

## Water Safety Practice

- The first and most important lesson of water safety is knowing how to swim. Whether you're swimming for recreational purposes, boating, or just having fun on the banks of a body of water, knowing how to swim can save your life. Accidents happen, and everyone should be prepared. Teach children swimming skills as early as possible.
- Only swim where lifeguards are present and never swim alone.
- Don't swim during thunderstorms or in an area heavy with debris.
- If you are boating, always wear a life jacket. Even if you know how to swim, undercurrents, cold temperatures, and underwater hazards can cause drowning.
- Maintain constant supervision. Make sure your children know to stay in your line of sight whenever they are around water. Even better, make sure they stay within easy reach. Never leave children unattended near water.
- Avoid distractions such as cell phones while children are swimming. Pay attention and don't trust inflatables to keep your children safe.
- Know CPR. Find a class near you and enroll the entire family. Post CPR instructions near home pools. It could be the difference between life and death or disability.
- Be aware of the water's depth. Know where the water is too deep and where it is shallow enough for safety.
- Wait at least fifteen minutes after eating to go into the pool.
- Don't run near the edge of a large body of water. You risk slipping and falling into the water.
- Don't eat or chew gum in water.
- If you fall into the water, try to stay calm. Tread water or float so that rescuers can see you. Trying to swim to safety might cause you to panic and work against yourself. As you float or tread, work to calm your breathing. If you can grab something nearby to hold onto, do so. Once you are calmer, yell for help. If you are a strong swimmer and only a short distance from the edge, get your bearings and then try to swim to safety.

*\* Tips taken from American Red Cross and National Safety Commission*

## Water Safety Plan

When I want to go swimming, I should make sure \_\_\_\_\_

\_\_\_\_\_

My swimming buddy is \_\_\_\_\_

My life jacket looks like \_\_\_\_\_

\_\_\_\_\_

I should wait \_\_\_\_\_ minutes after I eat to get in the water.

I should make sure there is a \_\_\_\_\_ on duty whenever I swim.

I should never \_\_\_\_\_,

or \_\_\_\_\_ while I'm in or near water.

I should always be aware of where the \_\_\_\_\_ end of the water is.

An adult should always be \_\_\_\_\_ to me where I can see or reach him or her.

If I fall into the water I should try to stay \_\_\_\_\_ and

\_\_\_\_\_ or \_\_\_\_\_ water.

