

# WATER SAFETY ESSENTIALS



★ In an emergency:  
★ **CHECK**

- \* Check the area is safe
- \* Check victim for injuries and consciousness

★ **CALL**

- \* Notify a lifeguard -or-
- \* Call 9-1-1

★ **CARE**

- \* Give appropriate care and stay with the victim

## 1 Before Swimming:

- Select a swim location within designated areas
- Ensure lifeguard is on duty
- Remember important safety equipment and look for them in public swimming areas

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## When Swimming:

- Always swim with someone
- Enter feet first if you do not know the depth of the water
- Supervise children swimming or playing near water
- Do not swim while eating or chewing gum
- Do not swim while under the influence of alcohol or drugs
- Know your swimming limits and stay within them



CONTINUE

## **Beach Safety!**

**3**

- Check local weather conditions to determine water safety
- Know how to prevent, recognize, and care for heat emergencies
- Look out for marine life
- If caught in a current, swim parallel and gradually to shore
- Always make sure you have enough energy to swim to shore



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## **Helping Someone in Trouble:**

- Reach or throw, **DON'T Go!**

### **REACH:**

- Lay on your stomach
- Reach out with your arm or an object
- Lean back to pull the person to safety



### **THROW:**

- Stand in a stride position
- Throw the object past the person, & allow the current to push it toward them
- Lean back to pull the person to safety



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## **What to Avoid!**

- Do not play in flood channels; the walls are very slippery and steep, making it hard to get out
- Do not swim in flood channels; a few inches of moving water can sweep a person away quickly
- Avoid swimming near piers, pilings, and diving platforms
- Do not swim if you feel:
  - too tired
  - too cold
  - too far from safety
  - too much sun
  - too much intense activity

Learn to swim & more on water safety!

**LAUSD Beyond the Bell Branch**

**(213) 241-7900**

[btb.lausd.net/swim](http://btb.lausd.net/swim)

**Free Classes!**

