

THE SEVEN DEADLY SWIMS

While a refreshing swim on a hot day adds to summer fun, time in the water can also end in tragedy. Be safe in the water by avoiding the deadly swims outlined below.



1 Swimming outside a designated swimming area

2 Jumping into unknown or fast moving waters

3 Challenging someone to swim across a cove, lake or pond to an object such as a buoy.

4 Holding your breath too long while swimming or swimming in cold water.

5 Swimming without a life jacket and/or in an area/depth beyond your ability

HELP!



6 Swimming under the influence of drugs or alcohol

I'm so scared!

7 Swimming to rescue a person, boat, beach ball, or some other object.

ALSO AVOID...

Swimming alone or allowing children to swim unsupervised.

Mommy, Where are you?

