

STAY SAFE THIS SUMMER

SWIMMING SAFETY TIPS FOR PARENTS

SUPERVISION IS #1

- Always watch your child when they're in or near water — even in shallow pools.
- Stay within arm's reach of young or inexperienced swimmers.
- Avoid distractions like phones or long conversations.



TEACH & EQUIP

- Enroll kids in age-appropriate swim lessons.
- Teach children basic water safety and how to float.
- Use Coast Guard-approved life jackets — not floaties or inflatable toys.



KNOW THE HAZARDS

- Never leave children unattended near bathtubs, kiddie pools, buckets, or toilets.
- Check pool gates and locks — they should self-close and self-latch.
- Be aware of hidden dangers like strong currents, drains, or slippery decks.

EMERGENCY PREPAREDNESS

- Learn CPR and basic first aid — it can save a life.
- Keep a phone nearby for emergencies.
- Have clear rules: no running, no diving in shallow water, and always ask before entering water.



BONUS TIPS

- Reapply sunscreen every 2 hours.
- Keep kids hydrated, offer water regularly.
- Watch for signs of fatigue or chills — take breaks!

REST  RE THE DAY

