

# Open Water Swimming



## Enjoy

Open water swimming is a liberating and unique experience that all competent swimmers should try at least once!

### ! Safety advice

- Be sure to let people know where you're going
- Make yourself as visible as possible
  - Wear a brightly coloured swimming hat
  - Swim with a bright flotation buoy
- Carry an emergency whistle

## Respect

- Before entering the water, be sure to obtain permission from the landowner, site-manager, or Harbour Authority
- Avoid busy boating areas

## Protect

- Avoid entering or leaving the water through sensitive habitats
- Avoid entering or leaving the water near large flocks of birds
- Keep your distance from animals in the water (let them decide how close they want to be)

For more information, visit: [www.swimming.org](http://www.swimming.org) (search "open water")

