

# THE SEVEN DEADLY SWIMS

- ☠ Swimming outside a designated swimming area
- ☠ Swimming without a life jacket
- ☠ Jumping into unknown waters
- ☠ Swimming under the influence of alcohol/drugs
- ☠ Holding your breath too long while swimming
- ☠ Challenging someone to swim across a cove, lake, or pond or to an object such as a buoy
- ☠ Swimming to rescue a person, boat, beach ball, or some other object



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