



SWIMMING SAFETY

TIPS & TRICKS FOR SAFE WATER ACTIVITIES

TIDES

High tide is when the water level reaches its highest point and can be treacherous when rising. Tides can create a variety of dangerous conditions such as rough waves or strong currents. Always check the tides before you go out and stay alert to changing conditions.

SWIMMING SKILL

Swimming skills vary from person to person. Marines and their families must know if they are fit to participate in recreational water activities and what precautionary measures they should take to stay safe in the water.

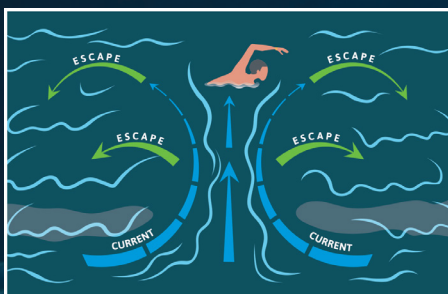
DIVING

Shallow-water diving can lead to devastating injuries! When diving, make sure the water is deep.

- Never dive head first unless you have 10 to 12 feet of clear visibility.
- Always jump feet first if the water is less than 10 feet deep or the depth is unknown.
- Never jump or dive when there is poor visibility.
- Never dive into an above ground pool.
- Remember that water levels in lakes, rivers, and beaches can change over time.

MITIGATING SWIMMING RISKS

- Never allow young children to swim without adult supervision.
- Never swim when you are tired, under the influence of alcohol, drugs, or medication.
- Know and be aware of your swimming limitations and capabilities.
- Locate and familiarize yourself with warning signs.
- Stay out of the water severe weather.
- Wear proper safety equipment.



RIP CURRENTS

Rip currents are strong, narrow currents flowing outward from the beach through the surf zone, presenting a hazard to swimmers. Rip currents can pull you away from the shore and knowing how to respond can save your life. Never swim straight against the riptide. Instead, swim at an angle with the flow of the water. This will get you out of the current and allow you to return to shore.