**CAP health & wellness handout: Water Safety**

Things to consider when planning water sports:

* Everyone should learn to swim.
	+ If there are non-swimmers in your group, know who they are
* Remember to use sunscreen.
	+ Reapply it frequently during the day
* Don't swim alone
	+ Have a swim buddy
* Don't run on a swimming pool deck as they are often slippery
	+ No horseplay around the water
* Swim in designated areas in lakes and the ocean
* Swim where there is a lifeguard on duty when possible
* Children should be supervised
* No diving in shallow water
	+ If you can't see the bottom or know what is beneath the surface, jump in feet first
	+ Avoid a broken neck
* Children that don't know how to swim should NOT rely on pool toys for flotation
* Around water and on boats non-swimmers should wear USCG approved flotation vests
* When not in use, remove pool floats and toys.
	+ Children find them irresistible and may fall in grabbing for them
* If there is lightning, it is time to go inside
* At the beach, pay attention for high surf warning signs and flags
* Rip currents can defeat strong swimmers
	+ Rip currents occur where there is a break in a sandbar with a resulting strong offshore current
	+ If caught in a rip current, relax and swim parallel to the beach
	+ When out of the current swim to shore
* Use caution swimming around pilings and piers
	+ There is often growth of potentially dangerous shellfish
	+ Fishermen frequent piers don't get hooked!
	+ Strong waves or currents may throw swimmers into pilings
* Be aware of the waves and currents at the beach