



# How Parents Can Keep Children Safe While Swimming

Swimming can be a fun activity, a valuable life skill and an enjoyable way to exercise. But being in and around water includes inherent danger, as slippery surfaces, electrical risks and drowning are constant concerns. As a parent, safety should always be your top priority when it comes to your children and swimming. Whether you're enjoying a day on open water or spending it by the pool, appropriate safety measures are paramount.



## Pool Swimming Safety Tips

- Although swimming pools may seem like controlled environments, you must still be vigilant about your children's safety. Consider the following tips:
- Make sure a lifeguard or another trusted adult are constantly keeping an eye on children while they're in or around the pool. Assigning shifts among a group of adults may be helpful.
  - Whether you're in your backyard or at a local community pool, you should enforce safety rules, including reminding children not to run on the deck and not allowing roughhousing.
  - When younger or inexperienced children are swimming, make sure at least one adult is also in the water and within an arm's length of them at all times in case they begin to struggle.
  - Do not allow any electronics, including smartphones and speakers, near the pool.
  - If you have your own pool at home, make sure you're restricting access using fences and locked gates. Put away pool toys to limit a child's temptation to go near the water without you.



## Open Water Swimming Safety Tips

- Whether you're enjoying a day at a local lake, taking a trip to the ocean or spending the day on the riverbank, open water can be especially dangerous. Commit to these safety tips:
- Make sure children always enter feet first, as it may be difficult to judge depth and diving into shallow water can cause serious injuries.
  - Find out which beaches and other waterfront areas may have lifeguards on duty, as these trained professionals can help keep your children safe.
  - Research possible rip currents and other potentially fast-moving areas of open water, as children could quickly be overwhelmed and swept away.
  - Monitor the weather before and during your time on the water and don't allow children to swim when storms are likely or temperatures are cold.
  - Keep children away from areas where people may be operating boats, Jet Skis and other vehicles.

## Additional Information

Beyond these tips, you should also commit to general safety steps regardless of where you and your children plan to swim. Seek out professional swimming lessons for beginners, provide life jackets and other floatation devices and learn CPR, including techniques specific to children.

Contact us today for additional safety resources related to swimming and other recreational activities.