



HELLENIC COAST GUARD

WATER SAFETY ADVICE & TIPS FOR THE ELDERLY



**SAFE
WATER
SPORTS**



STAY SAFE DURING SUMMER TIME

Safe Water Sports

MINISTRY OF HEALTH
Hellenic National Public Health Organization (EODY)
MINISTRY OF SHIPPING & ISLAND POLICY
HELLENIC COAST GUARD

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ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
Υπουργείο Υγείας





FATAL ACCIDENTS AT SEA 2017-2021

AGE	0-6	7-12	13-17	18-59	60-69	70+	UNKNOWN	TOTAL
DEATHS 2017-2021	6	5	8	309	332	1017	16	1693
2021	2	2	-	54	60	215	3	336





**1. Always go swimming with someone else.
Choose to go to beaches which are supervised by lifeguards.**



<https://vimeo.com/440659717>



2. Always swim horizontally to the shore, not vertically.



<https://vimeo.com/440658583>



3. Swim only where you can touch bottom



<https://vimeo.com/440667664>



4. Always use a flotation device in deep water



<https://vimeo.com/440661801>



5. I do not float vertically for too long, as I am at risk of hypotension and hypothermia.

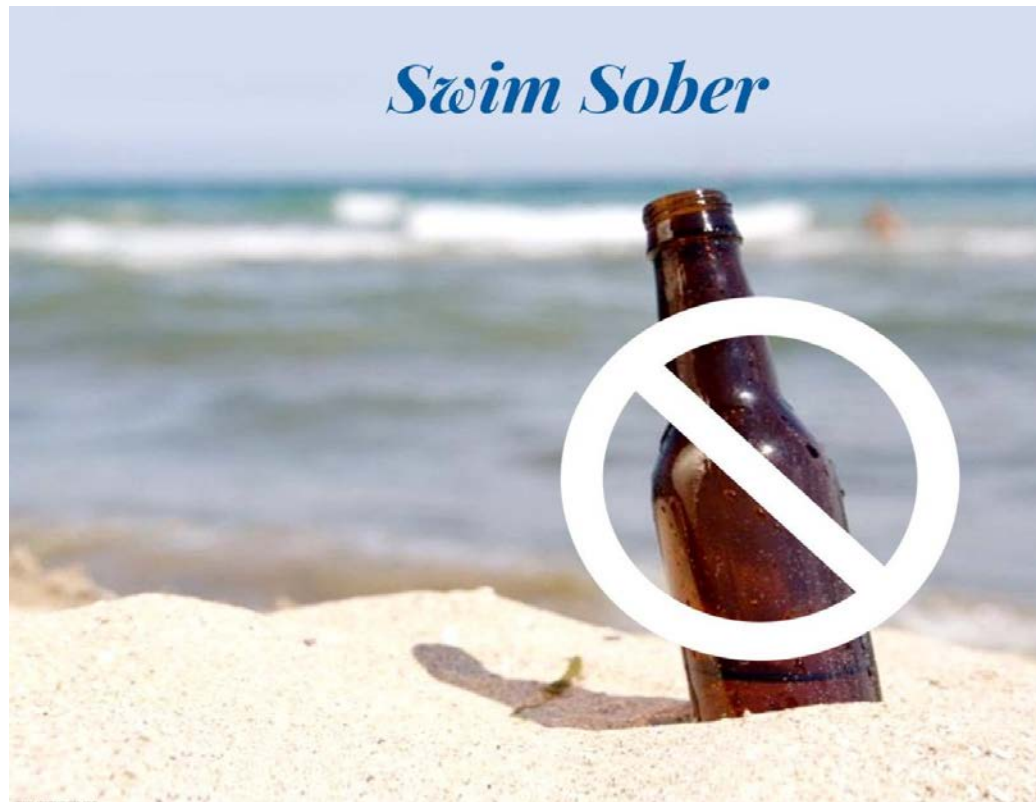
In the water I am always moving and swimming.



<https://vimeo.com/440670557>



6. I NEVER swim right after eating or drinking



<https://vimeo.com/440668330>



7. Advise your doctor if you are diagnosed with dementia, Alzheimer's or other neurological disorders



<https://vimeo.com/440671216>

<https://vimeo.com/440666903>



8. I always make sure I have taken my medication before I go into the water



<https://vimeo.com/440668948>



9. I step in and step out into the sea gradually. I give myself time.



<https://vimeo.com/440660404>



10. I get out of the water gradually, with stops, walking towards the shore.





**11. If I feel fatigue I return to the shore.
If I feel any symptom (cramps, dizziness) I ask for help from
anyone close to me and I try to get out of the sea calmly and
slowly.**



<https://vimeo.com/431728945>

**12. Αποφεύγω την μετακίνησή μου στην παραλία,
όταν οι θερμοκρασίες είναι ιδιαίτερα υψηλές.**



13. If I visit a beach for the first time, I have to be informed for its dangers by the locals. I avoid swimming in unknown water that hide dangers





**14. In case of emergency I call the Hellenic
Coast Guard number 108
or the European Emergency Number 112**

