



PERSONAL SAFETY TIPS WHEN AROUND WATER

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.
- Always swim with a buddy; never swim alone. Better yet, swim in areas supervised by a lifeguard.
- Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).
- Children or inexperienced swimmers should take precautions, such as wearing an approved personal flotation device (PFD) when around the water.
- Watch out for the dangerous “too’s” – too soon after eating, too tired, too cold, too far from safety, too far from shore, too much sun, too much strenuous activity.
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, obstructions and where the entry and exit points are located.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water. Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Know how to prevent, recognize, and respond to emergencies.
- Read and obey all rules and posted signs.

Safety When Around Home Pools

- Learn to swim--this includes adults and children.
- Never leave a child unobserved around water. Your eyes must be on the child at all times.
- Install a phone by the pool or keep a cordless phone nearby so that you can call 9-1-1 in an emergency.
- Learn Red Cross CPR and insist that babysitters, grandparents, and

others who care for your child, around the pool, know CPR.

- Post CPR instructions and 9-1-1 or your local emergency number in the pool area.
- Enclose the pool completely with a fence with vertical bars. Openings in the fence should be no more than four inches wide. The house should not be included as a part of the barrier. The gate should be constructed so that it is self-latching, self-closing, has a lock and cannot be climbed.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope, and personal flotation devices are recommended.
- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- Pool covers should always be completely removed prior to pool use.