

WATER SAFETY TIPS

to prevent drowning

- **SUPERVISION**
Always watch children closely around water — no distractions (no phones, books, or alcohol).
- **SWIMMING SKILLS**
Enroll children and adults in swim lessons. Learn floating, treading water, and safe entry/exit.
- **LIFE JACKETS**
Use U.S. Coast Guard-approved life jackets for boating, fishing, and open water — especially for kids and weak swimmers.
- **BARRIERS & ALARMS**
Install pool fences 4 ft+ with self-closing, self-latching gates; add pool covers and alarms.
- **BUDDY SYSTEM**
Never swim alone. Keep young children within arm's reach of an adult.
- **AVOID ALCOHOL**
Do not drink while swimming, supervising, or operating boats and watercraft.
- **WEATHER & CONDITIONS**
Follow flags/signs. Avoid storms, rip currents, strong surf, and murky or unknown water.
- **EMERGENCY PREP**
Learn CPR and first aid. Keep a phone, life ring, and reaching pole nearby.
- **SAFE DIVING**
Enter feet-first unless you are certain the water is deep enough; never dive into shallow or unknown waters.
- **HYDRATION & BREAKS**
Take regular rest and water breaks to avoid fatigue, cold stress, and cramps.



**Swimming
for Life**

Practice layered safety: skills + supervision + gear. For emergencies, call 911.