

MARICOPA COUNTY PARKS AND RECREATION DEPARTMENT

WATER WATCH

Those recreating in fresh water should understand and adjust for the unique risks of the water environment you're in. A couple of items to consider:

- **WATER CURRENT** - The water currents can pull you away from shore by knocking your feet out from under you.
- **WATER TEMPERATURE** - Cooler temperatures can cause your body to lose heat faster than it can produce it. This may cause shivering, exhaustion, confusion, and several other symptoms.

Source: Adapted from the American Red Cross Water Smarts - <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>.