



SAFE SWIMMING GUIDE

Aoife Ní Neachtain
Céim Bhaitsiléara Eolaíochta sa
Tíreolaíocht agus sa Gheochórais.
Mac léinn tríú bliana.



LOW TIDE

Artwork By Sile aged 4.

Think before you dive

Water safety and understanding the tides are important for anyone who enjoys spending their time near or in bodies of water. From casual beachgoers enjoying a leisurely day by the shore to seasoned sailors navigating the open sea, understanding and prioritising water safety is essential to ensure these enjoyable experiences and prevent any possible accidents.

The rhythmic rise and fall of water levels caused by gravitational forces exerted by the moon and the sun, play a fundamental role in shaping water conditions along coastlines and in bodies of water worldwide. Understanding tides is not only fascinating from a scientific standpoint but also crucial for predicting and navigating potential hazards in aquatic environments.

In this guide, we will explore the importance of water safety for individuals of all backgrounds and experience levels, from beginners to experts. We will delve into the intricacies of tides, examining how they influence water levels, currents, and other factors that directly impact safety. By understanding the connection between water safety and tides, readers will gain valuable insights into how to stay safe and enjoy their aquatic adventures to the fullest extent possible.

Where does the water go? Be aware of the tides !

The rise and fall of the water coming in and out is caused by tides.

High tide is when the water rises to its highest point on the beach and low tide is when the water falls to its lowest point on the beach.

The tide is controlled by the gravitational force of the moon and the sun. The moon pulls on the water in the ocean, just like a magnet pulls on metal.

When the moon is closer to us, it pulls the water closer too, making high tides. And when it's farther away, the water goes back down, making low tides.

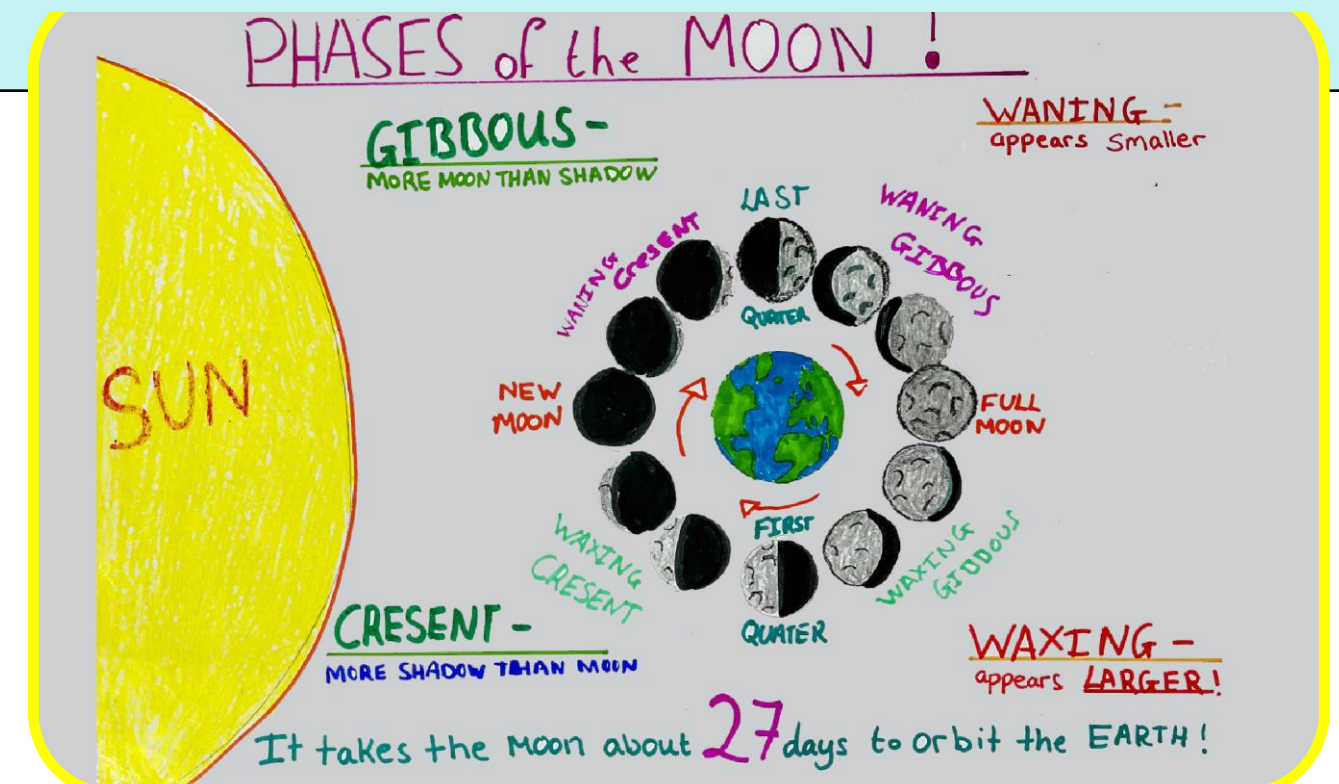
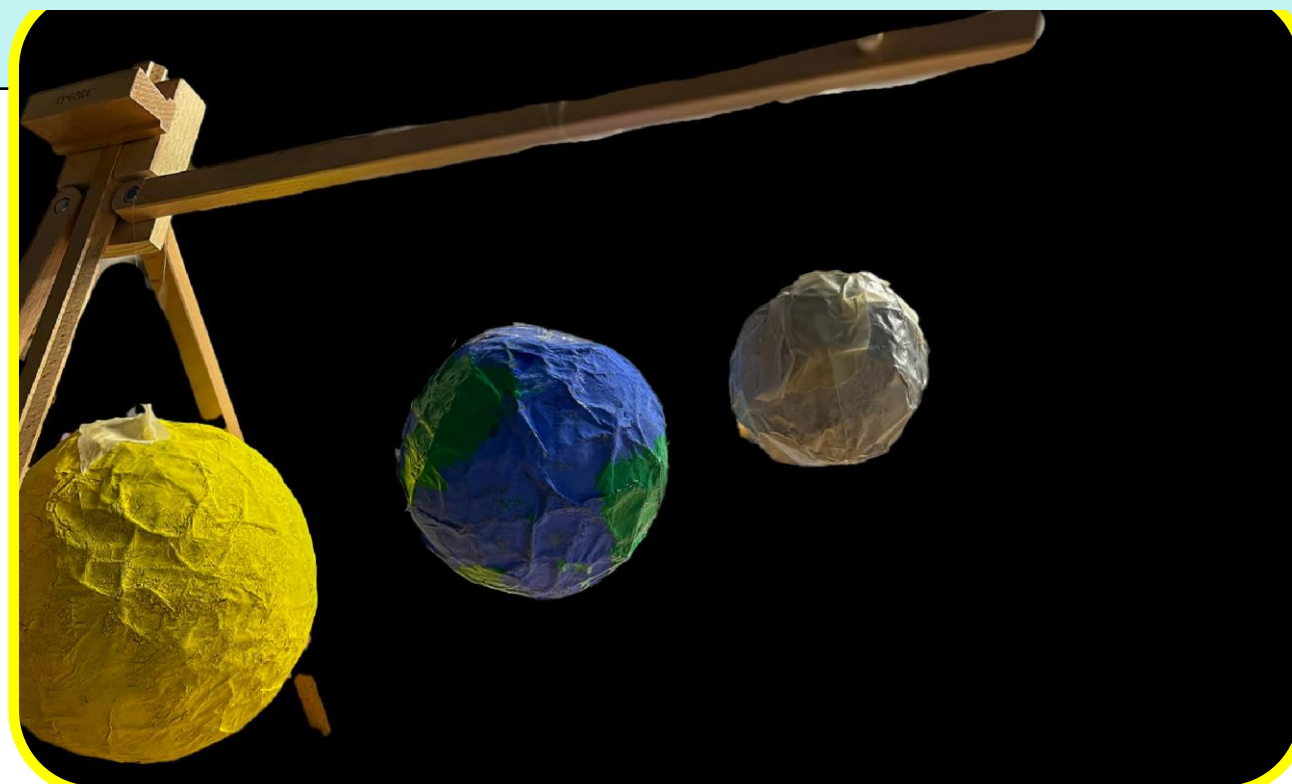
Imagine the moon and the sun are playing a game of tug-of-war with the ocean. When the moon, sun and Earth are all lined up, they pull together really hard, like a team of superheros!

This makes the high tides even higher and the low tides even lower. It is like the biggest waves at the beach and we call these spring tides because the water 'springs' up and down a lot.

Now onto neap tides. Imagine the moon and the sun are on opposite teams in that tug-of-war. Instead of pulling together, they cancel each other out a little bit. So, the high tides aren't as high and the low tides are not as low.

It's like the ocean is taking a little break from big waves. We call these tides because the water doesn't 'leap' up and down as much.

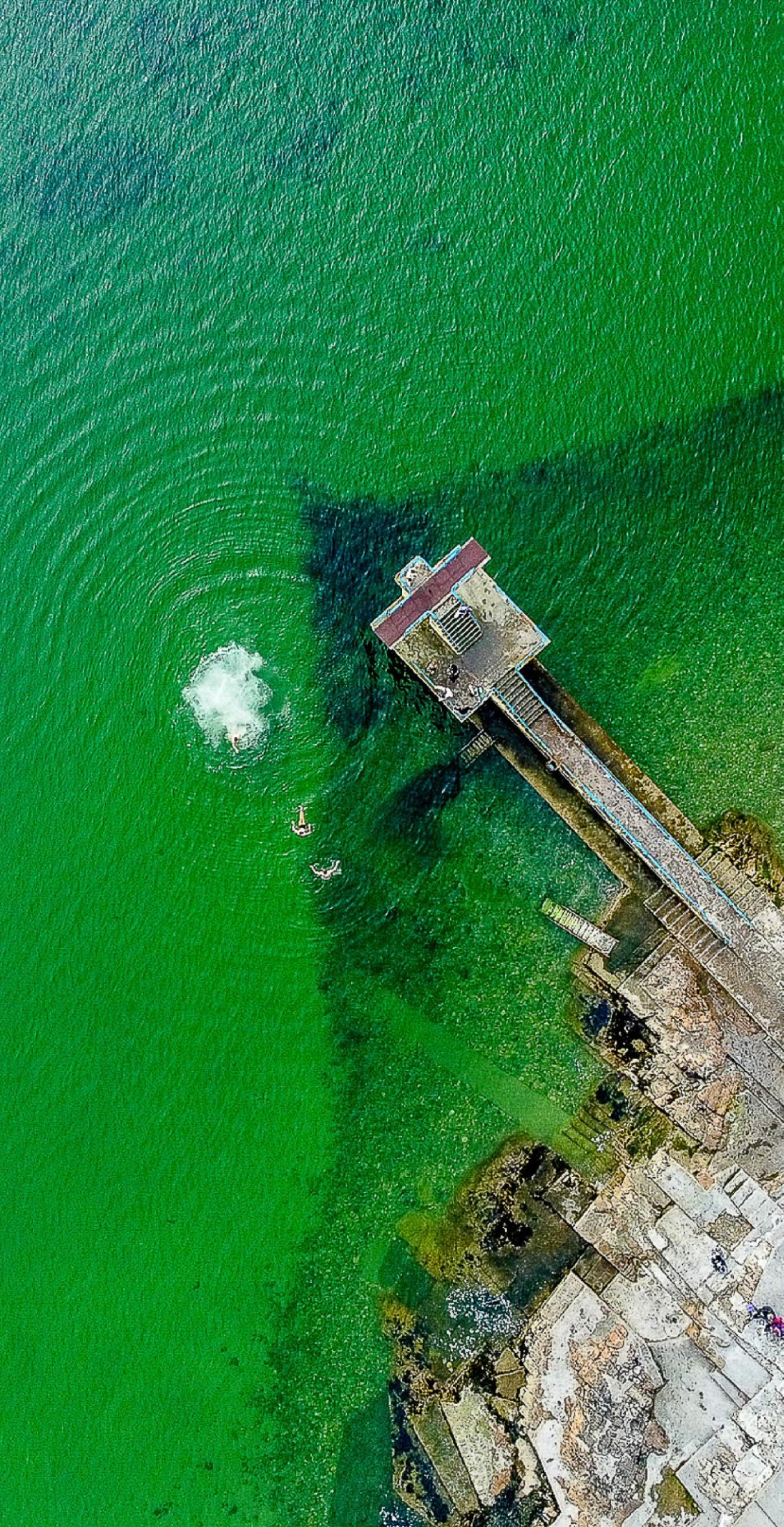
So spring tides are when the water is extra high and low because the moon and sun are pulling together, and neap tides are when the water is not as high and not as low because they are pulling against each other.



Check Conditions:

- 1. Strong Currents:** When the tide changes, it can create powerful currents in the water. Imagine it like a fast river suddenly flowing through the ocean. These currents can pull you away from the shore, which can be scary and make it hard to swim back.
- 2. Deeper Water:** Sometimes when the tide goes out, it takes the shallow water with it, leaving deep spots behind. So, if you're playing in the water, you might suddenly find yourself in water that's too deep for you to stand in, and that can be dangerous if you're not a strong swimmer.
- 3. Getting Stuck:** The sand on the beach can change when the tide comes in and out. You might find yourself walking on sand that's really soft and sinking in, or you might get trapped between rocks or cliffs if you're exploring.
- 4. Hidden Dangers:** Sometimes, things like rocks, shells, or even sharp objects can be hidden by the water when the tide comes in. So, it's important to be careful where you walk or swim to avoid getting hurt.





But don't worry! There are ways to stay safe when you're at the beach:

- Always swim with an adult or a lifeguard nearby.
- Pay attention to any signs about tides or currents at the beach.
- If you get caught in a current, don't panic! Try to swim parallel to the shore until you're out of it.
- And always let someone know where you are and what you're doing when you're playing in or near the water.

Practice Safe Swimming- from GOV.ie

- Know the tides and be conscious of currents.
- Never jump or dive in case of hidden hazards.
- Stay within your depth and swim parallel to shore.
- Never put pressure on others to take risks.
- Learn to use equipment before trying it out.
- Enter cool water slowly allowing your body to acclimatise.
- To escape a rip current sweeping you out to sea, remain calm and swim parallel to shore until free.
- Never swim when you are hot or tired.



LOW TIDE

Smaoineamh sula tumfaidh tú

Tá sábháilteacht uisce agus tuiscint ar na taoídí rí-thábhachtach d'aon duine a bhaineann sult as a gcuid ama a chaitheamh cois fharraige. Ó spaisteoirí ag baint sult as lá suaimhneach cois cladaigh go mairnéalaigh ag seoladh na farraige oscailte, tá sé ríthábhachtach sábháilteacht uisce a thuiscint agus tús áite a thabhairt dó chun na heispéiris taitneamhacha seo a chinntiú agus chun aon timpistí féideartha a chosc.

Tá ról bunúsach ag ardú agus titim rithimeach leibhéil uisce de bharr fórsaí imtharraingthe a chuireann an ghealach agus an ghrian i bhfeidhm, i múnlú dálaí uisce feadh an chósta agus limistéar uisce ar fud an domhain. Ní hamháin go bhfuil sé suimiúil eolais a bheith ag duine faoin taoide ó thaobh na heolaíochta de ach tá sé ríthábhachtach freisin chun guaiseacha féideartha i dtimpeallachtaí uisceacha a thuar agus a threorú.

Sa treoirleabhair seo, déanfaimid iniúchadh ar an tábhacht a bhaineann le sábháilteacht uisce do dhaoine de gach cúlra agus leibhéal taithí, ó thosaitheoirí go saineolaithe. Déanfaimid iniúchadh ar chasta na dtaoidí, ag scrúdú conas a théann siad i bhfeidhm ar leibhéil uisce, sruthanna agus fachtóirí eile a mbíonn tionchar díreach acu ar shábháilteacht. Trí thuiscint a fháil ar an gceangal idir sábháilteacht uisce agus taoídí, gheobhaidh léitheoirí léargais luachmhara ar conas fanacht sábháilte agus taitneamh a bhaint as a gcuid eachtraí uisceacha a mhéid is féidir.

Cá téann an t-uisce? Bí ar an eolais maidir leis an taoide :

Taoidí is cúis leis an ardú agus titim seo ar an uisce ag dul isteach agus amach.

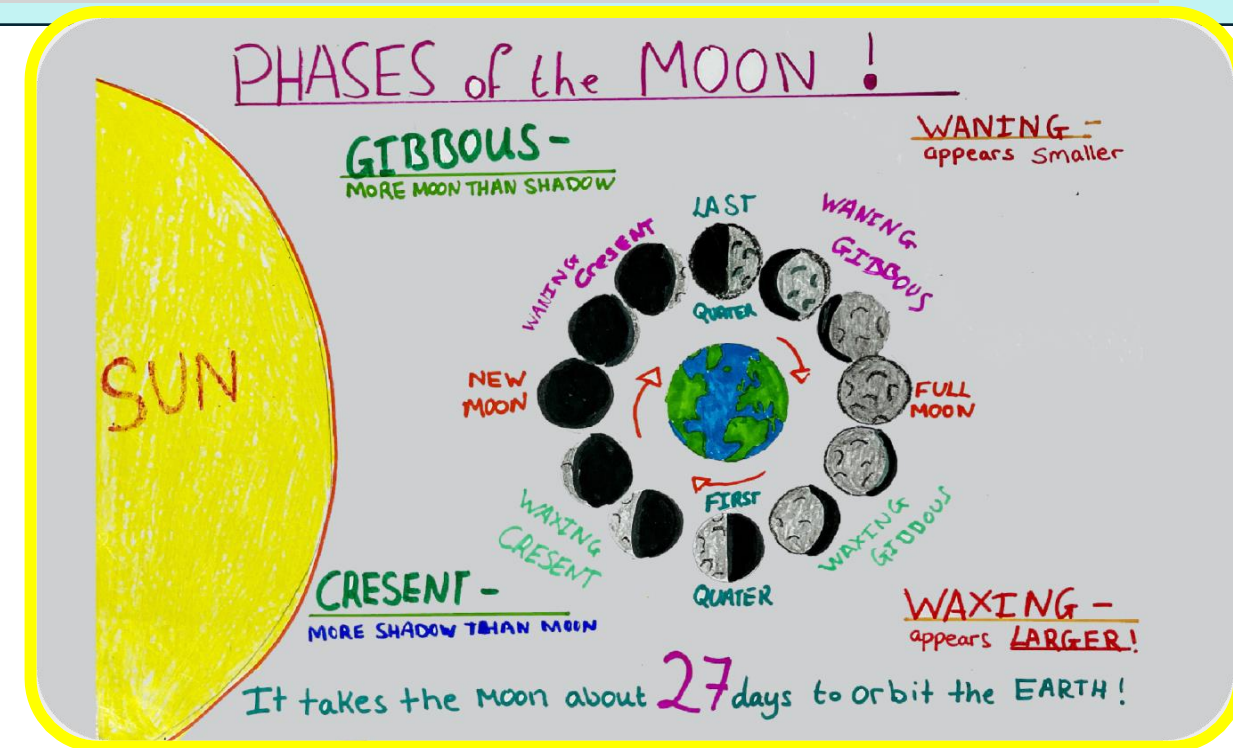
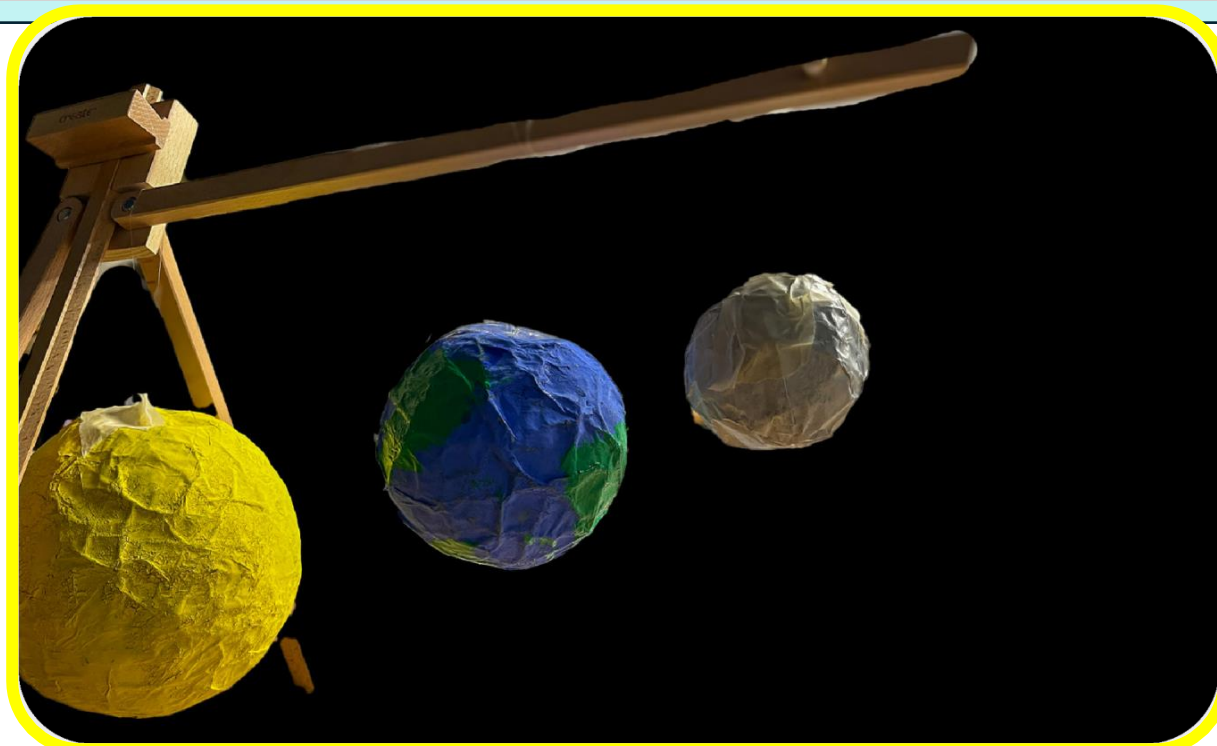
Is éard atá i gceist le taoide ard ná nuair a ardaíonn an t-uisce go dtí an pointe is airde ar an trá agus is éard atá i gceist le taoide íseal ná nuair a thiteann an lag trá go dtí an pointe is ísle ar an trá.

Tá an taoide á rialú ag fórsa imtharraingteach na gealaí agus na gréine. Tarraingíonn an ghealach ar an uisce san aigéan, díreach mar a tharraingíonn maighnéad ar mhiotal. Nuair a bhíonn an ghealach níos gaire dúinn, tarraingíonn sé an t-uisce níos gaire freisin, ag déanamh taoidí arda. Nuair a bhíonn an ghealach níos gaire dúinn, tarraingíonn sé an t-uisce níos gaire freisin, ag déanamh taoidí arda. Nuair a bhíonn an ghealach níos faide ar uainn, téann an t-uisce ar ais síos, ag déanamh lag trá.

Samhlaigh go bhfuil an ghealach agus an ghrian ag imirt cluiche tug-of-war leis an aigéan. Nuair a bhíonn an ghealach, an ghrian agus an Domhan leagtha amach i líne lena chéile, tarraingíonn siad le chéile go dian, cosúil le foireann superheroes! Fágann sé seo go bhfuil na taoidí arda níos airde fós agus na taoidí ísle níos ísle fós. Tá sé cosúil leis na tonnta is mó ag an trá! Glaoíonn muid rabharta air seo mar go bhfuil an t-uisce ag dul suas agus síos go leor.

Taoidé atá ina mallmhuir. Samhlaigh go bhfuil an ghealach agus an ghrian ar fhoirne eile sa tug-of-war sin. In ionad a bheith ag tarraingt le chéile, tá siad ag tarraingt in aghaidh a chéile beagánín agus cuireann siad cumhacht a chéile ar ceal de bheagán. Mar sin, níl na taoidí arda chomh hard, agus níl na taoidí ísle chomh híseal. Tá sé cosúil go bhfuil an t-aigéan ag glacadh sos beag ó thonnta móra. Glaoimid na taoidí mallmhuir orthu seo mar nach 'léimeann' an t-uisce suas agus síos an oiread sin.

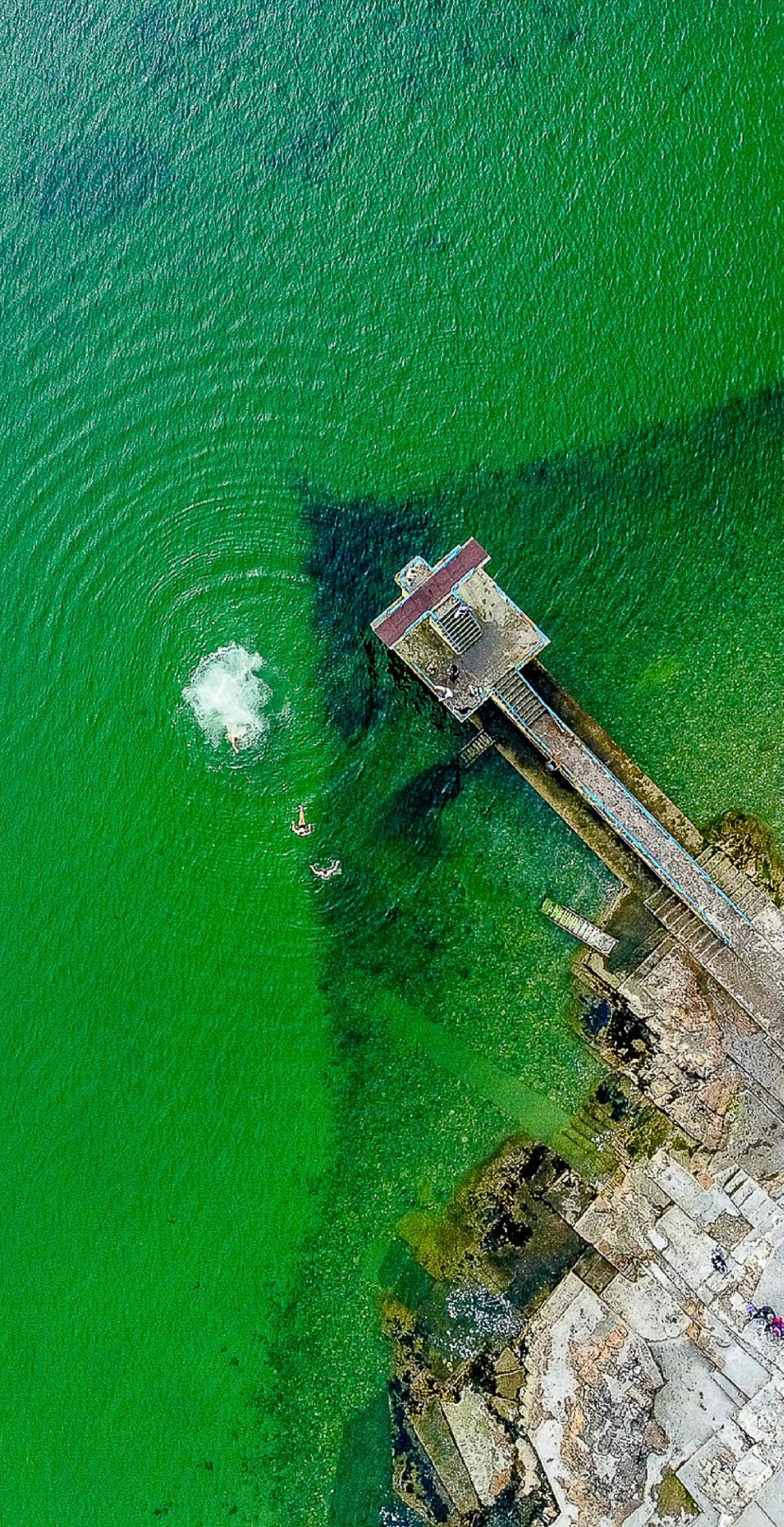
Mar sin, bíonn taoidí ina rabharta nuair a bhíonn an t-uisce an-ard agus íseal mar go bhfuil an ghealach agus an ghrian ag tarraingt le chéile, agus bíonn taoidí ina mallmhuir nuair nach mbíonn an t-uisce chomh hard agus chomh híseal mar go mbíonn siad ag tarraingt ar a chéile.



Coinníolacha a sheiceáil:

1. **Sruthanna Láidir:** Nuair a athraíonn an taoide, d'fhéadfadh sé sruthanna fíor-láidir a chruthú san uisce. Samhlaigh go bhfuil sé cosúil le abhainn thapa ag sileadh go tobann tríd an aigéan. Is féidir le na sruthanna seo tú a tharraingt ón gcladach, rud a d'fhéadfadh a bheith scanrúil agus é a dhéanamh deacair snámh ar ais.
2. **Uisce níos doimhne:** Uaireanta nuair a théann an taoide amach, glacann sé an t-uisce éadomhain leis, ag fágáil spotaí domhain taobh thiar de. Mar sin, má tá tú ag spraoi nó ag snámh san uisce, tá an baol ann go mbeadh tú in uisce atá ró-dhomhain chun seasamh suas ann an-sciobtha , rud a d'fhéadfadh a bheith contúirteach mura snámhóir láidir tú.
3. **Dul i i bhFostú:** Tá an gaineamh ar an trá in-ann athrú leis an taoide ag dul isteach agus amach. Seans go mbeidh tú ag siúl ar ghaineamh atá an-bhog agus d'fhéadfadh sé tosú ag síothlaigh isteach ar a chéile nó d'fhéadfá a bheith sáinnithe idir carraigeacha nó aillte má tá tú ag taiscéaladh.
4. **Contúirtí i bhfolach:** Uaireanta, is féidir rudaí cosúil le carraigeacha, sliogáin, nó fiú rudaí géara a bheith i bhfolach san uisce nuair a thagann an taoide isteach. Mar sin, tá sé tábhachtach a bheith cúramach nuair a siúlann tú nó nuair a bhíonn tú ag snámh ionas nach mbeadh tú gortaithe.





Ach ná bí buartha! Tá bealaí ann le bheith sábháilte agus tú ag an trá:

- Snámh i gcónaí le duine fásta nó garda tarrthála in aice láimhe.
- Tabhair aird ar aon chomharthaí faoi thaoidí nó sruthanna ar an trá.
- Má tá tú i sáin i sruth, ná bí buartha! Déan iarracht snámh go comhthreomhar leis an gcladach go dtí go bhfuil tú amuigh as an sruth.
 - Agus cuir in iúl do dhuine i gcónaí cá bhfuil tú agus céard atá á dhéanamh agat agus tú ag spraoi san uisce nó in aice leis.

Cleachtais snámh sábháilte- le fáil ag: [GOV.ie](https://gov.ie)

- Bíodh eolas agat ar na taoidí agus bí aireach maidir le na sruthanna.
- Ná léim ná tumadh riamh, ar fhaitíos go mbeadh aon bhaol contúirt ann.
- Fan laistigh de do dhoimhneacht agus téigh ag snámh go comhthreomhar leis an gcladach.
- Ná cuir brú ar dhaoine eile rioscaí a ghlacadh.
- Foghlaim conas trealamh a úsáid sula mbaineann tú triail as san fharraige.
- Téigh isteach in uisce fuar go mall, ag ligean cead do do chorp cloí leis an teocht go réidh.
- Chun éalú uaidh sruth contúirteach do scuabadh amach chun farraige, fan socair agus snámh go comhthreomhar leis an cladach go dtí go mbeidh tú saor as. • Ná téigh ag snámh nuair a bhíonn tú te nó tuirseach.

 Galway 
Atlantaquaria[®] 

**SAFE SWIMMING
GUIDE**

