



Keep cool and stay safe around the water this summer



- ✓ Always keep children within arm's reach in and around the water.
- ✓ Ensure children and weaker swimmers wear properly fitted lifejackets or personal flotation devices (PFD) in and around the water.
- ✓ Don't swim alone. Always swim with others who know how to swim.
- ✓ Swim in areas where lifeguards are on duty.
- ✓ Be aware of the limits of your swimming abilities.
- ✓ Stay sober. Do not use alcohol, cannabis or drugs when swimming or supervising others in the water.
- ✓ Be aware of the conditions where you swim. Watch for currents and changes in the lake or river bottom.
- ✓ Make sure you and your family members learn to swim.
- ✓ Keep your phone close when you are at a pool and know what to do in an emergency, including CPR and calling 911.
- ✓ Enjoy safe boating. Make sure everyone is wearing the correct sized life jacket or PFD for all water activities.



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今夏保持凉爽， 并在水边注意安全

- ✓ 在水中及水周围始终让孩子在您伸手可及的范围内。
- ✓ 确保孩子和游泳能力较弱的人在水中及周围都穿戴合身的救生衣或个人漂浮装置。
- ✓ 不要独自游泳。请始终与其他会游泳的人一起游泳。
- ✓ 在有救生员执勤的区域游泳。
- ✓ 意识到自己游泳能力的局限。
- ✓ 保持清醒。在游泳或监督他人在水中活动时，不要服用酒精、大麻或毒品。
- ✓ 注意您游泳的环境。留意湖泊或河流底部的水流和变化。
- ✓ 确保您和家人都学会游泳。
- ✓ 在游泳池时，请将手机放在身边，并知道紧急情况下该怎么做，包括进行心肺复苏 和拨打911求助。
- ✓ 安全地享受划船活动。确保每个人在进行水上活动时都穿戴合适尺寸的救生衣或个人漂浮装置。



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