

Swimming Safety Tips

Never swim alone.



Swim only in designated areas with a lifeguard present. Adults should always supervise their children while children are swimming, even if a lifeguard is present. Do not swim in closed beach areas or bodies of water such as bays or rivers. NYC Parks beaches are open daily from Memorial Day weekend to Labor Day weekend, 10 a.m. to 6 p.m. NYC Parks outdoor pools are open daily starting Thursday, June 29.

Learn to swim.



Learn basic swimming and water safety skills. NYC Parks offers free Learn to Swim classes year-round. For more information about Learn to Swim, including registration, visit nycgovparks.org and search for **learn to swim**, or call **311**.

Watch out for currents.



Rip currents are channels of water that move quickly away from shore. If you get caught in a current, stay calm and swim parallel to the shore until you are away from the current, then swim back to the beach. **Do not swim directly against a current.**

Never swim under the influence.



Among adolescents and adults, alcohol use is involved in nearly one in four emergency department visits for drowning. If you are using alcohol or drugs, do not swim and do not supervise children who are swimming.

Avoid risks and be safe.



Dive only when permitted, avoid breath-holding contests, swim only as far as you are able, obey all posted signs, drink water and wear sunscreen.

Text **BEACH** to 55676 for updates about NYC beach advisories and closures from the NYC Health Beach Program.