

Boat and Swim Right, The Tread Lightly!® Way

Lightfoot™'s Tips For Responsible Swimming and Boating

Travel only in the right places

- Boat and swim only where allowed.
- Don't boat in shallow waters.
- Never dive or jump into unfamiliar waters.
- Use signs to help you stay in the right places.
- Be aware—oceans, rivers, and some lakes have strong and dangerous currents

Respect animals, plants, and people

- Don't chase, scare, feed, or try to pet animals.
- Watch out for swimmers and other boaters.
- Take care to protect shorelines and shallow waters where many fish and other wildlife live.
- Obey all warning signs.
- Keep your noise down, especially around others sharing the water.

Every time you go outdoors: think safety, bring a friend, and be prepared

- Never swim or boat without a grown-up. Always use the "Buddy" system.
- Always wear a life jacket while riding in a boat. It is a safe practice to wear one when swimming too.
- Don't stand up in a small boat such as a canoe or rowboat.
- Remember to pack seven essential items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen, and a whistle.
- Always check the weather before going boating.
- Ride a PWC or other motorboat only with an experienced adult driver.
- Remember cold water will produce a "cold shock" to your body which may lead to hypothermia; it may be best not to go in.
- Boat Smart! —take a boating safety course.

Always leave the outdoors better than you found it

- Don't litter or leave behind food or trash.
- Don't pick plants or take animals that live in the water.
- Wash your boat and other gear after every trip so you won't spread weed seeds.
- Help protect shorelines: launch boats in the right place.
- Refuel boats and PWC on land or at a fuel dock.

Discover how fun the outdoors can be when you Tread Lightly!

- Keep your parents and rangers happy—follow all the rules.
- You will have more fun if you take care of the outdoors.
- Make the right choice—if you do something wrong others might follow and make more damage.
- Remember the great outdoors is home to me and my friends; treat it with care.

