

# SAFETY TIPS: WATER SPORTS SAFETY



As the weather heats up, so does the activity in area waters. American Medical Response (AMR) reminds you to be safe when boating and swimming in open water areas.

While drowning accidents can happen any time of the year, incidents increase during warm weather months when more people enjoy water recreation. Most drowning incidents occur in open water, lakes, rivers, ponds and the open sea where lifeguards are limited.

## A few simple but vital steps to keep you safe while boating:



Always wear a life jacket or personal flotation device



Learn to swim



Take a boating safety course



Never stand up in your small powerboat, canoe or similar watercraft



Avoid alcohol use



Don't overload your boat



Check the weather forecast before heading out



Use common sense and operate responsibly

For more information visit [amr.net/safety](http://amr.net/safety)

[www.amr.net](http://www.amr.net) | 855.267.0911

