

OPEN WATER SAFETY

FOR TEENS



TEENS AND YOUNG ADULTS ARE MOST LIKELY TO DROWN IN...

- Lakes
- Canals
- Rivers or Streams
- Oceans
- Reservoirs
- Retention Ponds



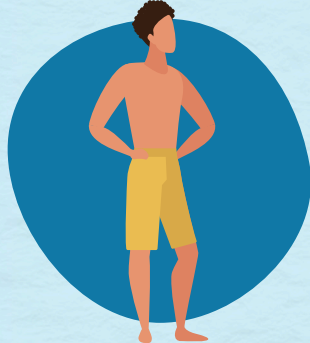
70%

of the deaths associated with water recreation are caused by alcohol use among adolescents and adults.



50%

of drownings above the age of 15 happen in natural water.



80%

of drowning victims are male.



83%

of boating-related drowning death victims were not wearing a life jacket.

OPEN WATER SAFETY PRECAUTIONS

- Know weather and water conditions
- Swim only in a designated area
- Always wear a USGC-approved life jacket when in, on, or around open bodies of water
- Learn to swim
- Always swim near a lifeguard, if possible
- Never swim alone
- Know CPR with rescue breaths
- If struggling with a rip current, swim parallel to shore
- Follow the boating best practices (float plan, pre-departure checklist, know signs of heat stroke, know basic hand signals)

For More Information Visit [NDPA.org](https://www.ndpa.org)

