

ENJOY SAFE NAUTICAL ACTIVITIES THIS SUMMER

Baie-Comeau, June 26, 2023 – With the arrival of warm weather, many people enjoy nautical and recreational activities in or near bodies of water. The Direction de santé publique de la Côte-Nord wants to remind you of some directives to ensure that these activities remain safe.

Beaches, shorelines and streams are often unsupervised and remote places. In an emergency, there could be a long wait before any rescue response. Moreover, cellphone communication may be difficult.

In order to help reduce incidents such as drownings, the Direction de santé publique recommends the following during outings in natural aquatic environments:

- Be accompanied by a guide or a friend who knows the area;
- Learn about tide forecasts and weather conditions in the area;
- Ensure that children are under direct supervision of an adult at all times;
- Stay away from high-risk areas;
- Wear a life jacket or a personal flotation device (PFD) at all times;
- Notify a loved one of your destination before you leave.

For more information on the prevention of drownings, visit the website of the [Quebec Lifesaving Society](https://www.quebec.ca/quebec-lifesaving-society) or [quebec.ca](https://www.quebec.ca).

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