

# HERE IT COMES

are you  
ready to  
swim?



- Always swim with a buddy.
- Avoid drinking alcohol before or during any water activity.
- Select swimming sites that have lifeguards on duty.
- Do not use air-filled or foam toys in place of personal flotation devices - they are not designed to keep swimmers safe.

SWIM AT YOUR  
OWN RISK  
NO LIFEGUARD  
ON DUTY

# READY ...OR NOT?

**Ready ... or Not** is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



ARMY STRONG:



<https://safety.army.mil>