BE WATER SAFE FOR A FUN SUMMER

Pools, lakes, ponds and beaches can be great for summer fun, but water can also be dangerous. Below are some tips for a water safe summer.

- Only swim with adult supervision and never swim alone
- If the weather turns bad get out of the water immediately (especially if there is lightning or strong winds)
- Take swimming lessons if possible
- Know what to do in an emergency
- Wear sunscreen and reapply after swimming

SWIMMING IN POOLS
- When swimming in a pool – follow all safety rules
- Never dive in areas not marked for diving
- Never run or push around a swimming pool
- Know where the rescue equipment is located

SWIMMING IN LAKES AND PONDS
- Watch for jagged rock, broken glass or trash
- Wear foot protection, such as water shoes, even in the water
- Watch out for weeds and grass that could entangle a leg or arm

SWIMMING AT THE BEACH
- Know the weather and water conditions before swimming
- Don't swim in large waves as they can cause strong undertows
- If windy do not use inflatable floating devices as they can be blown off shore quickly
- Don't have your back to the water as a sudden large wave could knock you over

Stay safe and enjoy the summer!!