

US Army Corps of Engineers.

SWIM SAFELY IN OPEN WATERS

(LAKES, RIVERS, ETC.)

Swimming in open water is different and more difficult than in a swimming pool. You can tire more quickly and get into trouble due to waves, current, lack of experience, exhaustion, or your abilities have decreased.

DROWNING IS SILENT

The four signs of drowning are head back, mouth open, not yelling, and arms slapping the water surface.



DROWNING IS QUICKIt can take 20 seconds for a child to drown and 60 seconds for an adult to drown.



3RD Leading Cause

Of Unintentional Injury Death For Adults Ages 18 - 44,

5TH Leading Cause For Adults Ages 45 – 64, And

8[™] Leading Cause For Adults Ages 65+1

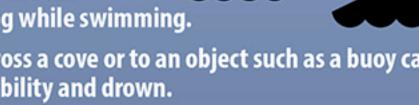
EVEN GOOD SWIMMERS DROWN

of USACE public recreation fatalities are associated with swimming in areas not designated for swimming, including swimming in association with boats. ²

GAMES CAN BE DEADLY

Shallow water blackout can occur and kill while holding your breath too long while swimming.

Challenging someone to swim across a cove or to an object such as a buoy can cause them to exceed their swimming ability and drown.



SWIMMING UNDER THE INFLUENCE OF ALCOHOL/DRUGS

You can suffer an inner ear condition (Caloric Labyrinthithis) if you swim, jump, or fall underwater while under the influence of alcohol/drugs that causes you to become disoriented and not know which way is up.



LIFE SAVING TIPS



Wear A Properly Fitted Life Jacket When Swimming, Floating, Playing, Or Wading In Open Water



Ask Others To Wear Their Life Jackets



Swim With A Buddy, **Never Swim Alone**



Learn To Swim And Float Well

When Your Boat, Beach Ball, Or Some Other Object Floats Away Please Let It Go Or Wear A Life Jacket To Retrieve It



- 1 Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
- 2 Source: U.S. Army Corps of Engineers (USACE), National Operations Center for Water Safety