

WATER



Bubbles,

WATER SAFETY PROGRAM

Remembering the rules for water safety is easy.
Just think – W.A.T.E.R.

Rule #1

W

Wear your life jacket. Life jackets can be used when you're boating and also whenever you're swimming to keep you safe and avoid any accidents. If you don't know how to swim, then you must ALWAYS wear a U.S. Coastguard approved life jacket before going near water.

Rule #2

A

Act, if you see somebody in trouble. Remember: Throw but don't go. If you see someone else in trouble in the water, throw an item out to the person to grab on to. NEVER jump in yourself or you'll be putting both of you in danger.

Rule #3

T

Take swimming lessons. Swimming lessons can help you be a safer swimmer and have fun when you're swimming with family and friends. Swimming is also great exercise and even greater fun!

Rule #4

E

Educate yourself on swim safety skills, like how to tread water and how to roll over and float to catch a breath. These and other skills can help you if something unexpected happens when you're in the water.

Rule #5

R

Respect the rules, and play it cool. It's important to follow the W.A.T.E.R. rules when you're playing in a pool or near a body of water. These may include no running around the pool, no swimming in the lake if the weather is bad and many others. Pay attention to the posted rules, and listen to the lifeguards and your parents—they're there to keep you safe!

