

SAFE SWIMMING TIPS

from the
Kirkland Fire Department

1 Don't swim alone, bring a friend.

Do not follow friends out into the lake beyond your ability.

2 Know your limitations, swim within them.

3 Never swim after consuming alcohol, if you do always wear a life jacket.

(Alcohol affects your body's ability to maintain its core temperature which can lead to **quick onset hypothermia**.)

5 **Shivering = early symptom of hypothermia**
Muscle cramping will follow if you do not get out of the water.

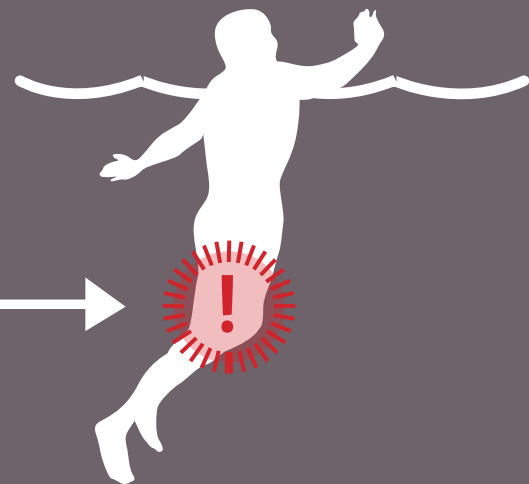


4 **Swimmers wearing life jackets do not drown.**

If you use a manually inflatable life jacket make sure you know how to use it, practice finding the pull cord while in the water.

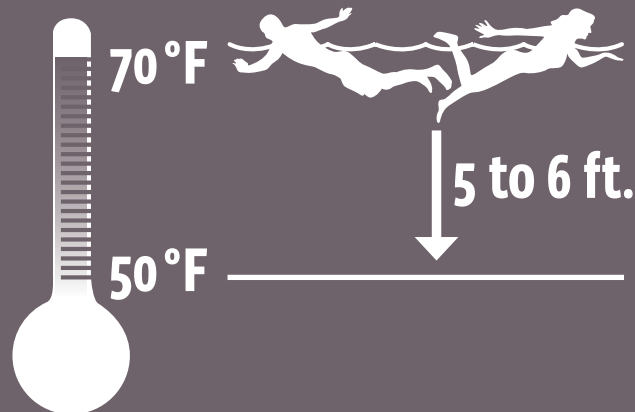
6 **Cold water makes your blood vessels constrict rapidly which can lead to severe muscle cramps.**

7 **Muscle cramps can happen in an instant**
If you are getting tired let your friends know, muscle cramps can happen in an instant and they can be extremely difficult to manage alone in the water, even for an experienced swimmer.



8 **Early summer surface temperature on Lake Washington is 54° F**
Midsummer surface water temperature is ~70° F

However 5 to 6 feet below the surface the temperature stays in the 50's throughout the year. Wind waves brings the cold water from deep up to the surface. This is why one day the water can feel warm and the next it's ice cold. After windy days in early summer and in the fall the surface temp can drop from the upper 70's down to the low 50's.



In case of emergency **CALL 9-1-1**

