Swimming Safety at Rivers, Lakes, and Oceans

- Plan ahead. Check local weather reports for ocean or lake conditions. Rough weather can make swimming challenging.

- Swim near manned lifeguard stations.

- Use the Buddy System. Always swim with a buddy.

- Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children. Alcohol use impairs balance, coordination, and judgement.

- Use US Coast guard approved life jackets for young children and weak swimmers.

- Never dive head first into an unknown body of water.

- Be aware of rip tides or strong water current conditions. If you are caught in a rip tide or strong water current, don’t panic. Conserve your strength and swim parallel to the shore until you are rescued or able to come ashore.

- Know the meaning of colored beach warning flags and obey these warnings. These may vary from one beach to another.

- Don’t turn your back on the ocean when you are near the water. So-called “sneaker waves” can knock you down if you aren’t paying attention.

Click on the related link for more information:

CDC, Drowning Risks in Natural Waters [https://www.cdc.gov/Features/dsDrowningRisks/](https://www.cdc.gov/Features/dsDrowningRisks/)