

DROWNING IS THE SECOND LEADING CAUSE OF ACCIDENTAL DEATH IN PEOPLE AGES 5 TO 24

WATER WATCHER

- It is easy to be distracted at the lake.
- It takes only TWO minutes to drown.
- Take turns using a Water Watcher Card to identify which adult in your group is watching the events in the water.



For water safety tips please visit Safe Kids USA at:
www.usa.safekids.org/water

It's a pretty sure bet they'd rather have you safe and alive!

SWIMMING SMARTS

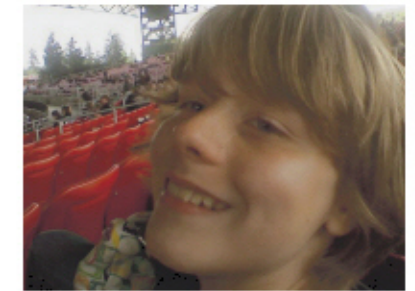
"Buddy Up!": Even experienced swimmers can become tired or get muscle cramps. When people swim together, they can help each other or go for help in case of an emergency.

Know Your Limits: Swimming can be a lot of fun -- and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers. That can be hard, especially when your friends are challenging you if you are a good swimmer and have had lessons, keep an eye on friends who aren't as comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while.

Drink Plenty Of Fluids: It's easy to get dehydrated in the sun, particularly if you're active and sweating. Keep up with fluids -- particularly water -- to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.

Getting Too Cool: Your body temperature drops far more quickly in water than it does on land. Monitor yourself when swimming and leave the water if your body starts to shiver or your muscles cramp up.

Have Fun!: Wildcat Lake is a great place to learn new skills, socialize, and hang out with friends. Don't let paying attention to safety turn you off. Being prepared will make you more comfortable and in charge.



In Memory Of
Trenten Morris
July 31, 1995 - July 30, 2009

Trenten was strong, smart and not a risk taker. His death devastated those who knew him.

The family and friends of Trenten maintain this board in hopes that your family will not have to go through this tragedy.

Have fun, swim safe, and enjoy tomorrow.

Please return lifejackets at the end of the day to help tomorrow's swimmers.
Thank You

Brought to You by:



For more information, check out our Facebook site at "Kitsap Safe Swimmers Project"

To make a donation and help us continue for years to come:
Please mail a check to: