



حكومة الشارقة
هيئة الشارقة للدفاع المدني
Government of Sharjah
Sharjah Civil Defense Authority

SWIMMING & DROWNING

SAFETY

2025

Drowning can happen silently and suddenly. It could be adults, children or expert swimmers. It could be swimming pool, still waters, puddles, calm sea or even bathtub

DROWNING
Helplessly
DROWNING

Can be avoided

What is Swimming Safety?

Swimming safety is the set of

- **Behaviors**
- **Controls**
- **Emergency measures**

That prevent drowning and aquatic injuries in pools, beaches, open water and water-adjacent workplaces.

Who is at Risk?

- **Young children (0–9):** Unfenced pools, bathtubs, lapses in supervision.
- **Preteens/teens:** Overconfidence, peer pressure, night swimming, open-water hazards.
- **Adults:** Alcohol, medical issues, fatigue, rip currents, unfamiliar sites.
- **Workers/boaters:** No PFDs, poor weather awareness, vessel instability, lone working.
- **Non-swimmers/weak swimmers:** Any age, risk increases outside lifeguarded areas

Where are the Risks?

- **Pools & waterparks:** Unsupervised access, shallow-water diving, entrapment at drains.
- **Open water (beach, wadi, lake, canal, marina):** Rip currents, drop-offs, cold shock, poor visibility, changing weather, boats/jet skis.
- **Homes & compounds:** Villas with pools, water features, garden ponds, storage tanks, bathtubs.
- **Events & temporary pools:** Inadequate barriers, untrained staff, electrical hazards (RCD/GFCI missing).

What are the Risks?

- **Uncontrolled access:** No 4-sided fence, open gates.
- **Inadequate supervision:** Watcher distracted or absent.
- **Poor swim skills:** No lessons, panic response.
- **No PFDs (Personal Floatation Device):** In open water/boats.
- **Hydrodynamics:** Rip currents, undertow, suction/entrapment.

What are the Risks?

- **Health & environment:** Heat, Dehydration, Cramps, Cold shock.
- **Equipment/electrical:** Faulty pumps, exposed electrical wiring.
- **Chemicals:** Improper storage/handling of pool chemicals, Contamination

How to prevent drowning?

- Supervision & “Water Watcher”
- Where & How to Swim
- Life Jackets & Floatation Devices
- Barriers & Home Pools
- Swimming Skills & Behavior
- Open Water, Beaches & Boating
- Emergency Readiness (Home, School, Facility)
- CPR (Cardiopulmonary resuscitation) /AED (Automated External Defibrillator & Training
- Group Events & Temporary Pools

Supervision & “Water Watcher”

Do's

- ✓ Assign a Water Watcher any time people are in or near water
- ✓ Give close and constant attention, even if lifeguards are present.
- ✓ Keep weak and inexperienced swimmers within arm's reach.
- ✓ If a child is missing, check the water first

Don'ts

- × Don't leave a young child unattended near water, ever.
- × Don't rely on others in the group to be watching; name the watcher.
- × Don't use a phone or get distracted while supervising.
- × Don't trust a child's life to another child

Where & How to Swim

Do's

- ✓ Swim in designated, lifeguarded areas and use the buddy system (no one swims alone).
- ✓ Follow posted depth markers and enter 'feet-first' first in unfamiliar or shallow water.

Don'ts

- × Don't dive into shallow or unknown depths.
- × Don't swim during storms, poor visibility, or strong currents

Life Jackets & Floatation Devices

Do's

- ✓ Have young children and weak swimmers wear approved life jackets in water and on all boats.
- ✓ Check fit and fasten correctly every time

Don'ts

- × Don't rely on water wings, swim rings, inflatables or toys as safety devices.
- × Don't treat a life jacket as a substitute for adult supervision

Barriers & Home Pools

Do's

- ✓ Secure pools with 4-sided fencing (about 1.2–1.5 m high) and a self-closing, self-latching gate.
- ✓ Remove climbable objects (furniture, pots, toys) near fences and windows.
- ✓ Use door/window/pool alarms and compliant safety covers, especially during non-swim times.

Don'ts

- × Don't assume risk ends when swimming stops. Many child drownings happen right after swim time when everyone “thinks” kids are out of the water.
- × Don't leave gates propped open or covers partly off.

Swimming Skills & Behavior

Do's

- ✓ Ensure everyone in the family learns to swim well and knows what to do in a water emergency.
- ✓ Book age-appropriate swim lessons and water orientation courses.
- ✓ Teach kids to ask permission before going near water

Don'ts

- × Don't overestimate abilities—especially with tired, hot or excited swimmers.
- × Don't allow rough play or breath-holding contests.

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Open Water, Beaches & Boating

Do's

- ✓ Check flags, tides, weather and local advisories. Choose lifeguarded zones.
- ✓ Learn to spot and escape rip currents: float, swim parallel out of the current, then angle back.
- ✓ Wear life jackets on boats.

Don'ts

- × Don't swim alone, at night or far from shore.
- × Don't operate boats without life jackets and a kill-switch lanyard.

Emergency Readiness (Home, School, Facility)

Do's

- ✓ Post and practice an Emergency Action Plan (EAP) drills.
- ✓ Enroll in first aid and CPR/AED training
- ✓ Know how and when to call emergency services (999 Police • 998 Ambulance • 997 Civil Defence)

Don'ts

- × Don't delay calling for help — seconds count in preventing death or disability.
- × Don't use damaged rescue gear or let AED/first-aid stocks lapse.



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THANK YOU FOR YOUR TIME

HAPPY AND SAFE SWIMMING

Sharjah Civil Defence Authority — Together for a safer community.