

COLD WATER

Immersion in cold water can cause the effects of hypothermia to begin within minutes. Losses of dexterity and muscle coordination are some of the early signs which will adversely affect a person's ability to swim.

ALTTITUDE Coupled with cold water immersion and increased breathing rates will exhaust a swimmer many times faster than normal.

ALCOHOL

Alcohol use is involved with up to 50% of adolescent and adult drowning. Alcohol effects balance, coordination and judgment; all of which are compounded by environmental factors such as heat and cold exposure.

INVISIBILITY

A swimmer in the water is almost invisible to a boat operator, even in ideal conditions. Avoid high traffic areas such launch ramps and marinas.

STAY WITHIN 50^{FT} OF SHORE All swimmers must stay within fifty feet of the shore or twenty feet of a private dock. Swimmers may parallel the shore within this area should they wish to swim greater distances.

NATIVE VEGETATION

Aquatic plant growth can cause unprepared and distressed swimmers to panic. Always survey the area where you will be swimming.

never **swim** alone

Use the buddy system and never overestimate your abilities!