

Public School 55

The Henry M. Boehm School

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Sharon Fishman, Principal

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Dear Families,

Your safety is our number one concern. As you and your children enjoy New York's beautiful beaches this summer, the Department of Education wants to remind you of ways you can stay safe near and in the water.

The best way to protect your family is to make sure everyone knows how to swim. The NYC Department of Parks and Recreation offers many free and low-cost swim lessons. To find classes near you, visit nyc.gov/parks and search for "swim programs."

Also follow these tips:

- Swim only in areas supervised by lifeguards. They're on duty from 10 a.m. until 6 p.m. every day. Please follow their directions.
- Always swim with a buddy, never alone.
- Set water safety rules for the whole family based on each person's swimming ability; for example, tell inexperienced swimmers to stay in water less than chest deep.
- Watch out for dangerous waves and rip currents. If you get caught in a current, try to remain calm and swim parallel to the shore. When you're away from the current, return to the beach.
- Never leave children unattended. Teach them about water safety and stay near when they're swimming.
- Obey all posted signs and flags. Swimming is only permitted in certain areas, and is never allowed when a red flag is posted.
- Wear a life jacket when boating. This applies to even expert swimmers.
- Wear sunscreen, drink plenty of fluids, and avoid alcohol while swimming.
- Check weather conditions before heading to the beach (visit nyc.gov/health and search for "beach conditions") and don't swim in bad weather.

For more information about beach safety, visit nyc.gov/parks and search for "Be WaterSafe."

We wish you a wonderful and safe summer.

Sharon B. Fishman

Principal