

# Swimming and Boating in Oceans, Lakes and Rivers Safety Checklist

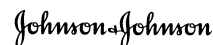
For Kids

- Always swim with an adult watching you.
- Always wear a life jacket (also called personal flotation device or PFD) approved by the U.S. Coast Guard when you're on a boat, in or near an open body of water or when participating in water sports. The life jacket should fit snugly and not allow your chin or ears to slip through the neck opening.
- Learn to swim.
- Learn how to tread water, float and swim out of a cross-current ("rip-tide").
- Never drive a personal watercraft (such as jet skis).
- Never dive in water less than nine feet deep.
- Only swim in areas designated for swimming.
- Don't dive into oceans, lakes or rivers because you never know how deep the water is or what might be hidden under the surface of the water.



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