

Swimming Safety

Swimming is excellent exercise; It a great way to work muscles you didn't even know existed. And what could be more refreshing than jumping into an ice cold swimming hole on a hot summer's day? Swimming can be a fun activity, but it is important to understand swimming safety. Here are some tips to keep you and your loved ones safe while in or near the water.



Just for Kids:

- ✓ Remember in Europe the majority of swimming areas employ "Life Savers" not "Life Guards"-- so keep an eye on your little ones whenever they are in or near the water.
- ✓ Children who can't tread water and do not know how to swim should remain in the shallow end of the pool. The shallow end is 3 feet deep or less.
- ✓ When playing with toys in the pool, kids should only use items that were designed for the water.
- ✓ Don't rely on swimming aids (i.e., noodles, floating mats, floats, etc.) to keep your child safe.
- ✓ Don't allow your children to run around a pool, push people in or dunk other swimmers.
- ✓ Children who do not know how to swim should not use diving boards or water slides. It is important to be able to swim away from the diving board or water slide after use so that another swimmer will not land on top of the person who went before them.
- ✓ Teach your children never to play with drains, gutters or filter systems of pools..

For Adults:

- ✓ Always try to swim at a pool, lake, or beach supervised by "Lifeguards."
- ✓ Never swim alone. Always use the buddy system and only swim in designated areas.
- ✓ Swimming under the influence of alcohol or drugs is a cocktail for disaster!
- ✓ Never swim during a storm or when there is lightning.
- ✓ Don't dive or jump into water that is not at least 12 feet deep.
- ✓ Don't chew gum or eat food while swimming, diving or playing in the water.
- ✓ At the Lake:
 - Never dive or jump into unfamiliar waters, and stay within the buoy lines marking the distance past which you should not swim.
 - Wear some kind of water shoe when swimming in a lake. Broken glass is a common feature of many shorelines, as are sharp rocks and fishing hooks.
- ✓ At the Beach:
 - Be extra careful in the ocean and don't run into the waves, which can knock you down.
 - Be wary of undertows and riptides, both of which are strong seaward currents. If you feel the water carrying you back to sea, don't struggle in the water. You will quickly grow tired. Instead, swim parallel to the beach until you are out of the current. Then return to shore.
 - Don't overexert yourself. Keep in mind that however far out you swim, you have to swim all the way back too!