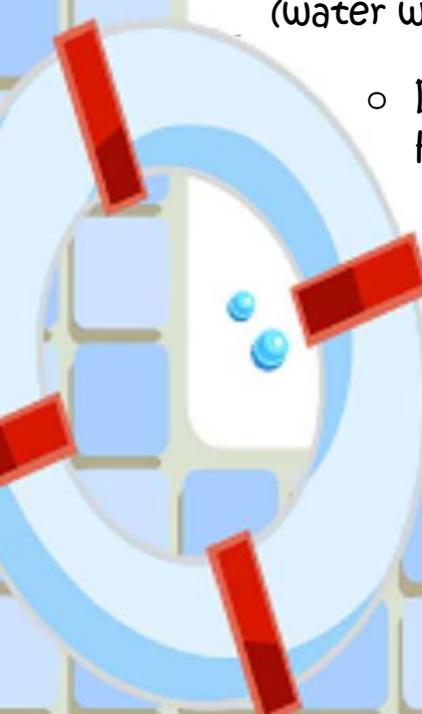




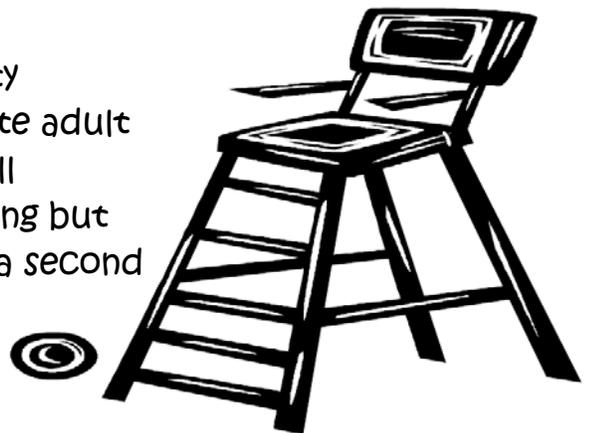
## Cool Pool Tips for Kids

- Always swim with a buddy in lifeguard supervised areas.
  - NEVER swim alone!
  - Be cool & follow the rules of the pool.
  - Never dive in shallow water. Look before leaping!
  - Walk, don't run around swimming areas.
  - Know how deep the water is where you will be swimming.
  - Don't swallow the pool water. (YUK)
  - Take a break, use the restroom.
  - If you need help, alert a Lifeguard.
  - Use only Coast Guard approved life jackets; not inflatables (water wings).
  - Do not push, shove, or run near the water. Horseplay can be dangerous.
  - Never swim around or under diving boards or slides.
  - When swimming outside, get out of the water if you see lightning or hear thunder.
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## Cool Pool Tips for Parents/Chaperones

- Never leave your children alone in or near the pool, even at lifeguarded facilities.
- Never consider children “water safe” or “drown proof” despite swimming skills.
- Teach your child safety rules and make sure they are obeyed. *Unruly behavior at lifeguarded facilities distracts the lifeguard from their primary responsibility: to anticipate, recognize, and manage an aquatic emergency.*
- Do not let your child use air filled “swimming aids”, such as water wings, because they are not a substitute for Coast Guard approved lifejackets and can be dangerous.
- Get in the pool and stay within arm’s reach of an inexperienced swimmer.
- Do not let inexperienced swimmers or non-swimmers in or around water that would be over their head. Know the swimming abilities of the children you are supervising.
- Be sure the adult watching your child is indeed watching your child, knows how to swim, get emergency help, and perform CPR.
- Watch out for the “dangerous too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Please take your children on bathroom breaks and/or change diapers often. Wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Please do not let children swallow the pool water. In fact, avoid letting them get the water in their mouth.
- When participating in a “group swim” activity (birthday party, special event, etc.), designate adult “Water Watchers” to ensure the safety of all participants. Avoid the “everybody’s watching but nobody’s watching” syndrome. It only takes a second to drown.





## Cool Pool Tips for Adults & Teenagers

- Follow the posted rules & regulations of the pool and area. Your personal safety is important as well as setting a good example for others.
- Know your limits. Watch out for the too's: too tired, too far from safety, too deep, too shallow to dive, too much strenuous activity, too much sun, too cold.
- No prolonged or repeated breath holding or underwater swimming. This is very dangerous and can result in death.
- Do not mix alcohol with swimming or in the supervision of swimming.
- Be aware of the possible effects of any prescription medications.
- Do not run, push, or shove around the water. Horseplay can be dangerous.
- Practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Avoid swallowing pool water.
- Inexperienced swimmers should take extra precautions, such as wearing a U.S.
- Coast Guard-approved life jacket when around the water.
- Wear proper swimming attire – a bathing suit. Other clothing can weigh you down, tangle your arms or legs, or even become entrapped in a pool suction device such as a drain, skimmer, or vacuum inlet.

