

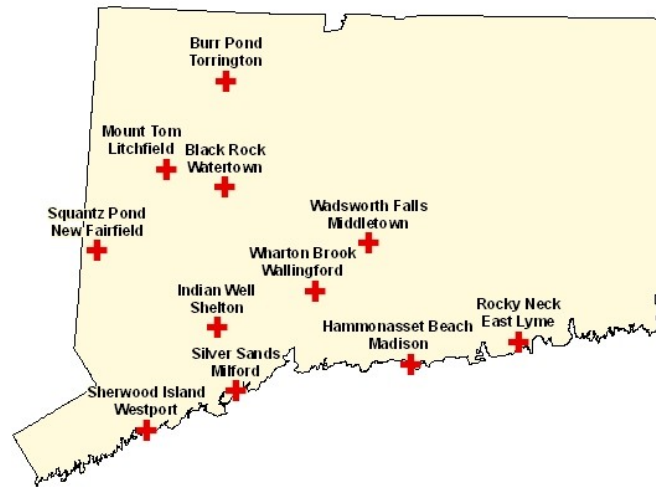
Remember...

- ◆ Always swim in designated areas
- ◆ Parents- watch your children
- ◆ Be careful of underwater hazards
- ◆ Water and Alcohol DON'T mix

Swim Safely This Summer!



Map of Guarded State Park Swimming Areas



**Connecticut Department of Environmental Protection
Bureau of Outdoor Recreation
State Parks Division**

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Water Safety Tips



Stay safe in the water !

Water Safety Words to the Wise

Our State Parks offer many beautiful places to go swimming and boating, from lakes and rivers to the shoreline.

Water-related activities are some of the most enjoyable ways for adults and children to spend time together.

Each year millions of people enjoy our state waters without incident. Unfortunately, a number of swimming incidents and boating accidents occur every summer. In fact nine people drown in the U.S. every day and drowning is the leading cause of injury-related deaths for American children. Open water swimming has more risks associated with it than swimming in pools or at water parks. The major cause of boating accidents is collisions with other boats, and the major cause of boating fatalities is drowning.

Keeping Safe While Boating

The majority of boating fatality victims who drown are not wearing a lifejacket, also called a Personal Floatation Device (PFD). Remember whether you are getting on a large speedboat, jet ski, canoe or kayak- **“A LIFEJACKET FLOATS! YOU DON’T! SO WEAR IT!”**



Other Precautions You Can Take

Drink Responsibly. Excessive alcohol consumption impairs judgment and reaction ability. This can result in serious or fatal accidents during boating or swimming. Even prescription drugs may impair judgment.

Parents Watch your Children. It only takes seconds for a child to drown, and this can occur silently once they’ve gone underwater. Please watch your children when you are in or around water.

Be Aware of Underwater Hazards. Natural swimming areas can have sudden drop-offs. Diving and jumping into unknown waters can be hazardous. Please be careful of these unseen dangers.



Take a swimming lesson.

Everyone should learn to swim at any age. Knowing how to swim can help save your life. Consider signing up for a swimming class offered at your local YMCA branch or American Red Cross Chapter.

Swim in Guarded Areas.

There are lifeguard squads at eleven state park beaches across the state. Our guards are trained in lifesaving techniques. Guards are typically on duty from 10 am through 6 pm daily from Memorial Day through Labor Day. For the guarded park closest to you please see the map on back.



Swim only in the designated areas, and stay where the lifeguards can see you!

