

Swimming Safety at Rivers, Lakes, and Oceans



- Plan ahead. Check local weather reports for ocean or lake conditions. Rough weather can make swimming challenging.
- Swim near manned lifeguard stations.
- Use the Buddy System. Always swim with a buddy.
- Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children. Alcohol use impairs balance, coordination, and judgement.
- Use US Coast guard approved life jackets for young children and weak swimmers.
- Never dive head first into an unknown body of water.
- Be aware of rip tides or strong water current conditions. If you are caught in a rip tide or strong water current, don't panic. Conserve your strength and swim parallel to the shore until you are rescued or able to come ashore.
- Know the meaning of colored beach warning flags and obey these warnings. These may vary from one beach to another.
- Don't turn your back on the ocean when you are near the water. So-called "sneaker waves" can knock you down if you aren't paying attention.

Click on the related link for more information:

CDC, Drowning Risks in Natural Waters <https://www.cdc.gov/Features/dsDrowningRisks/>
Red Cross www.redcross.org/images/MEDIA_CustomProductCatalog/m4240225_LakesRivers.pdf