

Welcome to Doughmore Beach

- Always seek local knowledge.
- Keep children under constant supervision when near water



**A MESSAGE FROM
WATER SAFETY CLARE**

Staying Safe on Doughmore Beach

IMPORTANT SAFETY ADVICE

Doughmore Beach, while one of Co. Clare's most beautiful beaches, is a very dangerous location to swim or bathe in at all times. Even when the sea is calm, the location remains dangerous.

Do not enter the water.

Refer to Clare County Councils website for a list of lifeguarded bathing areas. www.clarecoco.ie

WAVES

Waves can cause swimmers to fall or pull them out of their depth. They can also cause and add to the strength of rip currents.

RIP CURRENTS

Rip currents develop due to waves and windy conditions, where currents move water away from the beach. Avoid rips by staying out of the water when the red flag is up or when there are rough conditions. If caught in a rip, stay calm and signal or call for help. Go with the current and to the side. This beach has consistent dangerous RIPs.



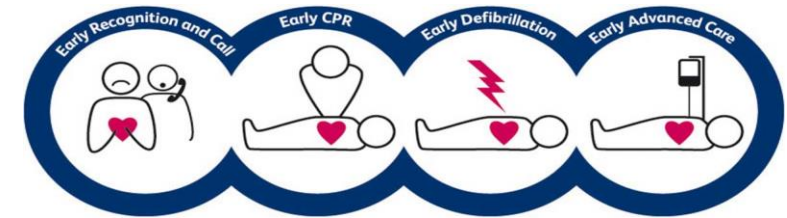
Rips won't drown you but panic will. STAY CALM.

SURFERS

This beach is popular for surfing but should only be used by experienced surfers. Ensure all equipment is checked before use. Inform someone of your approximate return time.

WHAT TO DO IN AN EMERGENCY

- Stay calm. Shout for "Help" – Dial 112. Get a ring buoy. Maintain voice contact. Direct and encourage the victim.
- **Avoid entering the water.**
- Provide emergency care – Open the airway, give chest compressions.
- Stay with the victim until more qualified help arrives.



WEEVER FISH

Weever fish are small and bury themselves in the sand and are common at low tide. Their sting can cause sharp pain. Treat by immersing the affected area in the hottest water you can bare. Seek medical advice if the pain lasts for a long time or becomes unbearable.

JELLY FISH

A jellyfish sting is normally more of an irritation but may be painful, depending on the species. Jellyfish will often be visible on the beach and in the water. If stung, rinse the affected area with seawater and avoid scratching. Seek medical attention if the pain or irritation continues.



"Take 3 from the sea"

