

SUMMER SAFETY TIPS

WATER SAFETY FOR THE POOL AND BEACH

WATER SAFETY:

- Take swim lessons if you do not know how to swim
- Try to swim with a friend. If you do not have a friend to swim with, ask someone to watch you or swim near a lifeguard
- Lifeguards are there to help you. Make sure you listen to them and follow directions
- Wear a life jacket (US Coast Guard approved)
- Watch the weather before going into the water. Do not swim if there is lightning or stormy weather

WHEN IN THE POOL:

- Be careful of the deep end and stay where the water is not over your shoulders

WHEN AT THE BEACH:

- Watch for dangerous waves and fast moving water
- Know the meaning of colored beach flags:
 - RED** = Danger
 - YELLOW** = Be careful when you swim, there is still danger in the water
 - GREEN** = Safe to swim, but be careful when swimming
 - BLUE AND PURPLE** = Sharks, jellyfish and other dangerous sea animals