

Water Safety Tips

Swim-Safe-Home Plan



- Teach children to swim.
- Teach children to never swim alone.
- Closely supervise children near pools, spas or any recreational water areas.
- Never leave a young child alone who has access to a pool or spa.
- Designate an adult "water watcher."
- Always be sure safety covers for the pool and spa are secured.
- Lock or secure ladders for above-ground pools.
- Fences or walls surrounding a pool or spa should be 4 to 5 feet high and installed completely around the pool or spa. (See your local ordinance).
- The fence should be self-closing and self-latching. Keep rescue equipment accessible to the pool area.
- During a storm with lightning, leave the pool area.
- Drowning may be a silent killer. Don't assume you will hear your child if they are drowning.
- Water can contain germs.

Sample of pool rules. Create and post your own rules.



- Follow the pool rules and listen to whoever is supervising the pool.
- Wear a life vest if you don't know how to swim.
- Please don't swallow the pool water.
- Keep glass away from the pool area.

- Never swim alone.
- Electrical devices are not permitted in the pool area.
- Be careful using pool slides. Don't slide down pool slides head first.
- Never chew gum in the water.
- Long hair can cause drowning!
- One person on the diving board at a time.
- Please don't run in the swimming area.
- In an emergency, call 911.

Diving Safety



- Learn to swim.
- Always enter unknown water feet first.
- Check the water for depth and hazards before diving off a raft or pier.
- One person at a time when diving off a diving board.
- Dive off only the end of the diving Board.
- Don't dive if you have been using drugs or alcohol.
- The minimum depth for diving is 9 feet. (Source: Red Cross).
- Children should learn to dive from a competent instructor.

Designate a Water Watcher



- Designate someone to be the "water watcher".
- Don't ask the water watcher to observe the water for too long without a break.
- Familiarize the water watcher with the location of rescue equipment and the poolside phone.

- Be sure the water watcher can swim.
- Water watchers should not be drinking alcoholic beverages.
- Being a water watcher requires concentration.
- Teenagers should not be water watchers.
- Everyone in the pool should know that the water watcher is in charge for safety.
- Water watchers should not leave the water area without a relief water watcher.

Other Safety Tips



- [Building a Pool](#) (see U.S. Commission for Consumer Product Safety).
- [Boating and Watercraft](#) (see United States Coast Guard).

SPLASH



- S** - **Supervise** children closely while they are in or near the water.
- P** - Place a **phone** poolside for emergencies.
- L** - **Learn** to swim and have children learn to swim.
- A** - To **aid** in a crisis, everyone should learn CPR and First Aid.
- S** - **Swim** with other people. Never swim alone.
- H** - Protect your **head**. Dive safely and teach your children to dive safely.