

REC WATER SAFETY



Important Pool Protocols

- Pools and facilities can harbor pathogens that make you sick
- Shower before and AFTER swimming. Even 1 minute can wash off most of contaminants
- Don't dive into shallow water
- Pay attention to depth markings, if unclear, don't dive



YMCA Swimming Top 10

1. Never swim alone
2. Supervise children – teach them to ask permission to go near water
3. Don't play breath-holding games
4. Young children should always wear a life vest
5. Don't jump in the water to save someone
6. Enter the water feet first
7. Stay away from pool drains
8. Stay within designated areas
9. No alcohol
10. Learn CPR

Boat Safety Top 10

1. Be prepared with a boat safety kit
2. Have U.S. Coast Guard approved life jackets
3. Check the weather beforehand
4. Don't overload the boat with people/equipment
5. Check for harmful fumes
6. Use common sense on the water
7. Follow proper anchoring procedures
8. Follow proper docking procedures
9. Take a boating safety course
10. Get your boat checked

For more information on rec water safety visit:

<https://emergency.oregonstate.edu/emergency-management/preparedness-topics>

<https://www.ready.gov/>