



# Water Safety at the Pool

Tips to keep your kids safe in and around the pool

## Be Water Wise

### Always Watch Your Kids

- Always watch your kids both in and around the water, even during swim lessons.
- Put the cell phone away! It only takes 20 seconds to inhale water.
- Enforce constantly that your child NEVER go in the pool without mommy or daddy (or another competent adult)
- Even the most competent swimmer can become injured or incapacitated.



### When in Doubt, Buckle Up!

- If you are unsure of your swimming ability, AWLAYS wear a properly fitting U.S. Coast Guard approved life jacket



### Learn to Swim!

- The risk of drowning decreases up to 88% for a child who attends swimming lessons
- Every parent/caregiver needs to know how to save themselves and their child if necessary.



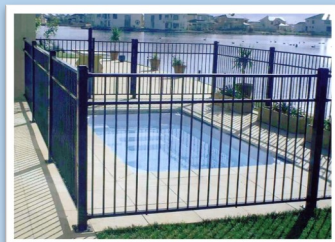
### When Everyone is Watching. . . No One is Watching

- The lifeguard is watching the whole pool, **YOU** are watching your child.
- Designate a water watcher who is a competent swimmer.



### Install Proper Barriers

- Enclose pools and spas with adequate barriers, including four-sided fencing with gates that swing outward. Keep gates locked at all times.



### Reach, Throw, Talk, Don't Go!

- If someone is having trouble in the water, call for help first.
- Reach, throw, talk, don't go



### Learn CPR

- It can save a life!
- Contact us for upcoming classes or to form your own with 4 or more participants.



[www.aquabilitieswithjennifer.com](http://www.aquabilitieswithjennifer.com)

[aquabilitieswithjennifer@gmail.com](mailto:aquabilitieswithjennifer@gmail.com) (347) 541-POOL (7665)