













Swimming Safety

-  NEVER leave a child unattended around a swimming pool or any other body of water. It only takes seconds for a child to drown so keep your eyes on them at all times.
-  NEVER swim alone. Whether you are an adult, teenager or child, you should always swim with a "buddy."
-  NEVER dive in swimming pools. Most swimming pools are not deep enough for safe diving so encourage children and adults to enter the pool "feet first."
-  NEVER drink alcohol if you are going to be swimming. Alcohol slows reaction time and affects balance and judgment.
-  NEVER leave pool toys and floats in the pool or pool area which may attract young children to the water.
-  NEVER leave furniture or ladders near a fence that would enable a child to enter the swimming pool area unattended.
-  HAVE a phone with you whenever possible so that you can call 911 in an emergency.
-  LEARN to swim. This is the very best defense against preventing accidental drowning. Parents should look into enrolling their children in swimming lessons. Adults who do not know how to swim should also learn. The American Red Cross has classes for people of any age and swimming ability.
-  POST instructions for CPR and calling 911 or your local emergency number in the pool area.
-  RECOGNIZE a drowning person when you see one. Many people can confuse someone who is drowning with someone who is splashing around. A person cannot always yell for help so use extra caution and safety while observing children and adults when swimming.



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