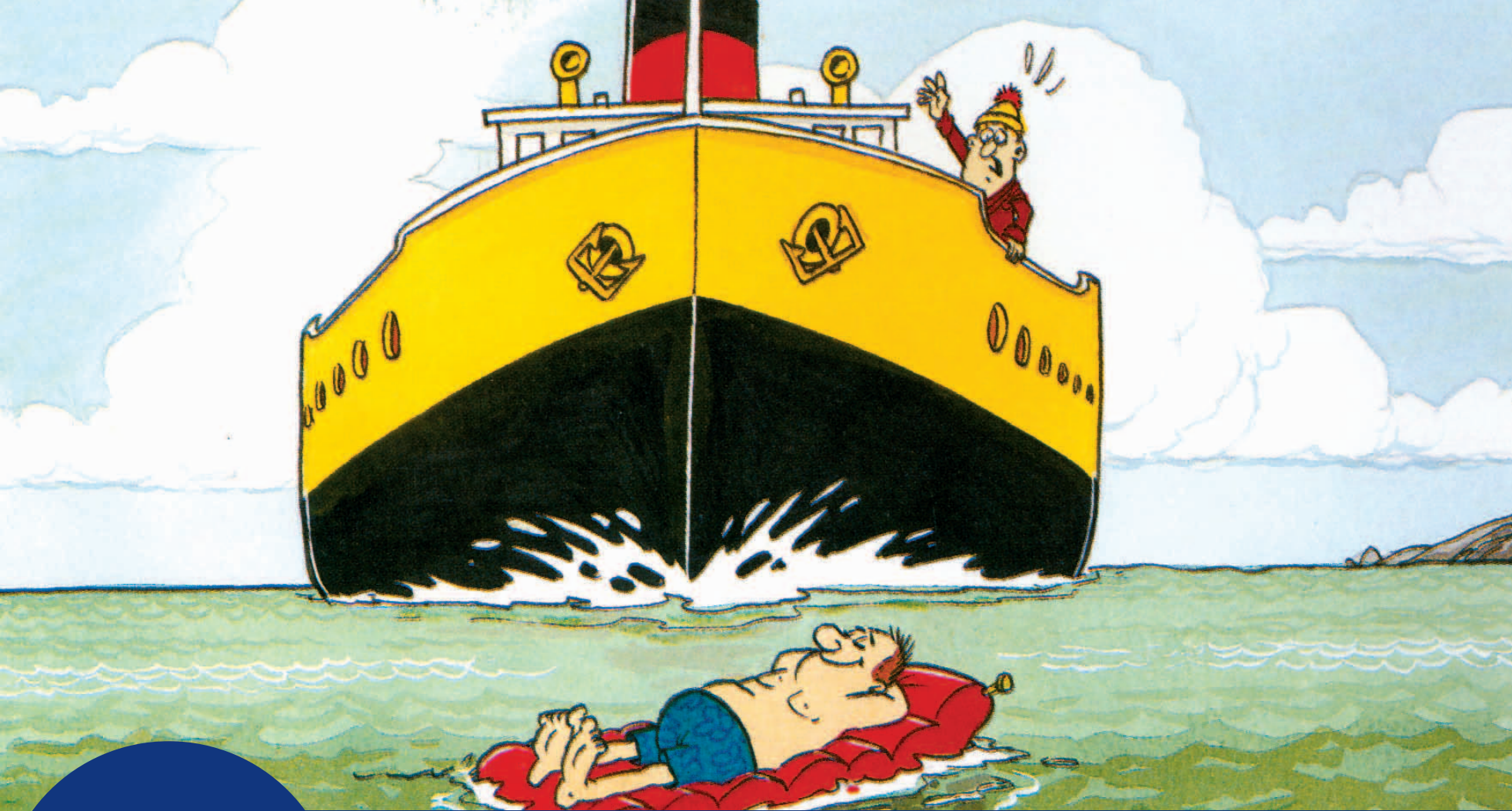
*Fan comhthreomhar agus in aice leis
an gcladach*

Swim parallel and close to the shore



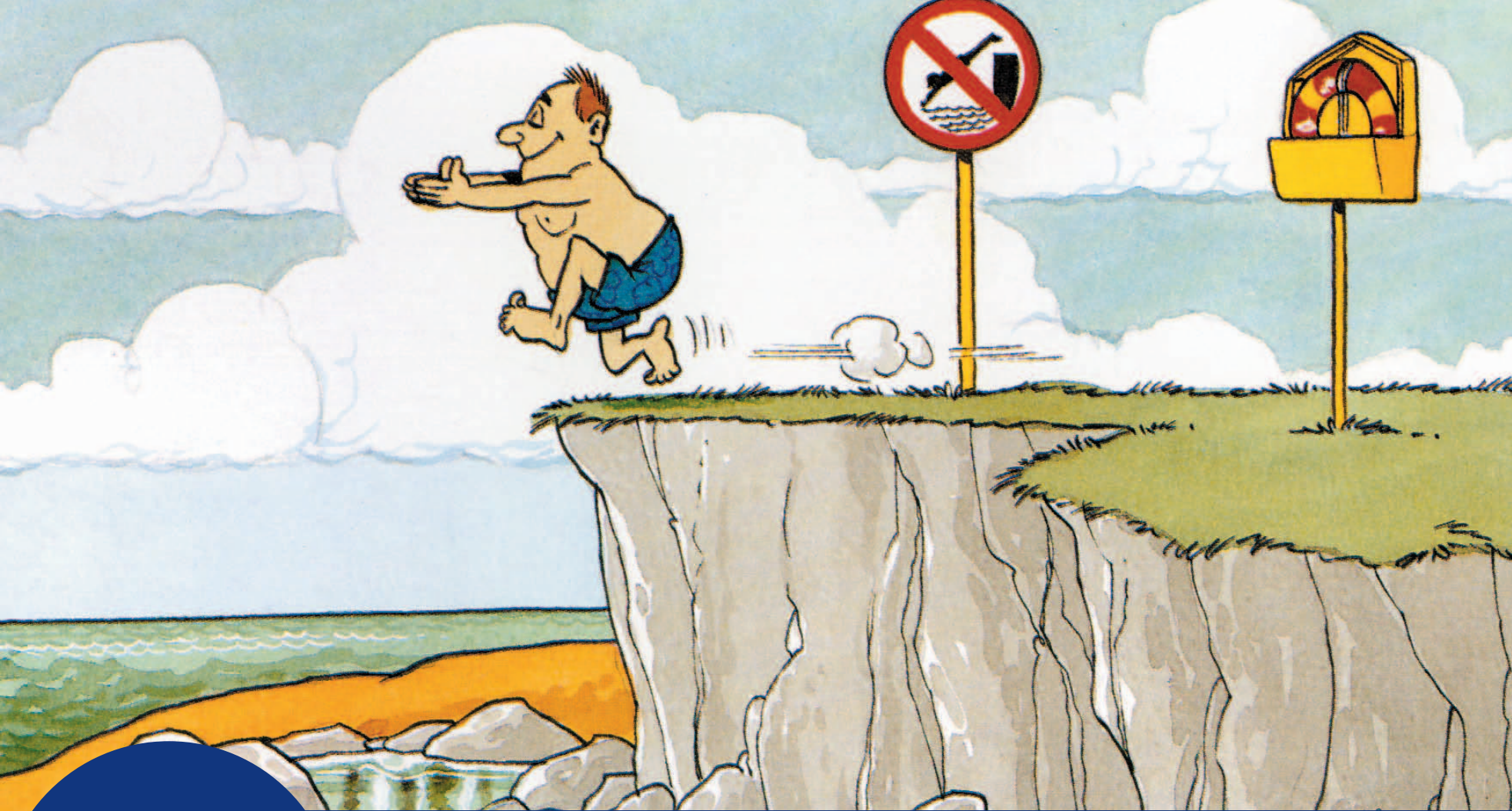
9

Glac comhairle an gharda tarrthála
Do what the lifeguard tells you



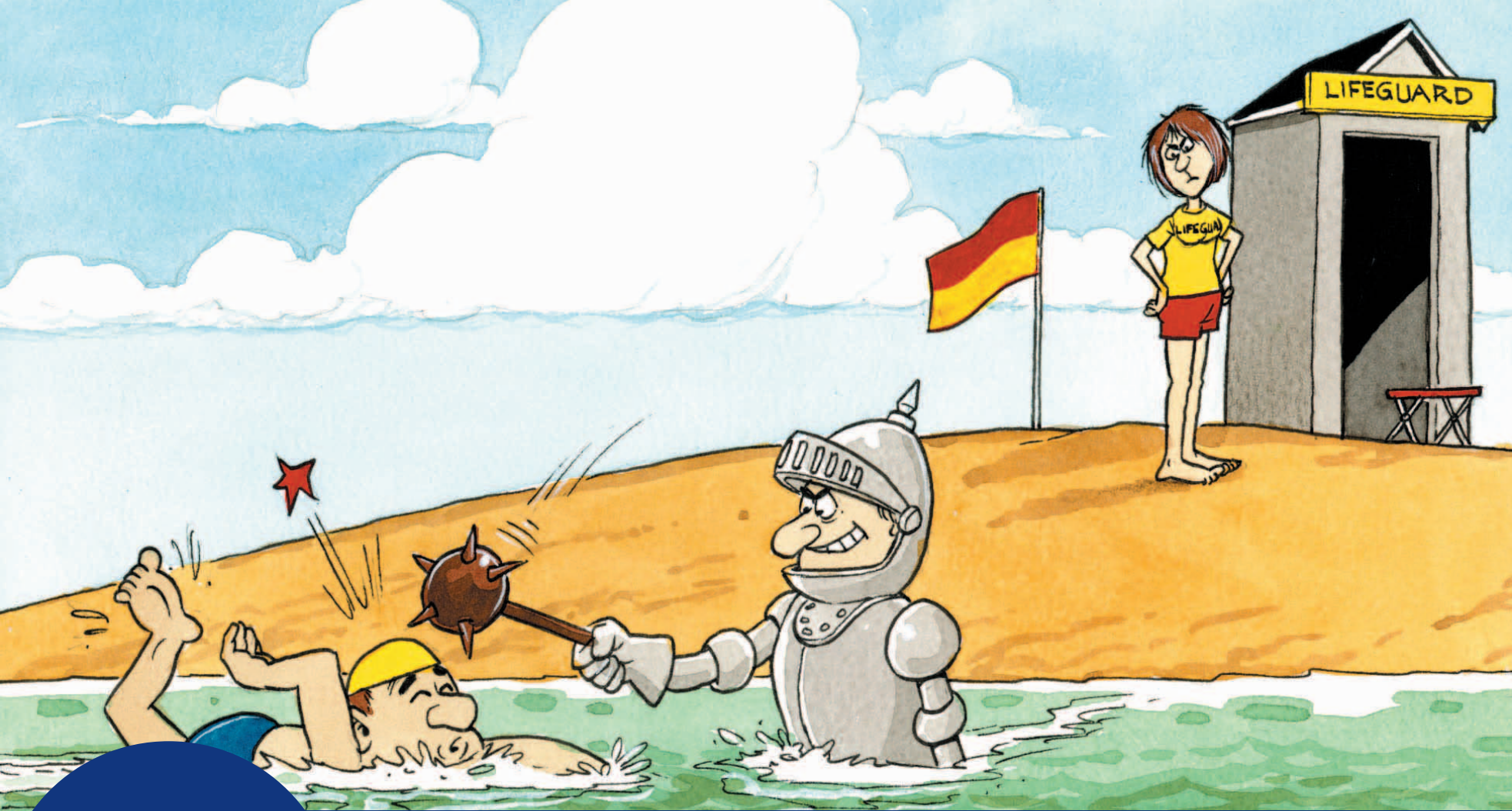
10

*Ná húsáid bréagáin inséidte go brách
agus tú ag snámh faoin aer
Never use inflatable toys in open water*



11

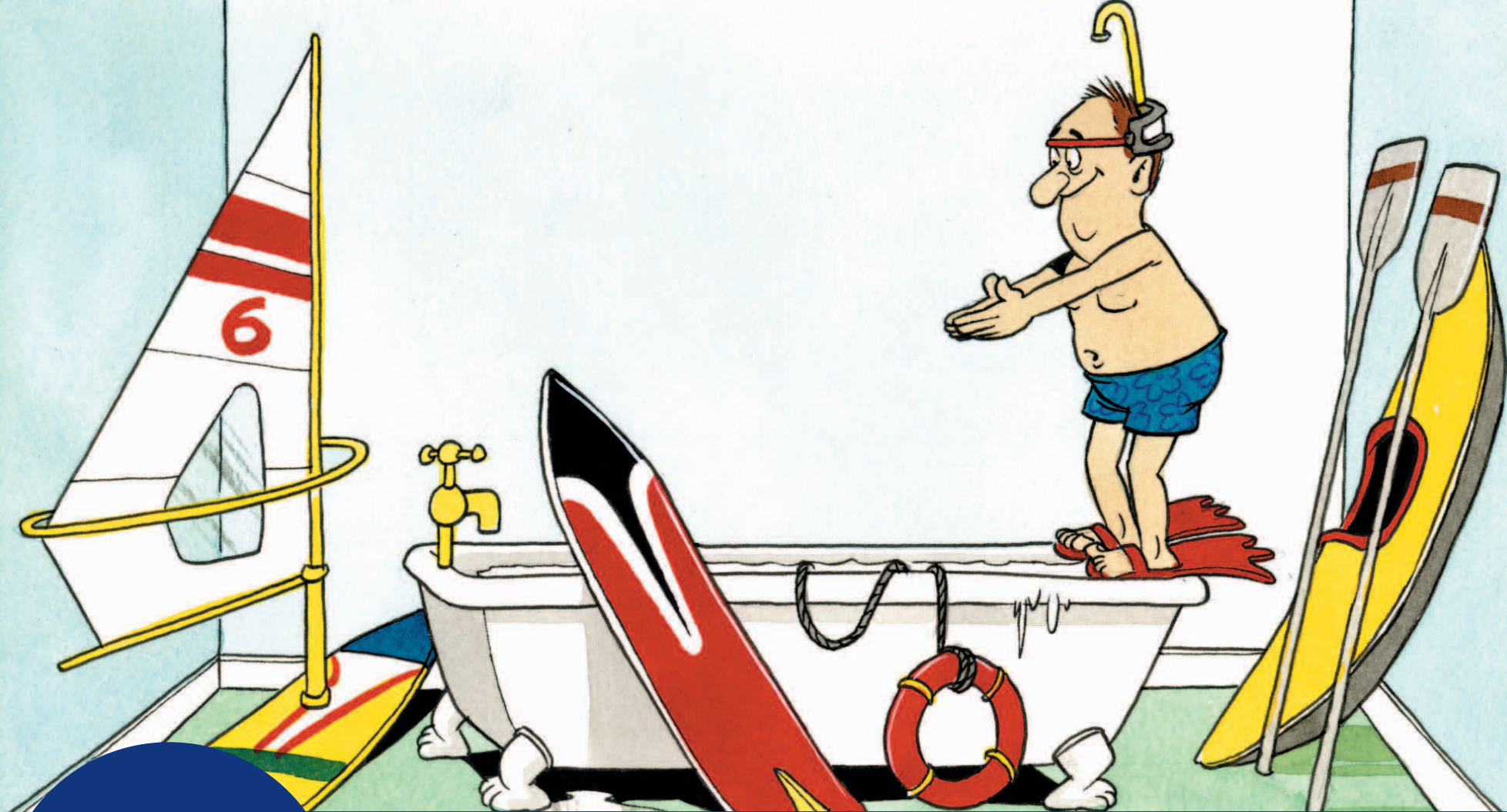
Tabhair aird ar chomharthaí ag an trá
Pay attention to signs on the beach



12

*Ná bí i do bhulaí, ná spreag aon duine
iad féin a chur i gcontúirt*

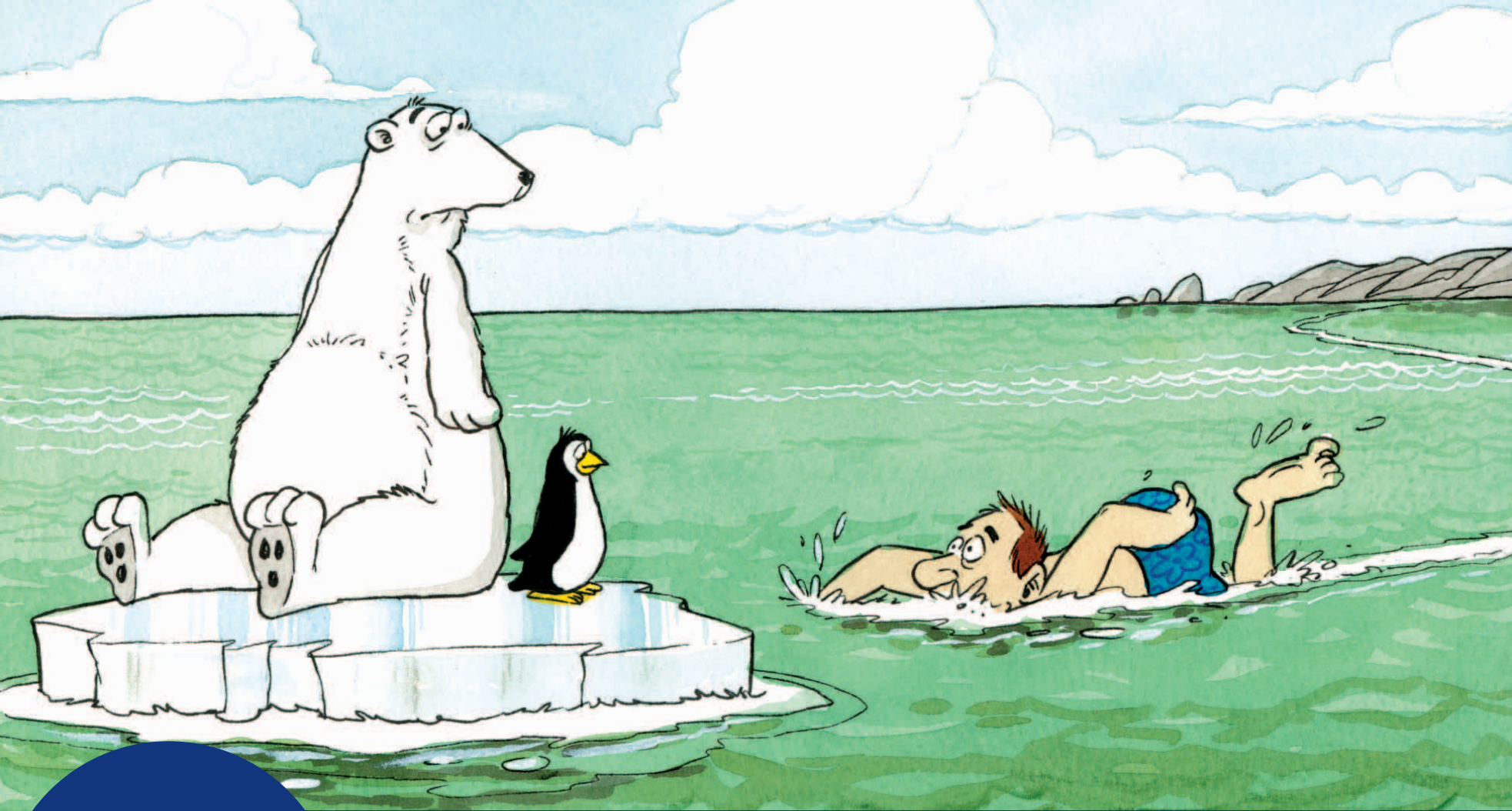
*Don't be a bully, or encourage others
to take risks*



13

Foghlaim le trealamh a úsáid sula mbaineann tú triail as

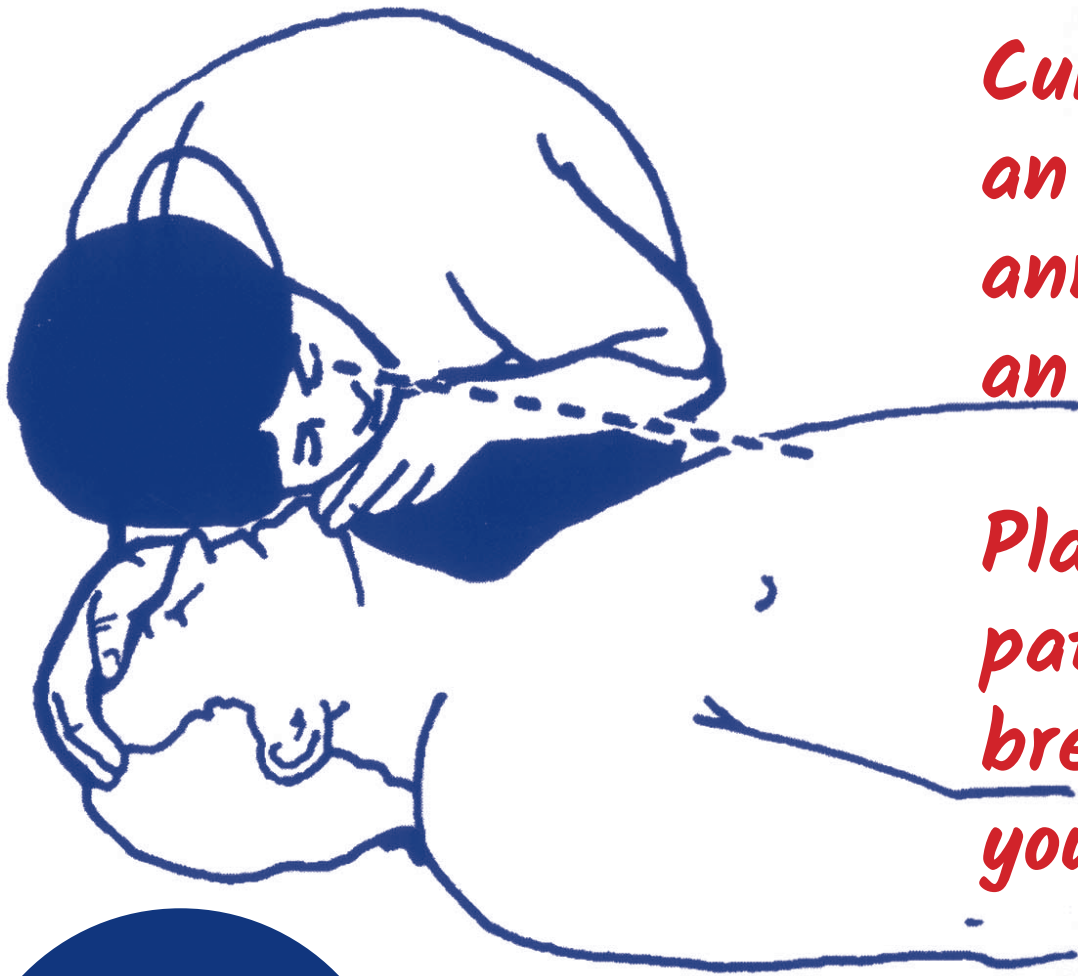
Learn to use equipment before trying it out



14

Ná gabh ag snámh i ndiaidh aon ní a
bhíonn ag imeacht le sruth

Never swim out after drifting objects



*Cuir do bhéal ar bhéal
an othair agus séid siar
ann nó go bhfeicfidh tú
an cliabhrach ag ardú*

*Place your mouth over
patient's mouth and
breath into them until
you see chest rise*

15

*Foghlaim garchabhair shimplí (ACS)
Learn CPR*

CRUACHÁS MARA



MARINE EMERGENCIES

- **CUIMHNIGH AR NA RIALACHA SEO**
 - **BÍODH SPRAOI AGAT**
 - **TAR ABHAILE SLÁN**
- **REMEMBER THESE RULES**
 - **ENJOY YOURSELF**
 - **COME HOME SAFELY**



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