Water Competency is the ability to anticipate, avoid, and survive common drowning situations, as well as being able to recognize and provide assistance to those in need. –WATER SAFETY USA

Feeling comfortable around water and in the water consists of three main levels of comfort: water smarts, swimming skills, and helping others.

Water Smarts: Know your physical limitations and do not push them or any medical conditions you may have, wear a life jacket, be aware of your water environment (river's current, pool depth, unclear water and animals, rip tides, etc.), and always swim sober.

Swimming skills: The art of swimming builds on itself, main skills include the ability to safely enter water deeper than you are tall and resurface, float or tread water for at least one minute, capable of moving around in all directions in the water and returning to the surface, swim in one direction for 25 yards, and exit the body of water.

Helping Others: Keep watch on weak swimmers and children when in or around water, pay attention to signs of drowning (head back with mouth open, unfocused glossy/empty eyes, vertical body without leg movement, head low in the water), 'reach or throw, do not go" when you are near someone in need, learn CPR and first aid.