



Out of Season Bathing Know the Risks

Open water swimming, at sea or in lakes and rivers, has both physical and mental health benefits for us all. During the colder seasons, there is an increased risks of water-borne illness, due to less favourable water quality resulting from increased rainfall and lower UV light outside of summer.



An Roinn Tithíochta,
Rialtais Áitiúil agus Oidhreachta
Department of Housing,
Local Government and Heritage



4-8° C
open water
temperature

**Heavy
Rainfall**



**No
Lifeguards**



**Rough
Water**



**Cold-water
shock**



**Hyperventilation
& Tachycardia**



**Hypothermia
& Muscle Cramping**



Drowning



**Increased
Risks of
Waterborne
Illness**



Greater runoff of pollutants into the seas, rivers and lakes, during winter and autumn months can increase the presence of harmful bugs. This means a higher risk of picking up a waterborne illness when swimming.

**Water Quality
Risks – Out of
Season**

From mid-May to mid-September, bathing water is monitored for the presence of microbial pathogens.

**Some authorities monitor water
quality year-round, for the
presence of microbial pathogens.
Most do it in the summer bathing
season only.**

**Increased
Rainfall**



Sources of pollution



Combined sewer and
stormwater overflow



Agricultural runoff



Dog and animal
faeces

From autumn to spring water quality tends to be less favourable. Heavy rainfall and water-logged soil contributes to greater runoff of faecal pollution from farm land and from misconnections, leaks, and/or spills from urban wastewater collection systems.

Safety Tips



Don't swim
within 48 hours
of heavy rain.



Don't swim
alone.



Swim parallel
to shore / bank



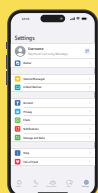
Wear a
wet suit



Don't drink alcohol
before a swim



Bring a
hot drink



Tell someone
where you're
going and
when you'll
be back



Don't dive in.



Wear a bright
bathing cap



Don't swim beyond
your safe limits



Bring a
warm wrap

For more information on
bathing waters and water quality
monitoring data for your area:



For more on
Water Safety:

