



Water Safety

Water safety is an interactive community that puts challenging and fun online activities, and links to useful information, right at your fingertips.

Safety Resources

- Water Safety
- Boating Safety
- Naval Safety Center
- Basic Water Safety
- National Water Safety Program
- Water Safety Tips
- United States Army V Corps - Safety
- DOC - Water Related Injuries
- USCGA - Boating and Fire Safety Division
- Recreational Water Safety
- North American Safe Boating Campaign
- River Safety Tips
- National Safe Boating Council
- National Water Safety Congress
- Summer Safety Tips
- Pool Safety Publications

Driving Safety

- Home Safety
- Gun Safety
- Tire Safety

Related Videos

- 4/3/2009 Jet Ski Safety
- 4/3/2009 Boat Safety 11 Jet Ski and Water Skiing Rules
- 4/3/2009 Beach Safety

Swimming
Minimum POWER Maximum
Wind: 7 mph Score: 0
WELCOME! to Water Safety
Water Safety is an interactive community that puts challenging and fun online activities, and links to useful information, right at your fingertips. Challenge your friends, beat the high score and show off your skills, by taking the Water Safety Challenges.

Jet Ski Challenge

Use a Personal Flotation Device

Review Safety Rules

Review Challenge Rules

start

Life Ring Toss Challenge

Drownproofing

Beach Warning Signs

Challenge Rules

4 Steps to drownproofing

Relaxing is the most important part of drownproofing. Hold your arms and legs straight out in front of you. Your head should be about even with the surface of the water in this position. Do not try to keep your whole head above water and will make you tired.

After a few seconds of resting, slowly raise one leg up and down. Repeat with the other leg (one foot back). Raise your head high enough to see the surface of the water. Do not try to keep your whole head above water. Exhale through your mouth and nose.

As your head and body become vertical, bring your legs back together. Inhale your head in a slow breath of air through your mouth. When your eyes open so you can see your feet.

Swimming Challenge

PROPER SUNBLOCK

SWIMMING REGULATIONS

CHALLENGE RULES

Beach Hazard Challenge

Choose Your Cover

- Seek Shade from UV rays, especially during midday
- Cover Up to protect exposed skin
- Get a Hat with a wide brim
- Grab Shades that block both UVA and UVB rays
- Rub On Sunscreen - atleast SPF 15 or higher and both UVA and UVB protection

Challenge Rules



U.S. ARMY COMBAT READINESS/SAFETY CENTER
<https://safety.army.mil>

ARMY SAFE IS ARMY STRONG

