WATER SAFETY

Staying safe near open water

Do

- Swim in places with a lifeguard where you can
- Go with a friend and tell someone your plans
- Respect cold water - it can take your breath away
- Look for currents, hidden objects and steep edges

Avoid

- Jumping in without checking the depth
- Swimming alone or after drinking alcohol
- Using inflatables out of your depth
- Going in to rescue someone - get help

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