

Risk factors	Prevention
Environmental factors	
Sunburn, heat stroke	Always use high factor sunblock, hat, sunglasses and a t-shirt or two-piece bathing suit for children. Sit under the shade. Hydrate often and snack. Avoid going to the beach during 10:00 am– 16:00 pm
Hot Sand – skin burning, sharp objects in the sand-foot and skin injuries	Wear proper shoes. Watch for hazardous materials hidden in the sand
Rip currents, waves, shore break	Watch out for flags and warning signs. If you encounter a situation like this, do not panic, remain calm and swim parallel to the shore until you are out of the current, then swim towards the shore.
Hidden obstacles in the water, debris and water quality	Do not swim in areas where you cannot see what is around. Avoid swimming with your head underwater
Weather and environmental conditions: <ul style="list-style-type: none"> a. waves, thunder, storm b. Water and air temperature 	<ul style="list-style-type: none"> a. Always check the weather forecast and look for flags on the beach and their meaning. Wait at least 30 minutes after the last thunder before returning to the beach b. In case of prolonged time of swimming use wet suit
Injuries from water life creatures and beach animals (e.g. jellyfish, urchins)	Be aware of your surroundings and wear puncture-proof water shoes when wading. Get informed about the conditions in the

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	sea before entering the water, wear protective wetsuit and avoid periods with increased sea-life activity. In case of a sting or bite, treatment depends on the type of offending creature and the individual's reaction, ranging from basic first aid care to seeking medical assistance
Marine traffic	
Speed boats	Do not swim outside buoys designated area
Jet skis	Do not swim outside buoys designated area
Surf boards, canoe and other water sports related activities	Search for signs indicating water sports activities in the area
Behaviour	
Swimming alone	Always swim with a buddy
Swimming away from the shore	Always swim parallel to the shore as it is easier to return in case of emergency
Swimming near piers, jetties or sandbars	Avoid swimming near piers, jetties or sandbars
Head dives	Avoid head diving. Only dive feet first in water marked safe for diving and marked at least 3 meters deep
High diving from piers, bridges and boats	Only dive in water marked safe for diving. Do not high dive when having low visibility of the seabed

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Breath holding and dynamic apnoea sports	Do not hyperventilate before going underwater or try to hold your breath for a long period of time. This behaviour can make you lose consciousness and result in drowning
Kids unattended	Kids can drown in the blink of an eye, even in shallow waters. Always watch kids when you are sober giving them your undivided attention. Distractions such as reading, talking or mobile phone use can be fatal
Air-filled and foam toys	Life jacket use is recommended instead using air-filled and foam toys
Unknown waters	Always enter unknown or shallow water cautiously, feet first. Watch for unexpectedly change in water depth
Unguarded beaches	Always swim in designated beaches with a lifeguard
Night swim	Night swim is not encouraged as usually there is not adequate light at the sea. Also avoid swimming in poorly lighted pools. If you however proceed to night swim always have company and stay close to them
Under the influence of: a. Alcohol b. Sedative and other suppressant medication Recreational drugs	Never swim under the influence of alcohol or drugs. Disorientation and dehydration can cause death and serious injuries
Not knowing how to swim	Learn how to swim, teach kids how to swim. You must know at least how-to doggie paddle before going to swim. If you do

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	not know how to swim wear a lifejacket or swim in waist deep water
Overestimate fitness capabilities	Do not overestimate your capabilities, regardless of your fitness level and swimming skills. Avoid swimming alone, do not take unnecessary risks. Swim parallel to the shore instead of getting away from it
Swimming right after meals	Wait for three hours after having a meal before swimming

References

<https://www.mayoclinic.org/diseases-conditions/jellyfish-stings/symptoms-causes/syc-20353284>

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<https://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html#RelatedPages>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/beach-safety.html>

<http://hcg.gr/node/479>