

WATER SAFETY



Canada Games
Aquatic Centre
Centre Aquatique
Jeux du Canada

50 Union St., Saint John, NB E2L 1A1

KNOW THE RISKS AROUND WATER

Never swim alone:

- Even a great swimmer can get into trouble in the water, which is why it is important to always swim with a buddy and with proper supervision.

Know your swimming environment:

- Are there currents or large waves present?
- Where does the water get deep?
- Are there any hazards on the ground?
- Is it bright enough for others to see me? It is never a good idea to swim outside at night.

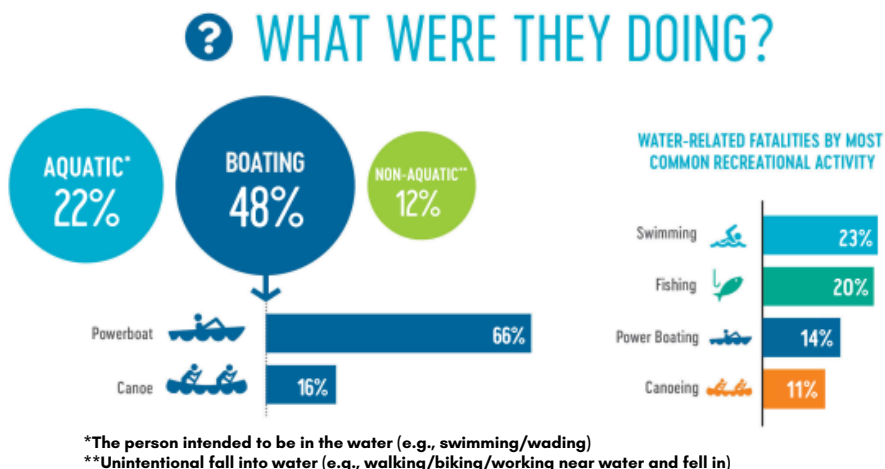
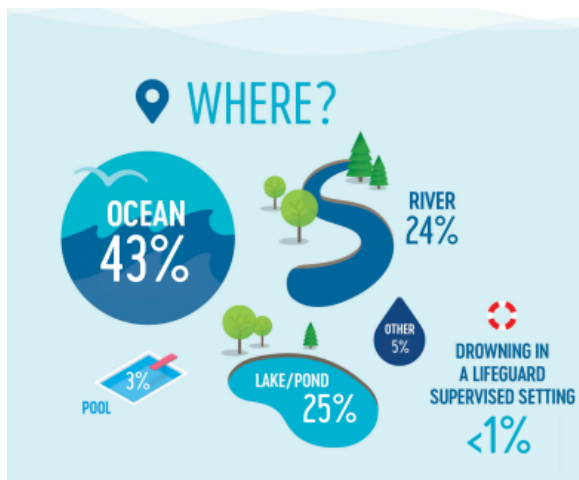
Know your limits:

- Use floatation devices when needed.
- Be careful in deep water and rough water if you are not a strong swimmer.

Always be cautious near the water:

- Ensure you are safe on docks, boats, ports, or any structure near the water.

Lifesaving Society statistics regarding drowning (2021 Maritimes Drowning Report):



ACTIVITIES TO DO IN THE WATER



Swimming Lessons:

- The Canada Games Aquatic Centre offers swimming lessons at the CGAC and the qplex for children, teens, and adults, with any level of swimming experience.

Competitive Swimming:

- Saint John Fundy TIDE Swim Team is a competitive team that has opportunities for swimmers of all ages and abilities.

Artistic Swimming:

- Surf City Artistic Swimming offers recreational and competitive programs for new and experienced swimmers.

Water Polo:

- Saint John Water Polo allows kids to have fun while learning the basic skills, tactics, and rules of water polo.

WHERE TO SWIM

The safest way to enjoy the water is to ensure you are supervised. The Canada Games Aquatic Centre provides lifeguards at multiple locations in the Saint John area to help ensure swimmers are safe.

Locations lifeguarded by the CGAC are:

- Canada Games Aquatic Centre
- qplex
- Meenan's Cove Beach
- Gondola Point Beach
- Lily Lake (Rockwood Park)
- Fisher Lakes (Rockwood Park)
- Dominion Park Beach
- Little River Reservoir

