



Water Safety at the Beach

Tips for staying safe at the Beach

Be Water Wise at the Beach

Dangers at the beach

- Rough water
- Sharks
- Rip currents
- Stingrays
- Sunburn
- Sea Urchins
- Lightning and thunder

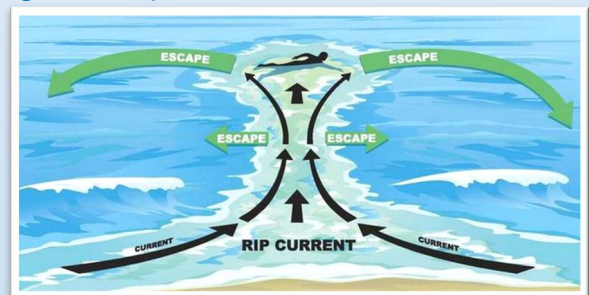
Always swim within sight of a lifeguard

- Red/Yellow flags mean Lifeguards are on patrol



Dangerous Rip Currents

A rip current is a channel of water flowing away from shore. Even the strongest swimmer can get caught in a rip current.



What to do if caught in a RIP CURRENT:

- Stay calm, don't swim against the current
- Swim sideways across the current (parallel to the shore)
- Wave and call for the Lifeguard

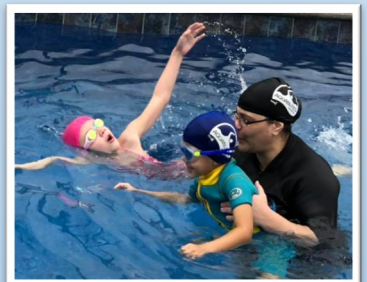
Never swim alone

- Always swim with a buddy
- Even the strongest swimmer can get into trouble in the water



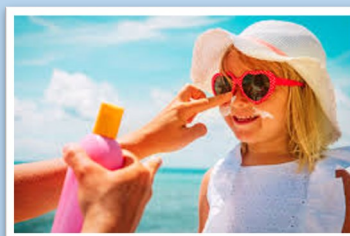
Learn to Swim!

- The risk of drowning decreases up to 88% for a child who attends swimming lessons
- Every parent/caregiver needs to know how to save themselves and their child if necessary.



Sun Protection

- Choose a physical sunscreen rather than a chemical one
- Wear a rash guard, hat and protective clothing
- Wear sunglasses to protect your eyes
- Seek shade during mid day hours 10am-2pm



Learn CPR

- It can save a life!
- Contact us for upcoming classes or to form your own with 4 or more participants.



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