

Swim & Splash Safely



Hot and planning to cool off? Wait. The water may be really cold.

Warm air temperature doesn't always mean warm water in lakes, streams, or oceans. It can create a false sense of security for people swimming, surfing, and boating. This can lead to cold shock and hypothermia.

Cold Shock

Sudden exposure to cold water can cause "cold shock" that impacts your body and brain. This could even happen in 75 degree water if change in temperature is great enough. Cold shock can cause dramatic changes in breathing, heart rate, and blood pressure. A sudden gasp and rapid breathing increases risk of drowning, even for confident swimmers in calm waters. In rougher open water this danger increases.

Hypothermia

Cold water drains body heat up to four times faster than cold air. Hypothermia can set in if your body heat dips below 95 degrees. This will impair your brain and body and increase your risk of drowning and death. Even once you're removed from cold water, your core temperature can continue to drop. Get into a warm, dry, protected environment as quickly as possible.

Life Jackets Are Essential

Wearing a lifejackets will significantly increase your chances of survival. [Learn more.](#)