



Is my life jacket correct?

It's not enough to simply wear a life jacket, it must fit correctly in order to be effective.

- 1 Selection**
Select the right jacket based on weight. Wearing a jacket that is too big can be dangerous.
- 2 The Right Fit**
The jacket should fit snug around the chest and should not ride up on your body in the water.
- 3 Ready, Set, Swim**
Fasten all buckles. Pull straps tight, not twisted. Smaller jackets will also have a strap for between the legs for added protection.



SAFE SWIMMER TIPS

- Life jackets are not babysitters
- Life jackets do not replace the need for active supervision
- Know your limits, even the best swimmer can drown
- Beware of rivers, they can be unpredictable and dangerous
- Have a swim buddy, learn CPR, and call 911 immediately

For more information on drowning prevention, or to download a coupon to purchase a lifejacket at Big5, visit www.seattlechildrens.org/dp

Disclaimer:

It is the direct responsibility of each adult caregiver to ensure the safety of the children in their care. This is a volunteer based community service and guarantee of availability will vary. Thank you to our partners at the Snohomish County Sheriff's Office, Snohomish County Parks and participating police & fire agencies.

FREE day-use life jackets are available at the following locations:

Martha Lake County Park

16300 E. Shore Dr
Lynnwood, 98037

Wyatt County Park

Swim areas & boat launch
10508 Chapel Hill Road
Lake Stevens, 98258

Lake Goodwin Community Park

4620 Lakewood Road
Stanwood, 98292

Lake Goodwin Wenberg

15430 E Lake Goodwin Road
Stanwood, 98292

Gissberg Twin Lakes

16324 Twin Lakes
Maryville, 98223

Lake Tye

163 Village Court
Monroe, 98272

Flowing Lake County Park

17900 48th ST SE
Snohomish, 98290

Marysville Fire Station 65

17500 E Lake Goodwin Road
Stanwood, 98292

Monroe Fire Station

163 Village Ct
Monroe, 98272

Fire District 26

501 Lewis Street
Gold Bar, 98251

Fire District 28

512 Avenue A
Index, 98256

For a full list visit:

www.seattlechildrens.org/dp

**SAFE
KIDS**
SNOHOMISH
COUNTY

Safe Kids Snohomish County is a not for profit organization whose missions is to prevent unintentional injury and death in children. Providence Regional Medical Center Everett has served as our proud leader since 1999.

 **PROVIDENCE**
Regional Medical Center