



Swim Buddy

It is important that you or members of your family never swim alone.



6 Summer Water Safety TIPS



No Alcohol

When in and around water no amount of alcohol is a safe amount. Use of alcohol or drugs can limit a person's ability to focus and concentrate.

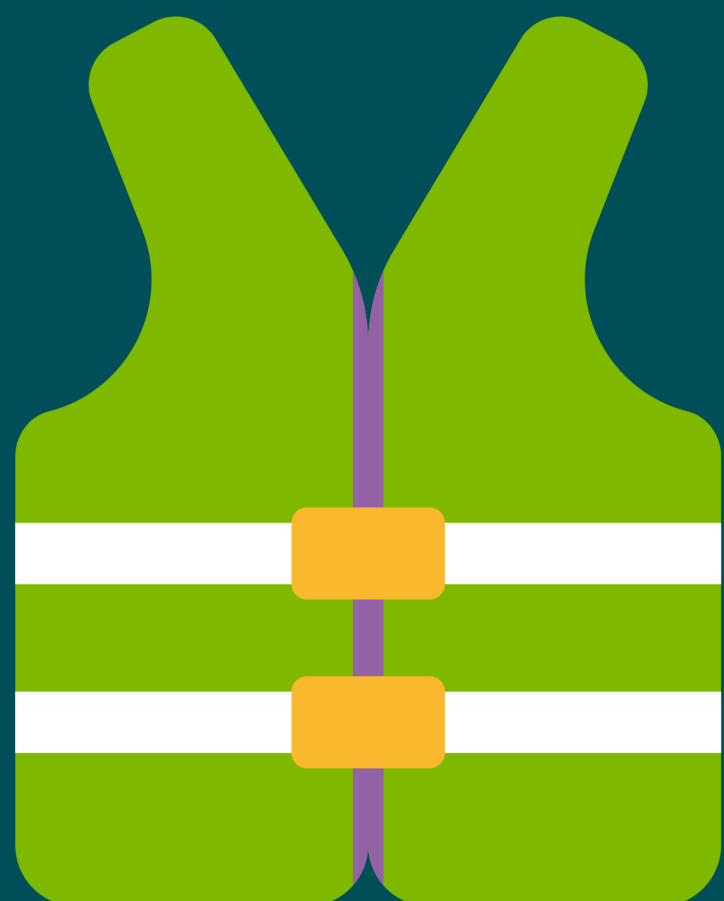
Lifeguarded Areas

It is important that if you have little to no water experience it is always safer to swim in areas where there is always a lifeguard.



Lifejacket

Just like wearing a helmet while biking. When you are swimming in a pool or in an open body of water you should always wear a life jacket.



Within Reach

Ensure that children under the age of 5 are always within arms reach. Individuals can drown in as little as a few centimeters of water.



WARNING
CHILDREN
TO BE
SUPERVISED
AT ALL TIME

Constant Supervision

It is important that no matter the age that all children are monitored when around bodies of water. Young and older children can get into troubling situations quickly. Teenagers are at a higher risk of engaging in risk-taking behaviours.