



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CHOOSING A LIFE JACKET

WATER SAFETY YMCA OF GREATER ST. LOUIS

Always choose a life jacket that is labeled “Coast Guard Approved.” Everyone who is on a boat should wear a personal flotation device (PFD). A variety of types are available for different water sports, and they also come in different sizes. Check the manufacturer’s label to see the activities and conditions for which the PFD is appropriate. Have each family member try on his or her PFD before you purchase it to make sure it fits properly and comfortably. Personal Flotation Devices such as a life jacket or vest can be buoyant or inflatable and come in many sizes and styles.

PERSONAL FLOATATION DEVICES (PFDs)

- Inexperienced or non-swimmers should wear PFD’s when they are near water.
- Each person on board any small craft or boat of open construction should wear a PFD.
- Choose and wear only those PFD’s that bear the label “U.S. Coast Guard Approved.”
- Other flotation devices on the market, designed to serve as teaching aids, are good for teaching situations and may be used as aids to assist swimmers, but they should not be relied on as lifesaving devices.

Source: Center for Disease Control, YMCA Lifeguard Manual

