

PARTIAL LIST OF WATER SAFETY RULES

For Students in the *Every Child A Swimmer* Program and their families

PARENTS SHOULD NEVER LEAVE CHILDREN UNATTENDED OVER OR NEAR WATER!!!!
NOT EVEN FOR AN INSTANT!

Keep track of infants who cannot swim when they are near or over water.

In an emergency situation in water, don't panic! Remain calm to conserve your strength.

NEVER SWIM ALONE!!!

Never swim at night, after eating, when tired, or in very cold water.

Enter water slowly. Only swim or dive where you know it is safe. Always swim close to shore.

The water should be clean, clear of sharp objects, and at a safe depth for you.

Wear a life preserver when going on a boat.

When stranded in the water, hold onto anything that will float.

Never enter rough surf. The undertow is overpowering!

Do not enter a stream where the current is strong.

If caught in a strong current, gradually swim towards the shore. Do not try to swim against the current.

For personal hygiene and the courtesy of others, shower before entering and after exiting a pool.

Never run around a pool! No horseplay!

Non-swimmers should not use water wings, inflated inner tubes, or other floating objects, *except for approved personal floatation devices*. It is easy to lose control of them, then you are helpless.

Do not swim near or under a diving board. Always check the water under you before diving into a pool.

If someone falls into a pool, try to reach him with your hand, a stick, towel, or other object. If out of reach, throw a life preserver or other floatation device. Do not enter the water unless all else fails!!!

To some, these rules may seem unnecessary, but their observance *will* prevent accidents from happening and save people's lives.



EVERY CHILD A SWIMMER, INC.