

The more you know about safety around water the safer you and your family will be.

If you have any questions about these safety tips, please call or e-mail our Aquatics Office

Aquatics Office

904-255-7927

funexperts@coj.net

WATER SAFETY TIPS

- Swim only in supervised areas.
- Always swim with a buddy
- Always follow beach/pool rules and regulations. They are there for your safety.
- Don't rely on flotation devices to keep you above the water. Learn to swim!
- If you get caught in a rip tide, don't swim against it. Instead, swim parallel to the shore until you are free from the pull. If you are a weak swimmer, tread water and signal the lifeguard for help.
- Keep a phone near the pool, and keep '911' visible at all times.
- Whenever there is thunder and lightning, remember this little line: 'If you hear it, clear it. If you see it, flee it.'
- Always wear sunscreen, even on cloudy days. Sunscreen with an SPF of 45 is best, and make sure it is rubbed into the skin thoroughly.
- When you are out in the sun and water for the day, take breaks often. Get into the shade and drink plenty of water.
- Never swim on a full stomach.