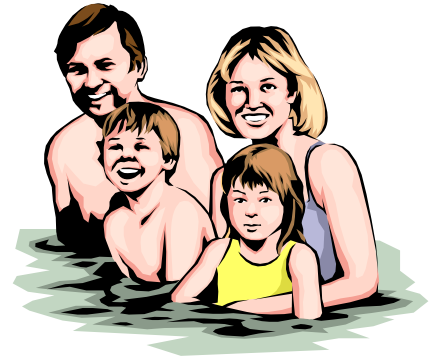# Swimming Safety Tips

1. Learn to swim well. Learn to tread or float in water over your head for at least 3 minutes.

2. Never swim alone! Take a buddy with you. Keep an eye on them and make sure they keep an eye on you while swimming.

3. The best places to swim are in designated swimming areas.

4. Do not dive into unknown waters or shallow water. Before you dive into any water make sure you know how deep the water is.

5. Know your limits and swimming capabilities.

6. Never pretend to be drowning.

7. Life jackets should be worn while on or around the water.

8. Before you go swimming make sure the area is safe, with a sand or gravel bottom and a gradual slope with no drop-offs.

9. Never venture into deep water on inflatable devices. Don't let these devices be a substitute for swimming ability or life jacket.

10. Be nice to the other people that are swimming with and around you.

11. If there is an electrical storm or lightning in the area stay out of the water.

12. Barefoot on the beach is fun, but watch out for rocks and other objects that might cause painful cuts and bruises.

13. If someone in the water is in trouble you can try and help them by reaching, throwing, or rowing something to them, but never go in the water and try and save them unless you are trained in water saving techniques. Know how to get help if it is needed.