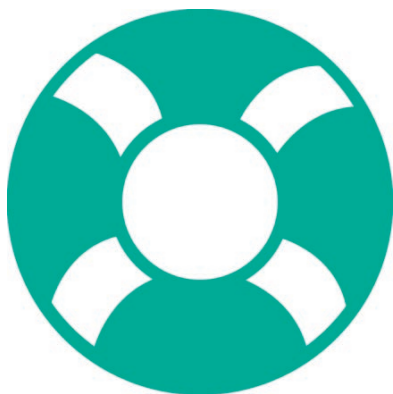


# WATER SAFETY TIPS

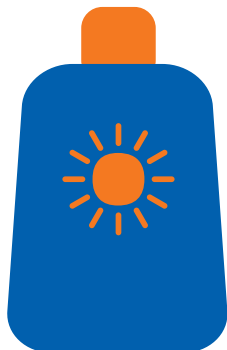


## TEACH THEM EARLY

Participation in formal swimming lessons can reduce the risk of drowning by 88% among children one to four years old

## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



## ACTIVE SUPERVISION & BARRIERS

Always actively supervise children when they're both in and around the water; avoid distractions. Ensure that pools are secured with appropriate barriers. Children should only swim within sight of guardians or certified lifeguards.

## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool. Children should not engage in breath holding activities or rough play (such as wrestling games).



## SUIT UP

Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket while swimming. While on a boat, everyone (children & adults) should wear a PFD (personal flotation device) that fits properly.

## WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



## GET CERTIFIED

Take a course to become certified in Adult & Pediatric CPR, First Aid and AED.



## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.