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
- Take a boating safety course
- Avoid alcohol use
- Check the weather forecast before heading out
- Learn to swim
- Never stand up in your small powerboat, canoe or similar watercraft
- Don't overload your boat
- Use common sense and operate responsibly

*For more information visit amr.net/safety*