# AQUATICS SAFETY

As the temperature heats up, many of us take to swimming to cool off. There is a great benefit to being outdoors and the exercise that comes with being in the water. However, pools and other bodies of water do pose risks as well, especially to those who do not know how to swim (and even seasoned swimmers aren't completely safe). Drowning is one of the leading causes of accidental injury and death for children and is still a high risk for adults.

## Overall Safety Tips

❖ Make sure everyone knows how to swim and is comfortable in and around the water. Take swimming lessons from a qualified teacher; even children as young as 1 can start with water safety basics.
❖ Supervision is key! Never leave children unattended. Pay attention and avoid distractions such as reading or using the phone. Very young children (under 4) should have an adult with them in the water at all times.
❖ Learn the signs of drowning. It's not like in the movies. It's quiet, low movement, and quick.
❖ Avoid using floaties. This seems counterintuitive, but children who learn to swim with floaties can believe they will always resurface if they go under the water; if they are in the water without them they may not be able to resurface on their own.
❖ Never swim alone; always go with a swim buddy.
❖ Learn CPR; even if you follow every safety tip perfectly, accidents can still happen.
❖ Avoid diving into shallow and unknown/murky water; this can lead to head and neck injuries or even death. Always enter the water feet first unless it is a designated diving area.

## Home Pools

❖ Fence the pool off to prevent accidental access, especially from young children and animals.
❖ Teach your children that they should never go swimming alone and should ask for permission before using the pool.
❖ Drain wading pools immediately after use; even two inches of water is enough to cause drowning.

## Public Pools

❖ Only swim when a lifeguard is on duty and follow their instructions.
❖ Only swim in designated areas. Avoid areas too deep for your skill level and don't free swim in lap lanes or active diving areas.

## Oceans, Lakes, and Other Open Bodies of Water

❖ Only swim in areas with lifeguards on duty and follow their instructions.
❖ Only swim in designated areas. Going out-of-bounds is dangerous for you as well as anyone who may try to rescue you.
❖ When boating or using other watercraft, each person should wear a life jacket at all times.