

Staying safe in the water



Make sure you know what's hidden before you get into the water

*Make a planned dive



Planned dives after thorough investigation of the water can minimize risk.

*Wear life jackets



Always include life jackets when boating or kayaking.

*Prepare for unexpected currents



Ocean undertows can pull you under, waves can knock you over, and you can encounter sudden drop-offs.

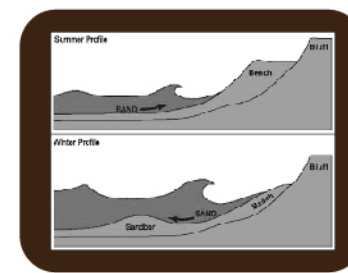
-Lakes

In lakes, that may seem less intimidating, there are also drop offs, underwater obstructions and unexpected currents.



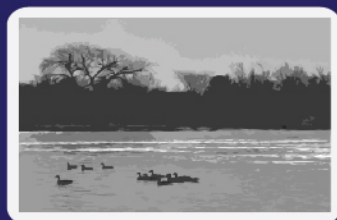
-Sandbars

Sandbars can hide what may seem like a safe dive into water that is much shallower than what it appears. Most deaths occur in oceans and rivers involving jumping or diving. Others involve no use of a life jacket or alcohol use.



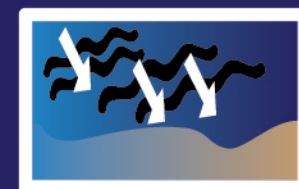
-Rivers

Rivers can have rapids, hidden boulders and hydraulic jumps that can create churning waters known as "drowning machines".



-Drowning machines

These machines can create a dangerous situation when water flows over a low-head dam. As the stream of water flows over the dam it drops into the water below creating a backwash or a current.



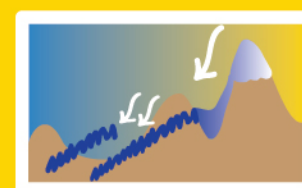
-Rain or silt

Rain can change underwater conditions rapidly or create silt that can trap feet.



-Mountain run off

When mountains have winter snowmelt, rivers run faster, deeper, and hide more boulders and silt.



REMEMBER: Natural water settings are not your calm swimming pool. Make sure you know what's hidden before you get into the water!