1. **Lifeguards Keep Us Safe**
Lifeguards are there for your protection, so only swim where lifeguards are present, follow directions, and always swim with a buddy, friend, or parent.

2. **Learn to Swim**
It’s never too early—or too late—to learn to swim! Learn about free and low-cost swim lessons by visiting nyc.gov/parks.

3. **Never Leave Children Unattended**
Teach children the importance of water safety and stay within arm’s reach while swimming. Never leave children unattended near water, even when lifeguards are present.

4. **Obey All Posted Signs and Flags**
Read all signs and follow the directions of lifeguards. Swimming is only permitted in designated areas and never allowed when a red flag is posted at the beach.

5. **Watch for Dangerous Waves and Rip Currents**
If you are caught in a rip current, do not panic. Stay calm and swim parallel to the shore. Once away from the current, return to the beach.

6. **Stay Alert and Aware of Your Surroundings**
Be careful not to swim tired, cold, or far from safety, and never use alcohol while swimming, boating, or supervising children near water.

7. **Wear a Life Jacket when Boating**
Even expert swimmers should wear a life jacket while boating. Never use air-filled or foam beach toys instead of a life jacket.

8. **Don’t Take Unnecessary Risks**
Never go wading unless swimming is permitted and be cautious of deep water. The first time you enter the water, ease in or walk in—do not jump or dive.

9. **Be Safe in the Sun**
When at the beach, pool, or park this summer, wear sun screen, drink plenty of fluids, and wear light and loose-fitting clothing to stay cool.

10. **Know Before You Go**
Check weather conditions and get real-time beach opening and water quality information by visiting nyc.gov/parks or calling 311.