

# swimSAFE

## Know Lake Tapps

It's from a glacier

It's really cold – 55 degrees! Your body loses heat 30 times faster in water

The colder the water the quicker cold water incapacitation will occur

- Everyone's at risk, especially the elderly, children, people with lower body fat
- Males (whose bodies generally cool faster than females) are at greater risk
- An average adult has a 50% chance of surviving a 50 yard swim in 50 degree water

## Know your limits

Drownings happen when you

- Are too cold
- Are too tired
- Are too far from safety
- Have had too much sun
- Have had too much strenuous activity
- Don't know how to swim well
- Use alcohol or drugs
- Don't wear a life jacket

## Know how to protect yourself and your loved ones

Weather and water conditions change quickly. No matter how good a swimmer you are, the water can overpower your skills. Swim safe!

- Wear a life jacket when boating, tubing, and rafting
- Wear a life jacket when swimming where there are no lifeguards
- Watch for shivering, altered judgment, blue fingers, toes or lips
- Learn how to swim
- Learn CPR
- Know what to do when in trouble

## In an emergency

Do not hesitate, immediately call **911**

Lake Tapps photo by Janice Thomas.



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