

# SWIMMING SAFETY



**Swim with a buddy!!** NEVER swim alone! Know the area and don't exceed your swimming ability. Your best bet is to swim in a controlled area monitored by a lifeguard.

**Check water before diving.** Shallow depth and hidden debris are always considerations when swimming. Do not dive into unfamiliar waters or dare others to do so.

**Know your swimming ability.** If your swimming area has strong currents, don't fight them, swim parallel to the shore and angle yourself in instead of swimming directly against the current.

**50-50-50 Rule!** You have a fifty percent chance of swimming fifty yards in 50 degree water.

Water temperature is a concern in many of the northern climates. Blood vessels constrict in the cold, your body loses heat, and you can develop an oxygen deficiency that causes unconsciousness and ultimately drowning. Contrary to popular belief, alcohol intensifies this effect.

**92 ARW Safety Office**

