

When you're ready to swim,  
remember to

# F. L. O. A. T.



**F**

## FIND A BUDDY

Don't swim alone; stay together!



**L**

## LIFE JACKETS

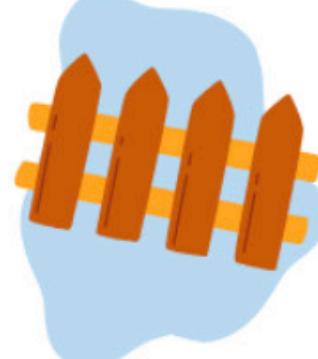
Inexperienced swimmers should wear a U.S. Coast Guard-approved life jacket that's properly fitted.



**O**

## OBEY BARRIER RULES

Follow guidelines about unauthorized barrier use.



**A**

## ADULT IS WATCHING

Children should swim under adult supervision and never be left unattended near water.



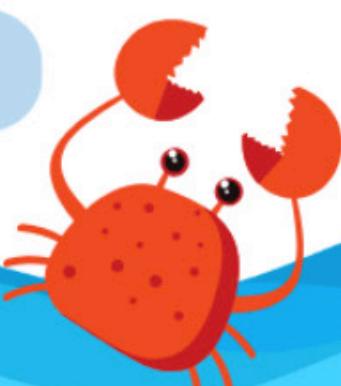
**T**

## TAKE SWIM LESSONS

Learning to swim is a life saving skill.



**Be water safe this summer!**



Wear U.S. Coast Guard-Approved

# Life Jackets



## Life Jacket Categories:

### INFANT

users with a weight less than or equal to 33 lbs

### CHILD

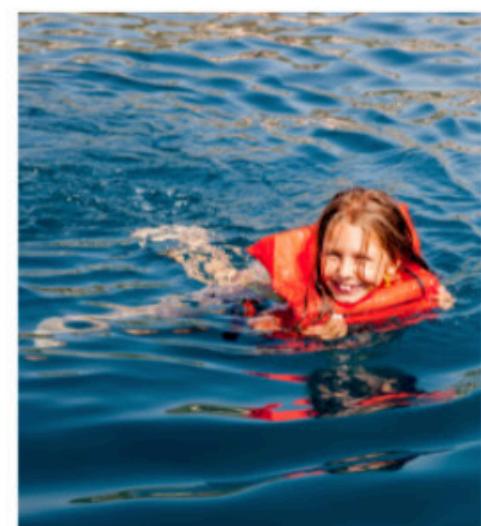
users with a weight over 33 lbs and less than or equal to 55 lbs

### YOUTH

users with a weight over 55 lbs and less than or equal to 88 lbs

### ADULT

users with a weight over than 88 lbs



## Things to Know:

- The **best** life jacket is the one you will **wear**.
- Some styles of life jackets are **not** intended for **weak** or **non-swimmers** (**read the label** and **be honest**).
- When **worn correctly**, a foam-filled life jacket will **fit snugly**, and will **not** allow the life jacket to rise above the wearer's **chin** or **ears**.

**Be water safe this summer!**





# TIPS TO PREVENT **DROWNING**

Learn basic swimming and water safety skills

Build fences that fully enclose pools

Supervise children closely

Wear a life jacket

Learn CPR

Avoid alcohol near water

Use the buddy system

Consider effects of medications