

SIMPLE RULES FOR a SAFE & FUN SUMMER!



ELLIS & ASSOCIATES WATER SAFETY TIPS

1. Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.
2. Always swim with a buddy, never alone. Even experienced swimmers can become exhausted.
3. Swim in areas supervised by a lifeguard. Ellis certified lifeguards are trained to respond to water emergencies.
4. Read and obey all rules and posted signs, and follow lifeguard instructions.
5. Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard approved personal flotation device (PFD) when around the water. Nearly all drownings can be prevented by correct life jacket usage.
6. Set water safety rules for the whole family based on swimming abilities, for example, inexperienced swimmers should stay in water less than chest deep.
7. Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. The more information you have, the more aware you will be of hazards and safe practices.
8. Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
9. Use a feet-first entry when entering the water.
10. Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance and coordination, affects your swimming and diving skills and reduces your body's ability to stay warm.
11. Know how to prevent, recognize and respond to emergencies.
12. ALWAYS supervise children, even when lifeguards are on duty.

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