



## SAFETY RULES NEAR WATER



**Buddy up!**  
**Make sure you never swim alone**

**Swim in safe areas and  
always know where the lifeguard is**



**Know your limits**  
**Don't swim further than or hold your breath  
longer than you are able to**

**Don't  
enter  
cold  
water**



**Wear a life jacket  
if you can't swim  
or while on a boat**



**Jump  
in  
feet  
first**



**Don't swim during storms**



**Learn how to Swim**



**To assist someone in trouble  
reach them with a pole or  
throw a floatable ball**



**Last by not least  
FOLLOW THE RULES!!**