# Beach Safety



## Here's what you can do to be safe and have fun at the beach!

- If you're a new swimmer, stay shallow. Don't go past your belly button. Swim with a buddy.

- Remember, inflatables and life jackets are not as safe as adult supervision.

- Look before diving. Lakes contain hidden hazards like rocks, ledges and logs.

- Be sun safe. Wear sun screen and a hat. Drink lots of water.

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for more information
**www.crd.bc.ca/parks**