



## Water Safety

We love having fun in the sun and in the water. Here are a few tips to make your summer beach or pool days as safe as they can be:

- Check the weather before you go. Wind and storms can make the water unpredictable.
- Hot weather can also be hazardous. Check the UV rating, and be sun smart: wear long sleeves, a hat, and sunscreen. Don't forget to drink plenty of water.
- Learn to swim!
- Not only is it fun, but it is also safer to swim with a friend. Look after each other.
- Stay supervised! Ensure you have an adult with you when you are near any type of water: a pool, lake, river, or when at the beach.
- Learn about the water. At the beach, there are strong currents of water heading away from the shore called 'rips'. These are very dangerous.
- Always swim between the red and yellow flags.
- Read and obey safety signs.
- If you need help, stay calm and attract attention. You can do this by waving your hands.
- Wear life jackets when having fun in boats, canoes, and other watercraft.
- Keep pool fences closed.
- Learn how to save a life with CPR.

