

Ocean Swimming Safety



Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim--this includes adults and children. The American Red Cross has swimming courses for people of any age and swimming ability. Contact your local Red Cross chapter for information on courses. If you are going to swim in the ocean, remember the following:

- Stay within the designated swimming area, ideally within the visibility of a lifeguard.
- Never swim alone.
- Check the surf conditions before you enter the water.
- Check to see if a warning flag is up or check with a lifeguard for water conditions, beach conditions, or any potential hazards.
- Stay away from piers, pilings, and diving platforms when in the water.
- Keep a lookout for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants. Leave animals alone.
- Make sure you always have enough energy to swim back to shore.
- Don't try to swim against a current if caught in one. Swim gradually out of the current, by swimming across it.

