

**LESSON 1:
LEARN TO SWIM!**

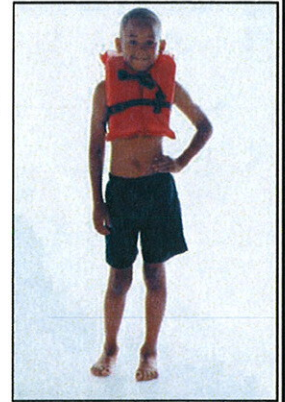
You should learn how to swim BEFORE playing in or around water...this means lakes, rivers, streams, canals and pools.



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**LESSON 2:
WEAR A LIFEJACKET!**

Always wear a properly fitting U.S. Coast Guard-approved life jacket when on a boat...it can not only save your life, it's the law.



**LESSON 3:
LEARN TO FLOAT!**

Learning to float lets you conserve energy while waiting calmly for rescue. Look around for someone nearby and yell for help. Look for something big enough to help keep you afloat.



TO
HELP
KEEP
YOU SAFE...

...IN
AND
AROUND
THE WATER

**LESSON 4:
LEARN TO RESCUE SAFELY!**

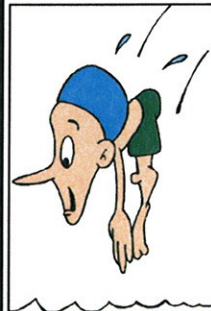
Learn to rescue others safely.

REACH...
THROW...
ROW...
GO!



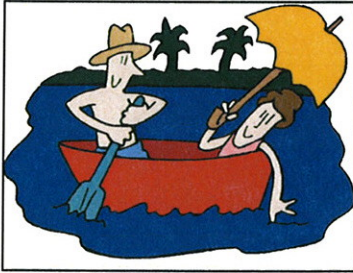
**LESSON 5:
LOOK BEFORE YOU LEAP!**

Always look for dangers in the water before jumping in! This means things you CAN see (like other people) and things you CAN'T (like rocks, stumps and the bottom of the pool or river).



LESSON 6:
**DON'T OVERLOAD
YOUR BOAT!**

Don't overload your boat, with people and equipment, and learn to "*balance and counterbalance*".



LESSON 7:
STAY WITH YOUR BOAT!

If you fall overboard, stay with your boat. It will help keep you safe and calm, and makes you easier to see to others.



LESSON 8:
**LEARN THE
BOATING RULES
OF THE ROAD!**

There are "rules of the water", for boats and swimmers, just like there are "rules of the road" for cars and drivers.



LESSON 9:
**ALCOHOL, DRUGS AND
BOATING DON'T MIX!**

Don't drink alcohol or use other drugs while boating, or go with an adult has been using drugs or alcohol! **You or someone else could get hurt...or killed!**



LESSON 10:
**KEEP OUR
WATERWAYS CLEAN!**

Would you want to swim or play someplace like this????



Don't be a litterbug!