



SAFE COMMUNITY COALITION

Water Safety

Boating safety

- Always wear your life jacket! It floats, you don't.
- Take a boating safety class from the DNR, United States Power Squadron or the Coast Guard Auxiliary.
- Never take a boat out without permission from an adult.
- Always tell someone where you are going.

Personal watercraft safety

- Personal watercraft (PWC) safety operators must wear Coast Guard-approved life jackets.
- No one younger than 16 may operate a PWC unless they have taken boat safety.
- Always keep the safety stop lanyard connected in the event you fall off.
- Attend a boating safety course.

- Stay at least 200 feet away from all shorelines when at greater than slow-no-wake speed.
- Keep away from swimmers.

Swimming safety

- A child should obey the following swimming rules:
 - Always swim with a buddy who can swim.
 - Always swim where there is a lifeguard, and obey him or her.
 - Never bring sharp objects or glass into the water.

Written by: Meriter Hospital, Dane County Sheriff's Office, American Red Cross, SwimWest Family Fitness Center, Wisconsin Department of Natural Resources - Conservation Wardens



Sun Safety

- Limit time in the sun. Sunlight is strongest between 10 a.m. and 4 p.m.
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher whenever you spend time outdoors.
- Wear sunglasses with UV protection.
- Choose a sunscreen that blocks both UVB and UVA rays. Apply liberally every two hours.

- Wear comfortable lightweight clothing that covers the body and a hat with a brim that shades the face and ears.
- Babies under six months old should stay out of the sun.

Written by: Dane County Division of Public Health



For more information, contact the Safe Community Coalition at (608) 256-6713, or email scc@safecommunitycoalition.org.