



WLSL WATER SAFETY TIPS

Learn to swim

Swimming Lessons Save Lives™ – the best thing anyone can do to be safer in and around the water is to learn to swim. This includes both adults and children. The American Academy of Pediatrics supports swimming classes beginning at age 1 if the child is emotionally and developmentally ready. Swim lessons for children ages 4 and up are a must.

Provide close constant supervision

Parents are the first line of defense for kids around water. Never leave children unattended in or near water, not even for a minute. If your child is in the water, you should be too! Constant, careful supervision is critical.

Wear a life jacket

If you or a family member is a weak or non-swimmer or if you're in or an open water or turbulent environment, wear a coast guard approved life vest. It's nothing to be embarrassed about and can save your life. Many facilities provide them at no charge. Look for Life Jacket loaner stations.

Use & respect barriers

Barriers such as four-sided pool fencing are necessary even when children have completed swim classes. Teach kids to never climb gates or fences.

Read all posted signs/flags

Follow posted safety rules and warnings. Teach kids that being safe in and around the water is a personal responsibility – yours and theirs. Beach flags can signal dangers like strong currents. Restrictions apply to many water attractions at pools and waterparks. Size and coordination are critical to safety when riding water slides and attractions.

Never swim alone or in unsupervised places

Teach your children to swim with a buddy.

Look for lifeguards

It is always best to swim in an area supervised by lifeguards, but remember, lifeguards are the last line of defense when all other layers of protection fail.

Don't drink alcohol

Avoid alcoholic beverages before or during swimming, boating or engaging in other water-related activities. Never drink alcohol while supervising children around water. Teach teenagers about the danger of drinking alcohol while swimming and boating.

Spit it out

Teach kids not to drink pool, lake or ocean water. To prevent choking, never chew gum or eat while swimming, diving or playing in water.

Avoid air-filled swim aids

Do not use air-filled swimming aids (such as Puddle Jumpers and "water wings") in place of life jackets with children. Using air-filled swimming aids can give parents and children a false sense of security. These air-filled aids are toys and are not designed to be personal flotation devices.

Watch out for the dangerous "toos"

Don't get too tired, too cold, too far from safety, exposed to too much sun or experience too much strenuous activity. Don't take chances by overestimating your swimming skills.

Note the weather

Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

Use sunscreen

Apply sunscreen on all exposed skin to ensure maximum skin protection. Hats, visors and shirts are recommended to prevent overexposure.

Keep toddlers in shallow play areas

Zero-depth entry pools have water games, sprays and fountains with no appreciable water depth.

Use plastic swim diapers

Many pools require them. Note where changing areas are located and use these designated, sanitized changing spots.