

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.



Capital Regional District
PARKS

Call (250) 478-3344
for more information
www.crd.bc.ca/parks