

Diving Do's & Don'ts

- Do not dive unless you know the water is deep enough and clear of underwater obstructions such as branches, rocks, and tree stumps.
- No horseplay EVER. Only one diver on the diving board at a time. Never dive near swimmers.
- Never dive off the shallow end of a pool.



At the Beach or Lake

- ✓ Have a lifeguard or an adult show you where it is safe to swim.
- ✓ Watch out for drop-offs and rip currents. Stay away from rock formations and embankments.
- ✓ Be careful of aquatic plants and fish that can hurt you. Never touch a jellyfish.
- ✓ Wear protective footwear. Never touch strange objects found in the water or on the beach, even if they look safe.
- ✓ Never play around drainage ditches or culverts.
- ✓ When body surfing, ride the surf at an angle, not in a straight line, toward shore.
- ✓ Never swim farther than you are able to swim back.
- ✓ Swim in water that is at least 60 degrees, otherwise you could get cramps and have problems breathing.
- ✓ Never turn your back on the ocean.



Water parks and Water slides

One of the greatest causes of injury on a water slide is slips and falls on wet surfaces. When on a water slide:

- Stay with your group and use the buddy system.
- Never pass others on the waterslide; you could collide with others.
- Make sure there is plenty of room between yourself and others.
- Slide face up and feet first.
- Read all posted signs. Follow all rules and directions given by lifeguards.

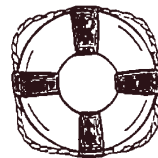


Remember, the water depths can change from slide to slide.

What to do in an Emergency

Only a trained lifeguard should attempt a swimming rescue.

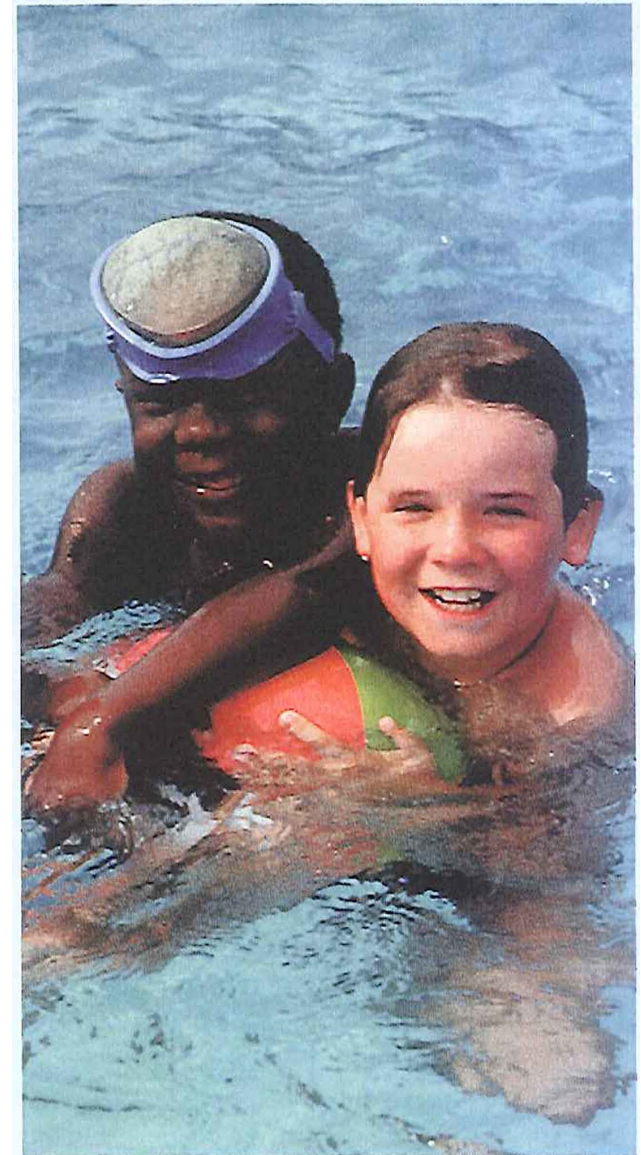
- 1 Yell **"HELP!"** as loud as you can.
- 2 If the person is close by, extend an object to him like a board, pole, shirt, or towel to pull him to safety. (*Lie down when doing this to keep from falling in yourself.*)
- 3 If the person is too far away, throw a life preserver to him or instruct him to lean his head back, and lie back flat to help him float until help arrives.
- 4 If you cannot reach the person and help has not arrived, go find someone to help or dial 9-1-1.



Inflatable rafts, innertubes, and floaties are no substitute for safety-approved personal flotation devices or life jackets.

Swimming Safety

Don't Get in Over Your Head



Swimming Safety



People of all ages like to swim. Some enjoy the water for fun, others for sport. Swimming has become a major competitive sport as well with swimmers competing in schools, colleges, swimming clubs, and the Olympic Games. But, just because people can swim doesn't mean they are safe near water.

- Every year, almost 7,000 people drown in the United States.
- Drowning is the second leading cause of accidental death in children.
- Approximately 1,200 children are killed each year and more are injured in near-drowning accidents.
- Drownings do not only occur in deep water, but in wading pools, bathtubs, and other places water is found including buckets.

Most of these drownings could have been prevented if everyone knew how to swim and followed the basic water safety rules.

Parental Pointers for Pools

Children age 3 and under are top-heavy and can drown in 1 or 2" of water. Before kids 5 and under get into the water, an adult should get in first, just in case they lose their footing and fall in. A child who has no fear of water may jump in without someone there to catch him.

- Know where your child is at all times. Almost half of the child drownings occur when the parent does not know the child left the house. If you own a pool and a child is missing, check the pool first, then other areas.
- Keep the pool in view when it is in use.
- Keep toilet lids closed. Tubs, basins, diaper pails, and buckets containing water are hazards to toddlers. Store wading pools and coolers safely.
- Never leave toys that will attract children in or near a pool when it is not in use.
- You are responsible. Have a "no alcohol" rule and a no glass or sharp objects policy. Encourage guests to wear protective footwear.
- Remove all climbable objects that could be used to access your pool.



A child can drown in the time it takes to answer the phone.

SECURITY:

- All pools deeper than 2 feet, including store bought inflatables, must meet local ordinances and codes for fences, gate requirements, site inspections, and permits.
- Make sure a fence encloses all sides of the pool. It should be at least 4 feet high with openings no more than 4" wide or with vertical bars.
- Have gates that open outward that are self-closing and self-latching with latches placed at least 56" from the ground.
- Make sure your pool and/or fence is equipped with an alarm system.

EQUIPMENT:

- Keep an eye on poolcovers. They appear to be a solid surface to children and animals.
- Use and store chemicals safely.
- Have emergency equipment nearby, such as a pole, hook, rope, rescue tube, and first aid kit.
- Have pool depths marked clearly on the deck and side of the pool.
- Install safety strips or treads on ladders and diving platforms to prevent slips and falls.
- Have adequate lighting.
- Install a telephone or keep a cordless phone by the pool and keep emergency numbers with it.
- Use only battery-operated radios and TVs.
- Post pool rules.

Aqua Advice for All Ages

- ✓ If you do not know how to swim, take lessons to learn. If you do not swim well, stay where you can touch bottom. Remember: Kids' swimming skills can get rusty over winter.
- ✓ Never force a child to learn to swim. If he is afraid, he is not ready to learn.
- ✓ Learn, practice, and remember how to float.
- ✓ Only swim in areas where there is a lifeguard or an adult watching. Use the buddy system. Never swim alone.
- ✓ Always obey the lifeguard and follow posted swimming rules. No rough play or showing off.

- ✓ If you hear thunder or see lightning, get out of the water. Never swim at night.
- ✓ Swim in areas that are safe away from diving boards, slides, piers, boat launches, and docks.
- ✓ Avoid chewing gum or eating while swimming. You could choke.
- ✓ Never let infants swallow a lot of pool water. It could cause seizures. Learn CPR.

