**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

**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

**In an emergency:**
- *Check the area is safe*
- *Check victim for injuries and consciousness*
- Notify a lifeguard *or*
- Call 9-1-1
- Give appropriate care and stay with the victim
**Beach Safety!**

- 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

**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

**Helping Someone in Trouble:**

**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

Learn to swim & more on water safety!
LAUSD Beyond the Bell Branch
(213) 241-7900
btb.lausd.net/swim
Free Classes!