

WARM WEATHER TIPS WATER SAFETY

LEARN WATER COMPETENCE

Know your limitations! Never swim alone. If possible, choose locations with lifeguards on watch. Be aware of environmental risks (tides, currents, rip currents, shallow and unclear water). Check conditions before you go!



LEARN SWIMMING SKILLS



Find a swim class for you or your child's skill level. Learn 5 skills recommended by the red cross in different environments:
1. Enter water that's over your head, and return to the surface. 2. float for 1 minute. 3. Turn over and around in water. 4. Swim 25 yards. 5. Exit the water.

BE ALERT TO HELP OTHERS

Pay close attention to weak swimmers and children. Know the signs of drowning. Take CPR and first aid classes. Designate an adult to be the 'water watcher', to keep their eye on those in the water at all times.



USE LAYERS OF PROTECTION



Ensure there are barriers between vulnerable people and danger. Teach children to always ask permission before going into water. Lifejackets are recommended for all. At home, fence in pools or water features for added barriers.

KNOW SIGNS OF DISTRESS

A swimmer may need help if: they are not making forward progress. Are vertical in water and not making progress. They are bobbing in water and quiet. Their mouth may be at water level, they are swimming in a ladder climbing motion.



IN CASE OF EMERGENCY

If anyone is unaccounted for, always check water first. Immediately alert life guards. Know and be able to recognize the signs of distress. Do not attempt a rescue if you are not a strong swimmer. Use the "reach or throw, don't go" method of rescue.



PREPARE

The more you learn and prepare, the more likely you are to avoid water emergencies. Find more information and resources at:

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



Look Out Water Safety

Lauren Gardner



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