



CHECKLIST

Cold Water Safety Checklist

- ☐ Check water temperature before entering

- ☐ Wade in slowly rather than diving or jumping

- ☐ Float on your back for the first minute

- ☐ Wear a wetsuit in water below fifteen degrees

- ☐ Stay within easy reach of shore

- ☐ Never swim alone in cold conditions

- ☐ Remove heavy clothing if you fall in while dressed

- ☐ Keep rescued individuals lying flat
