

KEEPING SAFE & SOUND

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ABTA
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DID YOU KNOW?

1 in 5 people know someone who has got into difficulty whilst swimming on holiday

Always supervise children.
Follow the pool safety information.
Be aware of hazards and surroundings.

 **ABTA**
Travel with confidence

**ENJOY THE WATER,
SWIM SAFE!**

Check out our full advice: abta.com/swimsafe

ENJOY THE WATER, SWIM SAFE!

Every year thousands of us swim as part of our holidays, in pools, lakes, rivers, seas and oceans all over the world. Swimming is often a fun and important part of a holiday – and a great way to enjoy some exercise, but remember that local rules, flag systems and where swimming may be permitted are different and vary from country to country.

Wherever you're swimming on holiday follow ABTA's top tips for swimming safety:

- 1. Make the most of your time in the water** – If you've got kids then get in the water with them – it's easier to keep an eye on them as well as good fun. Remember children should always be supervised in or near water.
- 2. Be aware of your surroundings:**
 - Always obey pool rules and local signs
 - Check the pool layout to know where the deep and shallow ends are, especially before jumping in
 - Check warning flags and signage on the beach
 - Beware of dangerous currents, these can be very powerful. Ask locally if there are any known dangerous currents or tides and avoid swimming in these areas
 - Beware of underwater hazards such as reefs and rocks, sudden changes in depth and marine life
 - Only dive where it is permitted to do so
 - Don't dive or jump from rocks, piers, breakwaters, poolside furniture or decorative pool features.
- 3. Follow safety advice:**
 - Speak to reps, hoteliers or local people about pools and local beaches
 - Read the pool rules before you swim and remember, not all holiday accommodations employ lifeguards
 - Never swim where a sign says not to e.g. in zoned areas for jet boats or jet skis.
- 4. Look out for others:**
 - Never swim alone, 'buddy up' with others in your party
 - Children should be supervised by an adult at all times and never left unattended, even if a lifeguard is present
 - Armbands can be a good training aid for children but are not a substitute for supervision
 - Never swim at night, after drinking alcohol or on a full stomach
 - Know how and where to get help, if you see someone in difficulty raise the alarm – preferably with the emergency services.
- 5. Don't overestimate your ability** – even if you regularly swim in a pool, remember that open water can be very different.

FIRE SAFETY

- Please familiarise yourself with the emergency exit routes and how to raise the alarm. Don't tamper with any fire safety equipment – it's there for your and other people's protection.
- Take note of any emergency information provided in your hotel / apartment / villa.
- Ensure that all smoking materials are safely extinguished and please don't smoke in bed.
- If you have catering facilities, please make sure nothing is left unattended on the cooker or in the oven.
- In the unlikely event of a fire, stay calm, do not panic. Assess the situation around you.
- Don't stop to pack or collect personal belongings. Act quickly for your own safety.
- If your escape route appears to be clear, leave immediately closing the doors behind you. Don't use the lifts, always use the emergency escape routes.
- Exit the building as quickly as possible.
- If it's not safe to leave, close all the doors, put wet towels / clothes around any gaps between the door and doorframe. Shout for help from the window / balcony, dial 112 from your mobile (European Union Emergency Number – like 999 in the UK), or call reception if you have a phone in your accommodation.

FOOD AND DRINK

Food and drink are an integral part of the holiday experience however everything in moderation is the key, particularly at the beginning of your stay when the local cuisine may be unfamiliar to you.

- Tap water may not always be suitable for drinking. Bottled water is recommended. Check that new bottles are properly sealed or have their safety cap intact.
- Where appropriate, avoid ice in drinks.
- Please wash your hands before eating.
- Highly spiced, exotic or unfamiliar food may tempt you to overindulge. Introduce yourself gradually to local specialties!
- Make sure your food has been thoroughly cooked / reheated and is hot when served. Likewise, chilled foods should be cold. Take extra care if eating 'street food'.
- Avoid any uncooked food aside from fruits, vegetables, washed salads, and food that can be peeled or shelled.

SWIMMING POOLS

- Every pool is different. Many do not have lifeguards so please look after any young members in your party as they may not appreciate the danger if left unattended when they are in, or near, the water.
- Before you swim, please familiarise yourself with the layout of the pool, the deep and shallow areas, any changes in depth, the main entry / exit points and if applicable, any children's areas.
- Please shower every time before you go bathing. This will help to keep the water in its best condition.
- Allow a sufficient period of time to pass before swimming after eating or consuming alcohol. Please don't use the pool if you're suffering from an upset stomach.
- If you have small children or babies then please make sure they are wearing appropriate swimwear which will contain any 'toilet' accidents. If nappies need to be changed please don't do this by the poolside.
- Please adhere to any warning signs prohibiting diving, running or other activities in and around the pool. These are in place for your safety. Never dive from the deck side where the water is less than 1.5m deep.



24-7 CUSTOMER HELPLINE 0044 113 387 9501

For added peace of mind, our UK-based team are here to help 24 hours a day, 7 days a week.

SWIMMING POOLS (CONTINUED)

- Take care around the pool / drainage channels and be aware of slippery and uneven surfaces as you'll probably be in bare feet.
- Please don't take glassware or crockery into the pool or around the pool area.
- Have fun, but avoid unruly behaviour that may be dangerous to yourself and others. Only use the pool during designated opening hours.
- If you see anything that's wrong around the pool, such as loose or damaged fixtures and fittings, or you have concerns about the quality of the pool water then please report this straight away.

OUT & ABOUT

BEACH

Be Aware Of Your Surroundings

- Even 'safe' beaches may become challenging in certain weather conditions. Familiarise yourself with depths, tides and any rip currents before you swim. We strongly advise that you don't swim at night.
- It's a good idea to swim along the shoreline rather than out to sea.
- Take extra care if you decide to swim near, or dive from, rocks, piers and breakwaters. Please don't dive into the sea from the shoreline.

HEED ADVICE

- Look out for any safety information such as warning flags and signs and follow the advice given.
- Take note of any buoyed off or restricted areas that are for sole use by boats, jet skis or other watercraft and keep well clear of them.

STAY SAFE

- Preferably swim where there is a lifeguard on patrol. Please note, many beaches are not supervised.
- Avoid swimming alone, make sure there are other people around.
- Where applicable, keep a close eye on your children in or around the water.
- Allow a sufficient period of time to pass before swimming after eating / consuming alcohol.
- Take extra care when using inflatables, lilos or blow-up 'boats'.

CARE IN THE SUN

- Build up the time you spend in the sun gradually.
- Try to avoid being in direct sunlight around the middle of the day and early afternoon when the sun's rays are at the strongest.
- Apply high-factor sunscreen and re-apply frequently.
- Keep babies out of the sun and always take extra care with children.
- Remember that it's also possible to burn in the shade, when it's cloudy, and while swimming.
- At the first sign of burning get out of the sun immediately and cover up.
- Stay hydrated – drink plenty of water.



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DRIVING

- Check the vehicle is roadworthy and familiarise yourself with the controls before use as they may differ from the car(s) you normally drive.
- Check that the car hire insurance you have provides adequate cover for the driver and all passengers. Consider taking out an additional policy for any excess charges.
- Always wear a seatbelt.
- Familiarise yourself with local traffic laws.
- Pay particular attention at junctions and roundabouts.
- Always carry emergency/breakdown telephone numbers.
- It's advised that you carry a spare set of spectacles if you need them for driving.
- NEVER drink and drive.
- We strongly advise that you do not hire mopeds or motorbikes.

WALKING BY ROADS

- Be aware that traffic may come at you from the opposite direction to that in the UK. Also, in some countries, traffic is not required to stop at pedestrian crossings.

PERSONAL SAFETY

- As a general rule, please exercise the same care for your safety and personal belongings as you would at home.
- Take advantage of safety deposit facilities for your personal effects and valuables wherever they are available, including in your accommodation. Avoid carrying more money than you need and take care of wallets, mobile phones, cameras and bags when you're out and about.
- Ensure you lock all doors and windows when you leave your accommodation.
- Avoid walking home alone at night, in unlit areas or on the beach after dark.
- Use licensed taxis or public transport. Don't accept lifts from strangers.
- Be wary of accepting drinks from strangers or from anyone you do not trust.

AND FINALLY... if you need any help or advice during your holiday, then please don't hesitate to contact your local Customer Helper who will be delighted to assist you.



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