



## H.E.A.T.E.D on the water?

Keep yourself and others safe!

**HYDRATE.** Drink water — a lot of it.

**EAT SOMETHING.** Keep snacks handy to replace electrolytes and calories.

**APPLY SUNSCREEN.** Wear water-resistant sunscreen. Reapply it often. Wear white to reflect sunlight.

**TAKE A BREAK—in the shade.** Dehydration can sneak up on you. Get out of the sun and rest your body.

**EYES ON THE WATER.** Don't be blinded by the sunlight — lookout for swimmers, water skiers, other boaters and paddlers.

**DON YOUR LIFE JACKET.** Accidents happen fast and without warning, even on a clear, sunny day. Always wear your life jacket. It can save your life.

*For more information about safe boating, visit [www.boatprepared.com](http://www.boatprepared.com)*