



# Sports And Fitness

## Swim With Safety This Summer!

Swimming is a great way to have fun in the sun this summer! However, safety is extremely important whenever children are near a pool or open water. Swim lessons are a must for people of all ages.

Swim lessons can teach a kid the mechanics of swimming which not only makes them safer in the water but also makes being in the water more enjoyable. Learning to swim can build a child's confidence and self-esteem. Remember though, swim lessons are a precaution, they don't prevent drowning. Swim lessons are NOT a substitute for water safety.

It is important to be safe in the water! People drown when too much water gets into their lungs. When that happens, lungs can't carry enough oxygen to the brain and the rest of the body. Drowning is the second most common cause of death from injuries among kids under the age of 14. It can happen fast - sometimes less than two minutes after a kid's head goes under the water. It leaves little time for help to arrive. Accidents can happen anywhere - even at your own house.



### The following are a few safety rules for the pool.

- Make sure there is an adult watching over you at all times, even if you are in your own backyard.
- Life vests for non-swimmers should always be worn.
- Fences are around a pool for a reason - to keep kids away when there isn't an adult or lifeguard to supervise. If the gate is closed, don't go in!
- All pools have rules that are meant to be obeyed.
- Always swim with a buddy. NEVER swim alone.
- If you are using flotation devices, make sure they are Coast Guard approved.
- Don't run in the pool area, walk slowly.
- Swim at a depth that is safe for you. Don't go in the deep end if you're just learning how to swim.
- Don't jump on others or push them.
- Toys that float are fun. Remember though, they can help you swim but they can't save your life.
- Don't chew gum or eat when you swim. You could choke.
- Never dive off the side of the pool unless an adult says it's deep enough. Always know how deep the water is and look before you jump in.
- Test the pool's water temperature before you plunge in. Cold water can shock your body and make your blood pressure and heart rate go up. Cold water can also slow your muscles and make it hard to swim.
- Don't go down a waterslide head first. You risk severe injury.
- Don't swim at night without pool lights.

