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PUBLIC NOTICE

Safety tips for Prevention of Drowning Incidents

During the Pre-Monsoon and Monsoon Season, drowning incidents happen in rivers, beaches, nallas, dams, seasonal waterfalls or lakes. Unless precautions are taken, these incidents may result in drowning. The general public is requested to kindly adhere to the following safety tips, while visiting the seasonal waterfalls and other water bodies, so that drowning incidents can be prevented and precious lives saved:

Do's:

- a) Inspect the water body properly, before swimming.
- b) Always enter the water slowly, with feet first.
- c) Always swim parallel to the shore and not away from it.
- d) Avoid consumption of alcohol during the water activities.
- e) Pay attention to the warning signs and rules posted near waterfalls.
- f) Swim in designated swim areas.
- g) Enter the water, where adequate supervision and rescue cover is available.
- h) Be aware of the underwater hazards / know the risk of natural waters.
- i) Elders should keep a constant visual contact, with children when they are swimming.
- j) A responsible adult should always be nearby, who knows how to swim.
- k) Keep a rope, life jacket, life buoy or improvised floatation device, like car-tube, available, for rescue purposes.
- l) Learn First Aid, you might save someone's life.
- m) Tourists should strictly adhere to the safety measures while venturing into any water related activity.

Don'ts:

- a) Don't venture into the water, unless you know swimming.
- b) Never swim alone, especially if you are not an experienced swimmer.
- c) Don't dive into the water or push someone, into the water.
- d) Never jump from higher levels into the flowing stream, water fall, river or dam.
- e) Never climb on or around water fall.
- f) Don't swim, if you have any ailments.
- g) Don't enter fast flowing water.
- h) Never swim under bridges, dams or water bodies that are under construction.
- i) Never play in the stream or river above a waterfall.
- j) Don't attempt to take photos/videos on the edge of waterfall, river or dam.
- k) Don't exhaust yourself while swimming, as it can lead to drowning.
- l) Don't swim at confluence of two rivers or streams, as the current may be faster, with dangerous under-currents, which is difficult, even for experienced swimmers.
- m) Don't swim during thunderstorm and lightning.

These guidelines are also available on the SDMA official website <https://sdma.goa.gov.in/>

Issued in public interest by Goa State Disaster Management Authority