



## **Winter Safety Resources:**

- [Be Prepared to Stay Safe and Healthy in Winter](#)
- [Top Ten Red Cross Cold Weather Safety Tips](#)
- [8 Ways to Handle Swimming in Cold Water](#)
- [10 Do's And Don'ts for Polar Plunges](#)
- [Warning Signs of Hypothermia](#)
- [Basic First Aid Resources](#)
- [7 Scientific Tips for Staying Warm](#)

[www.SwimSafeFW.org](http://www.SwimSafeFW.org)