

# WATER SAFETY RULES



**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 farther than or hold your breath  
longer than you are able to.



Jump  
in  
feet  
first.

Don't  
enter  
cold  
water.



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



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, but not least...

**FOLLOW THE RULES!**