



Parent's Guide to Safe Recreation



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Minnesota's (more than) 10,000 lakes are a part of my family's way of life. In the summer, they're a source of fun and much-needed relaxation.

As a Minnesota mom, I love our many lakes for family recreation. Still, I am always on the lookout for ways to minimize any risks to my family. Conservation Minnesota is glad to offer tips on how to stay safe and enjoy our lakes, including our Check My Lake website.

I hope you and your family enjoy a safe and memorable summer season at the lake in 2010.

Julia VanAvery



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Easy tips to help you stay safe while swimming in our lakes

- Wait 24 hours after heavy rain to swimming
- Don't swim near storm drains along the beach
- Beware of trash and signs of pollution in the water
- Shower after swimming or going to the beach
- Don't swallow water while swimming
- Keep your face and head out of the water or wear ear plugs and goggles
- Don't go swimming if you're sick or have a weak immune system
- Avoid contaminating the water by taking your kids to frequent bathroom breaks and disposing of your children's diapers and animal's waste properly
- Apply sunscreen both before and after entering the water
- Some beaches are monitored, visit www.checkmylake.org/lake/beach for updated beach reports
- Check the safety of your lake at www.CheckMyLake.org

S A F E

B O A T I N G



Easy tips to help you stay safe while boating in our lakes

- Apply sunscreen
- Life preservers for all passengers
- Children under 10 must wear a life jacket while boat is in motion
- Infants under 6 months or 16 pounds should not be on moving boats
- Navigation lights must be on from sunset to sunrise
- During rough weather, steer boat into the waves at an angle
- Before leaving, let someone know where you are going and when you expect to return
- Empty ballast water and clean under you boat before transporting
- Check the safety of your lake at www.CheckMyLake.org





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the MN way



Easy tips to keep fishing fun for everyone

- Take only what you need, keep only what you will eat and never wastefully discard any fish; it is illegal.
- Think of the fish first. If you plan to release the fish, handle it gently and return it to the water. Never throw it into the water.
- Respect everyone fishing around you.
- Do not litter. Clean up old fishing line, hooks and bait containers even if they are not yours so they do not end up in the water.
- Know the rules of the lake you are fishing so you do not keep under-sized fish or too many fish. Also be sure to follow park rules.

For more information on fishing with kids, visit <http://www.dnr.state.mn.us/fishing/fin/index.html>

For guidelines for eating fish caught in Minnesota, visit <http://www.health.state.mn.us/divs/eh/fish/eating/safeeating.html>

