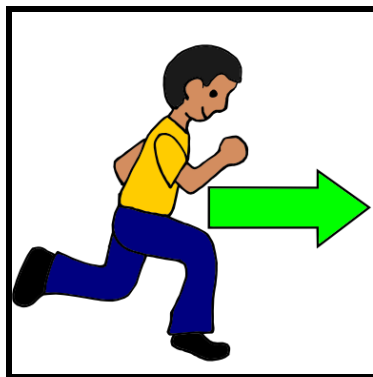
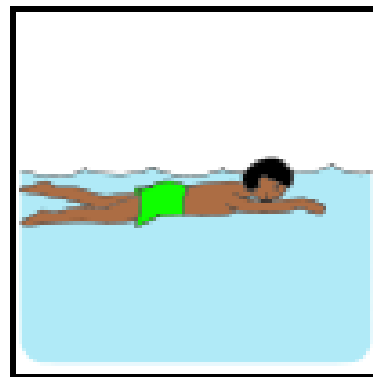


Safety In, On, and Around a Pool

1. **Enroll your child in swimming lessons** - The number one way to prevent drowning is learning skills to get to the pool edge and safely swim in shallow and deep water.
2. **Prepare your child for the pool** - Children should swim bathing suits or swim diapers, *only*. Shorts, t-shirts, and shoes prevent the child from moving fluidly in the water, and these materials become very heavy once they get wet.
3. **Designate someone to watch the pool at all times** - Near drowning and drownings happen when adults are around. Adult supervision is *essential*.
4. **Stay within arms length of non-swimmers** - A child can drown in less than 25 seconds. Being within arms length will allow you to reach them quickly.
5. **Wear a life jacket** - *Anyone* who can not swim should wear a life jacket when they are in, on, or around the water.
6. **Do not rely on substitutes** - Floatation devices such as a noodle or tube cannot replace parental supervision.
7. **Learn cardiopulmonary resuscitation (CPR)** - This will expand your abilities to provide for a child's care should an emergency arise.
8. **If a child is missing, check the pool first** - Scan the bottom, middle, and surface of the water. Drowning is silent, and the child could be anywhere in the water.
9. **Location, location, location** - The first thing an emergent medical service employee will ask is, "what is your location?" *Know* the address of where you are swimming! If there is an emergency, call first before entering to get the child, and call fast.
10. **Teach your child to wait to get into the water until you, the parent or caregiver, are ready** - This can be tough! Children see the pool and immediately want to get in. It is important that they learn to wait for you to get in with them.



GO



SWIM!