

# PRACTICE WATER SAFETY THIS SUMMER

Remember to follow these important water safety tips!

1. **Teach children water safety and swimming skills as early as possible.** The risk of drowning is decreased by as much as 88% when children 1–4 take swimming lessons.
2. **Children should always be supervised around water.** Make sure there is a responsible, designated person to watch the water when children are swimming.
3. **Always swim with a buddy.** Even at a public or lifeguarded beach, use the buddy system and never swim alone.
4. **Enter the water feet first.** Serious injuries can occur from diving head first into unknown water and hitting the bottom.
5. **Stay away from pool drains.** Limbs, hair, or clothing can become entangled if a drain is faulty.
6. **Follow safety rules: no running, pushing, dunking, or breath-holding contests.**
7. **Know your limits.** Cold water, currents, and other dangerous conditions can challenge even the strongest swimmers.
8. **Teach children not to drink the pool water.** This is to prevent them from getting sick, choking, or inhaling water.
9. **Don't use flotation devices as a substitute for supervision.** Using air-filled swimming aids can give parents and children a false sense of security.

