Water Safety

Water safety is extremely important, especially during the summer months when so many activities include water, such as swimming, diving and boating. Following these water safety tips can keep you and your family safe this summer:

- If you or someone you know doesn't already know how, learn to swim.

- Always swim with a friend or relative; never swim alone.

- Children or inexperienced swimmers should take precautions by wearing a US Coast Guard approved personal floatation device when around the water.

- Swim only in areas supervised by a lifeguard or responsible adult.

- Read and obey all rules and posted signs.

- Set water safety rules based on swimming abilities, i.e. inexperienced swimmers should stay in shallow water.

- Know the water environment that you are in and any potential hazards it may pose, such as too deep or too shallow, currents, obstacles and where the entrances and exits are located. The more conscious you are of your environment, the better informed you will be of any potential hazards.

- To prevent choking, never chew gum or eat while swimming, diving or playing in water.

- Don't swim in inclement weather.

- Don't dive into shallow water or where there are any types of obstructions.

- Be aware of dangerous waves and signs of rip currents—water that is choppy, foamy or filled with debris.

- If you find yourself caught in a rip current, swim parallel to the shoreline. Once out of the current, swim toward shore.

- Don't mix alcohol with water activities, such as 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.

- Enroll in a water safety course and learn CPR.

For more information, visit www.AUS.com/Tips