

MAKE YOUR SUMMER ENJOYABLE AND SAFE ON THE WATER

Baie-Comeau, June 17, 2024 – With the arrival of warm weather and Québec's National Day, many people will be practicing water sports and recreational activities on rivers, lakes, beaches and ponds. The Direction de santé publique de la Côte-Nord would like to remind the population of certain rules to follow to make these activities safe.

Beaches, shorelines and streams are areas that are generally not supervised and are far from services. This means that rescue services may take a long time to respond in the event of distress. In addition, cell phone communications could be difficult.

To help reduce incidents, such as drownings, in natural water habitats, the Direction de santé publique recommends the following:

- To be in the presence of a guide or a friend that is familiar with the area;
- To get tide forecasts and weather conditions for the area;
- To make sure that children are under the direct supervision of an adult at all times;
- To stay away from risk areas;
- To wear a safety vest or a personal flotation device (PFD) at all times;
- To notify a relative or friend of your destination before you leave.

For more information about drowning prevention, visit the [Lifesaving society](https://www.lifesaving.society) or quebec.ca.

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