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# YOUTH HEALTH BULLETIN

JULY 2011

## SWIMMING SAFETY THIS SUMMER

**W**ally Cat loves the water, especially when it is hot outside. There are many ways we can enjoy the water. Perhaps there is a pool, a lake, or even a beach that you visit. Wherever you go to swim, splash, or wade, make sure you are being a safe cat too!

**Follow these rules and any rules posted near the water!**

### General water safety

- Always have an adult with you when you are swimming
- Always swim with a buddy
- Always follow any posted rules
- Do not swim in the dark
- Stop swimming as soon as you hear thunder or see lightening; leave the water area immediately
- Always wear sunscreen

### Pool safety

- Do not go into a pool if there is not an adult with you.

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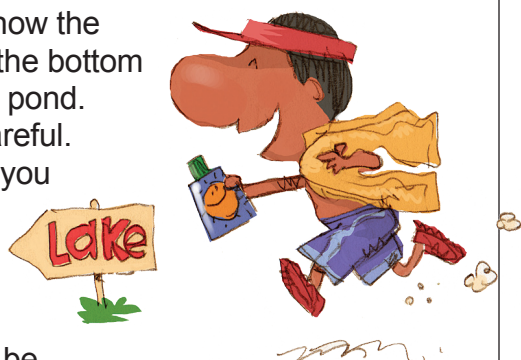


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- Never go through any gates or fences that are protecting you from the water. Those gates and fences are there for a reason — to keep you safe!
- Do not run near a pool. Always walk.
- Do not push or jump on your buddies when around or in the pool. Someone may get hurt!
- You should not chew gum or eat while you are swimming; you could choke.

### Lake and pond safety

- You may not be able to see or know the location of the bottom of a lake or pond. Be extra careful.
- Make sure you always have an adult with you.
- There may be fish swimming in the lake or pond. They will not hurt you, but they may brush up against you.
- Some ponds and lakes may have trash or glass at the bottom. It is always a good idea to wear foot protection.
- If you will be in a boat, always wear a life jacket.



### Beach safety

- Before you go into the water, check if there are flags or signs to let you know the strength of the waves.
- You may see fish in the ocean.
- Avoid jellyfish. They sometimes are floating by the shore. They can sting you and blister your skin. If you get stung, tell an adult as soon as possible.
- Do not swim out too far.
- Avoid piers and docks when you are in the water; a wave may push you into the wood.
- Face the wave instead of turning your back against it so that you know what is coming.

### Water park safety

- Read all the signs before you get on a ride.
- Always listen to the lifeguards instructions. You may have to wait until the person in front of you has passed a certain point before you can start your ride.
- When you are going through the park, there may be slick areas. Always walk — do not run!

If you do not know how to swim, ask your parents to contact the American Red Cross or local community center for information about swim lessons.

Being able to play and swim in the water can be a lot of fun. Wally Cat wants you to enjoy water this summer, but he wants you to be safe too! Pay attention to these rules and any other rules that might be posted when you are near water.



#### REFERENCES:

- Dowshen, Steven. Water Safety TeensHealth.org July 2009
- Dowshen, Steven. Swimming Teenshealth.org April 2008

### YOUTH HEALTH BULLETIN JULY 2011

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