

Water Safety



- Never leave a child alone near water: on the beach, at a pool, or in the bathtub. If you must leave, take your child with you.
- Kids don't drown only in pools. Bathtubs, buckets, toilets, and hot tubs present drowning dangers as well.
- Enroll children older than age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof."
- Always follow posted safety precautions when visiting water parks.
- If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't babysitters.

- Teach your children these four key swimming rules:
 - Always swim with a buddy.
 - Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
 - Don't push or jump on others.
 - Be prepared for an emergency.



- Never consume alcohol when operating a boat.
- Always use approved personal flotation devices (life jackets).
- Don't underestimate the power of water. Even rivers and lakes can have undertows.
- Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR (cardiopulmonary resuscitation)



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