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## **MEDIA RELEASE**

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## Stay safe on the water this summer

It's summer in the Shuswap! It's a time for relaxation, enjoying the lake views, boating, floating, and swimming.

The Shuswap Watershed Council (SWC) is reminding everyone on the lakes and rivers this summer to play it safe, and be prepared for every outing on the water.

"A big safety priority is to be wearing a lifejacket or PFD every time you go on the water," says Erin Vieira, program manager for the SWC. "At the start of the summer season, children's lifejackets need to double-checked for proper fit. If they've outgrown their lifejacket, it's no longer safe."

Beach-goers and boaters who don't have a lifejacket for a child can borrow one free-of-charge from a 'PFD Loaner Station', provided by the Royal Canadian Marine Search and Rescue, Station 106 Shuswap. They're located at Shuswap Lake Provincial Park at Scotch Creek, Canoe Beach in Salmon Arm, and Sicamous Beach.

Recreationists are also urged to be cautious around cold water, Vieira says. "Jumping in from heights, or floating down the Shuswap River for example; deep water and fast-flowing water are very cold and can be dangerous."

Boaters ought to go over their pre-departure checklists. Different vessels have different requirements for what needs to be on board. "The Royal Canadian Marine Search and Rescue has developed a Safe Boating App. It has checklists, VHF radio frequencies, and other useful tools for boaters. It's free to download and a must-have for folks heading out on a lake cruise."

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