

**WELCOME TO THE SWIM FACILITIES OF THE
EAST BAY REGIONAL PARK DISTRICT!**

For a fun and **SAFE** visit, please review the following information:

- In the event of an emergency, please contact a lifeguard immediately. If you are unable to contact a lifeguard, use any park phone to call 911. *If you plan to use a cell phone in an emergency, please be aware that you must dial (510) 881-1121 to reach E.B.R.P.D. Public Safety Dispatch.* We recommend that each counselor program this emergency phone number into his/her cell phone in preparation for your visit.
- **THANK YOU** for giving us advanced notification of your visit.
- If you did not give us advanced notification, please do so in the future by contacting our Reservations Department at (888) 327-2757 option 2 or FAX (510) 635-5502. Your notification will allow us to meet your safety needs.
- **It is mandatory that constant supervision be maintained at all times. One adult for every ten children is required. Adults providing child supervision must be in the water or on the shoreline for all water activities.**
- Before swimming, please see the lifeguards to arrange a **Safety Talk** for your group.
- The lifeguard staff will conduct a **Swim Test** for children who wish to swim past chest-deep water. *Please assign a counselor to be present throughout the swim test to take note of which children pass/fail. Leaders are responsible for keeping their children in areas that are appropriate for their abilities.*
- We recommend that you create land and water boundaries for your group.
- Please take regular head counts throughout the day.
- Report any missing persons to a lifeguard immediately.
- We recommend that you have on-site medical information and emergency contact numbers for each person in your group.
- Please pick up trash and all personal items before leaving.

**THANK YOU FOR YOUR COOPERATION!
WE HOPE YOU ENJOY YOUR VISIT!**



DROWNING FACTS

- Drowning can happen suddenly and silently. It only takes seconds.
- In California, drowning is the leading cause of injury death for children under the age of 15.
- **DROWNING IS PREVENTABLE**

WATER SAFETY TIPS

- Watch your children! Constant supervision is required at all times when in, or near, the water.
- Learn to swim and stay within your swim abilities.
- Swim near a lifeguard.
- Swim with a buddy. Don't swim alone!
- Don't float where you can't swim.
- Take a break. Don't swim when you're tired or cold.
- Keep hydrated and re-apply sun block regularly.
- Wear a Coast Guard-approved lifejacket.
- Don't drink alcohol and swim.
- Obey all posted rules.