



# Water Safety

## FUN IN THE SUN FOR EVERYONE

Summer is a great time to get outdoors and enjoy the water. With a few basic water safety precautions, everyone can avoid danger and keep having fun in the sun!



### cool tips to stay safe this summer!



Always swim in designated areas with a lifeguard on duty.



Swimming lessons are important - even for children as young as 1 to 4 years old.



Teach kids to always ask permission before they go near the water.



Apply sunblock and reapply often.



Discourage play around drains and suction fittings.



Use the buddy system — **NEVER SWIM ALONE!**



Teach kids to walk not run, around pools or near the water to discourage horseplay.



Check weather forecasts, and watch for changing conditions. Get kids out of the water if you hear or see a storm approaching.



Never leave young children unattended near water.



Have young children and inexperienced swimmers wear U.S. Coast Guard-approved life jackets. Inflatable toys and water wings can deflate or slip off and are not acceptable substitutes for life jackets.



### restrict access to the water

Pool barriers should be at least 4-feet high and enclose the entire pool or hot tub area.

Install pool alarms.

Remove access ladders to above-ground or inflatable pools.

Secure the safety cover when the pool is not in use.

Remove any structures that provide access to the pool, such as outdoor furniture or playground equipment.

### beach safety



- Watch for dangerous waves and signs of strong currents.
- Teach kids to get free of a current by **swimming parallel to shoreline**. Once free, swim diagonally toward shore.
- Keep children out of the water if warning flags are up or if the surf appears rough.



### boat safety



- Teach children to stay away from propellers and not to jump off the front of a moving watercraft.
- Never overload a boat.
- If the boat turns over, **teach kids to stay with it** until help arrives.
- Keep a radio on board in order to check weather reports.



### be prepared - learn CPR!

- Take water safety, first aid, and CPR courses.
- The sooner CPR is given, the greater the chance for survival. Studies have shown that even poorly-performed CPR can save a life!



### what to do in an emergency

- SECONDS COUNT!** If a child is missing, check the water first.
- Call 9-1-1 or your local emergency number.
- Have appropriate safety equipment on-hand, such as reaching or throwing equipment, life jackets, and a first aid kit.



## STAY SAFE ALL SUMMER LONG!