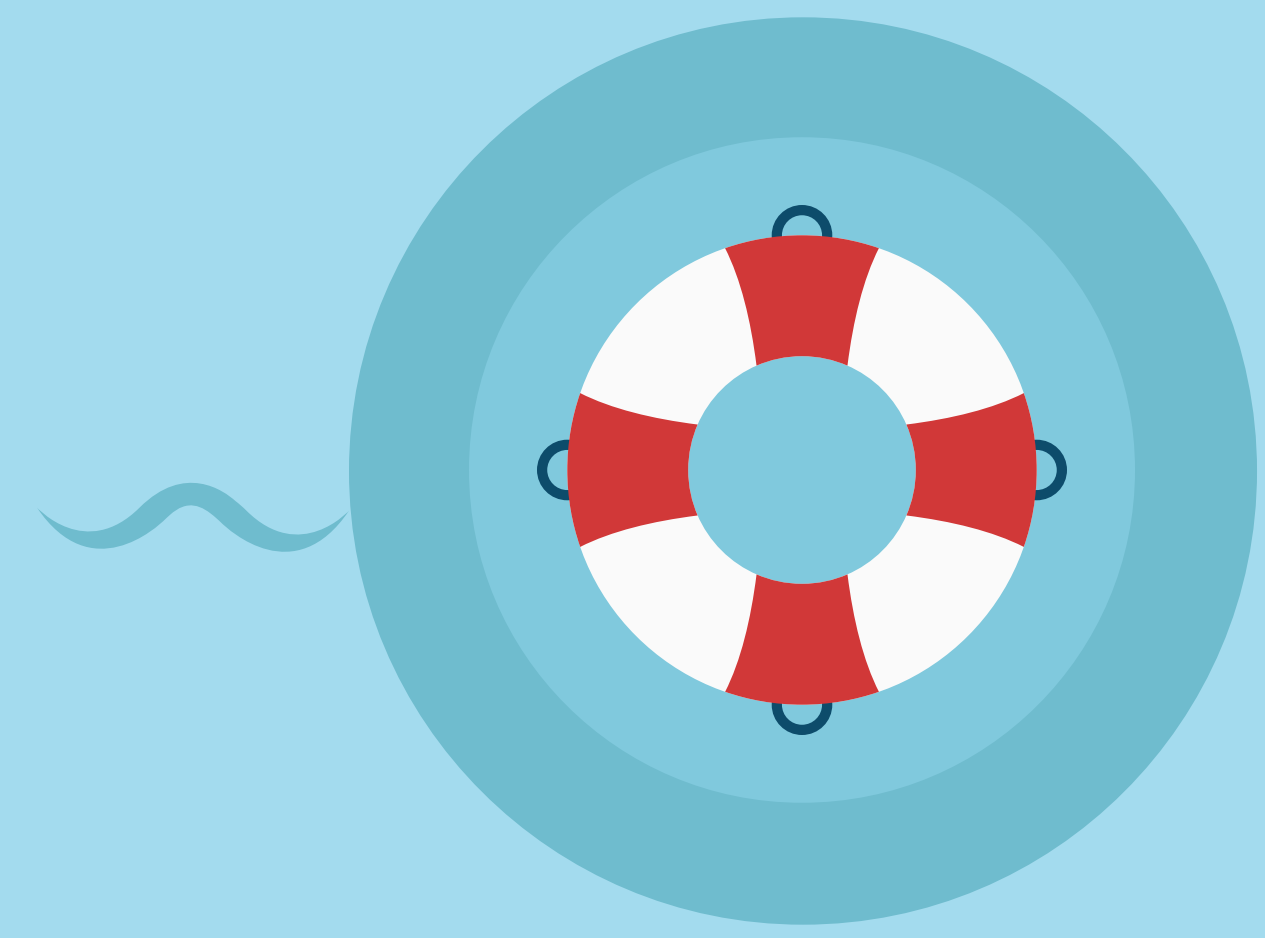




Water Competence



Become water competent to be safer on, in, or near water this summer

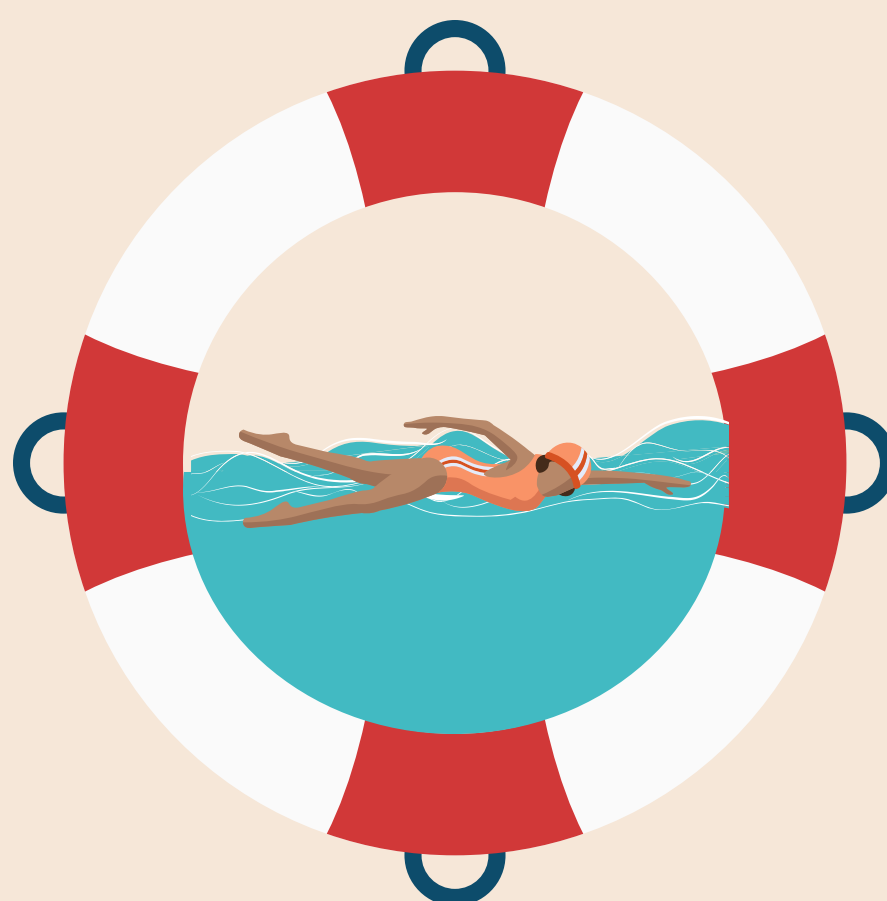
3 Elements of Water Competence

Why is water competence important? Drowning is a major cause of accidental death, partly because many people underestimate the risks and overestimate their ability, or that of their children, in water.



Water Smarts

...means knowing your limitations, swimming in safe areas, knowing how to handle common water hazards, & wearing a life jacket



Water Skills

...means safely entering water over your head & resurfacing, controlling breathing while floating or treading water & swimming at least 25 yards, & exiting the water



Helping Others

...means providing close supervision to anyone in your care, knowing the signs of drowning, knowing how to safely rescue others, and learning CPR

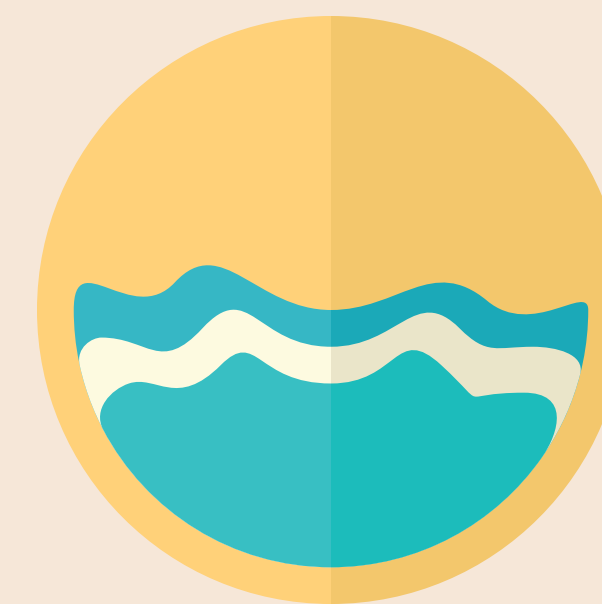
Common Hazards



Swimming without supervision, such as lifeguards or water watchers



Unsafe activities, like diving in shallow water and horseplay



Rip currents at surf beaches



For More Details on Becoming Water Competent

Visit watersafetyusa.org

