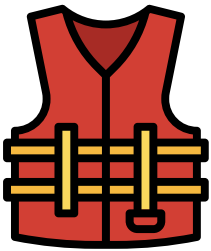


# WATER SAFETY

As the temperatures get warmer and we spend more time in the water – whether that's boating, swimming, fishing or just sitting by the pool – here's some things to remember so you can stay safe and healthy while spending time with family, friends, and nature.



## WEAR LIFE JACKETS

- Wear a U.S. Coast Guard-approved life jacket when boating or participating in other recreational activities on the water (Ex. paddleboards, kayaks, jet skis, and other motor craft).
- Keep weak and non-swimmers in life jackets when they are in AND around water.



## WATCH CHILDREN

- Always supervise children closely. Do not read, talk on the phone, or engage in any other distracting activity while watching children in or around water.
- Designate an adult to watch children in the water and take turns.
- Keep young children and inexperienced swimmers within arm's reach of an adult.



## POOL PRECAUTIONS

- Lock or use doorknob covers or an alarm with doors leading to pools and/or backyard.
- Empty smaller pools and take out ladders after use each time.
- Use pool covers when applicable.

## NATURAL WATER: RIVERS, LAKES, OCEAN

### Teach teenagers and young adults:

- Always enter water feet first.
- Always swim with someone else and in designated areas.
- Don't drink alcohol. Keep drinking and other substances in check and monitor for friends who may have had too much.
- Know the local weather conditions and forecast.
- Reach, Throw, Don't Go....Call for help!



SCAN FOR MORE WATER SAFETY TIPS:



# LOCAL RESOURCES

## SWIM AND WATER SAFETY CLASSES

### Chapel Hill-Carrboro YMCA:

- Offers swim lessons for all ages and scholarships to reduce costs.
- Call the Customer Service Team: **919-719-9622** to find out about scholarships.
- Visit [www.ymcatriangle.org/programs/swim](http://www.ymcatriangle.org/programs/swim) to register.

### Swim for Charlie Program:

- All 2nd grade **Orange County Schools** students are eligible to take free swim lessons at the Orange County SportsPlex during school hours.
- Visit [swimforcharlie.org/](http://swimforcharlie.org/) for more information.

### Homestead Aquatic Center/Chapel Hill Community Center:

- Offers year-round swim lessons for all ages.
- Financial assistance available through paper and online application.
- Additional summer public pool at Hargraves Community Center.
- Visit [townofchapelhill.org/government/departments-services/parks-and-recreation](http://townofchapelhill.org/government/departments-services/parks-and-recreation)

### Orange County Sportsplex (Hillsborough):

- Offers year-round swim lessons for all ages.
- Visit [oc-sportsplex.com/aquatics/hillsborough-swimming-school/](http://oc-sportsplex.com/aquatics/hillsborough-swimming-school/)

### NC Wildlife Resources Commission:

- Offers boating safety classes throughout the state.
- Visit [register-ed.com/programs/53](http://register-ed.com/programs/53) to register.

### Orange County Department of Social Services Youth Enhancement Fund:

- Provides financial assistance for youth activities, including swim lessons.
- Visit [orangecountync.gov/3113/Youth-Enhancement-FundFinancial](http://orangecountync.gov/3113/Youth-Enhancement-FundFinancial)

## CPR AND FIRST AID CLASSES

- **South Orange Rescue Squad:** Free in-person CPR and first aid classes for public and professionals [sors.us/cpr](http://sors.us/cpr).
- **American Red Cross:** Online and in-person classes [redcross.org/take-a-class/cpr/cpr-training/cpr-classes](http://redcross.org/take-a-class/cpr/cpr-training/cpr-classes).
- **American Heart Association:** Online and in-person classes [cpr.heart.org/en/](http://cpr.heart.org/en/).

SCAN FOR MORE LOCAL RESOURCES:

