Ten Pool & Swimming Safety Tips

from the CDC, the American Heart Association and PoolSafety.gov

1. The American Heart Association recommends that if you have a swimming pool, learn CPR. Find classes at www.cpr.heart.org.
2. Install pool safety like self-closing and self-locking gates, and pool alarms—and use them *all the time*. Latches should be out of reach of children.
3. Closely monitor children near pools and bodies of water to prevent drowning. No adult supervision? No swimming! Everybody out of the water!
4. Because drowning occurs quickly and quietly, adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children, even if lifeguards are present.
5. Supervisors of preschool children should provide “touch supervision”, be close enough to reach the child at all times.
6. Air-Filled or Foam Toys are not safety devices. Don’t use air-filled or foam toys, such as "water wings", "noodles", or inner-tubes, instead of life jackets. These toys are not life jackets and are not designed to keep swimmers safe. Plastic “water wings” or “floaties” can fall off while the child is in the water.
7. Never use floatation devices in lieu of supervision.
8. Watch children near any water, even in small plastic pools of less than 2” of water.
9. Children and beginner swimmers should take swimming lessons and never swim alone.
10. Avoid Alcohol. Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.