

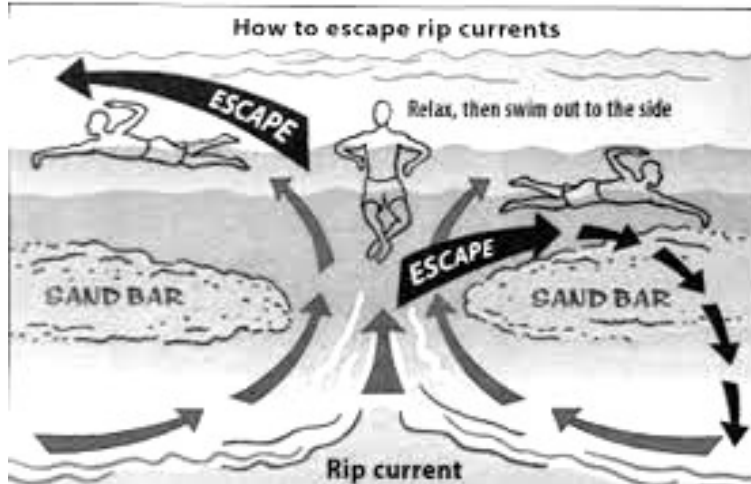
# Water Safety



## Lesson 3 Don't Over-do It

Everyone needs to remember that: **too much of a good thing can become a bad thing!** Enjoy the water - but don't overdo it !!

**Currents and Undertows:** Water is a powerful force! When it is in motion, give it respect! Its strength can be greatest as it passes between islands (through cuts)

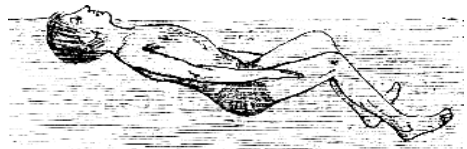


or when it strikes hard against steep shores. Waves are fun to play in. But remember - they can roll like steam rollers, pulling you under or pushing you into sharp objects!! A "rip current" may try to pull you out to sea. **Don't fight it!** Swim at a right angle to it until you are safely out of the "grip of the rip"!

Study this picture and the notes below for how to escape being pulled to sea:

- ▶ Keep feet on the bottom when in strong surf conditions.
- ▶ **Remain calm** if a rip current begins to pull you from shore.
- ▶ Call for help immediately if you can't swim well.
- ▶ If you regain your footing try moving inward!
- ▶ Otherwise, swim **parallel** to the shore until you are out of the current.

**Fatigue and cramps:** If you become too tired to swim, or a muscle cramp occurs (usually in a leg, but may be arm or chest) try floating on your back with your head facing **upward**. Relax!! Best advice:



**don't swim too long**, and wait awhile after eating before entering the water!



**Recite your memory verse and the saying.**

**Now learn these 3 steps to escape a rip current:**

Stay **CALM** + **CALL** out + **CIRCLE** to shore