



WLSL WATER SAFETY TIPS

Learn to swim

Swimming Lessons Save Lives™ – the best thing anyone can do to stay safe in and around the water is to learn to swim. This includes both adults and children. Note: The American Academy of Pediatrics now supports swimming classes after the age of 1 if the child is emotionally and developmentally ready.

Provide close constant supervision

Parents are the first line of defense in keeping kids safe in the water. Never leave children unattended near water, not even for a minute. If your child's in the water, you should be too! Constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes.

Wear a life jacket

If you or a family member is a weak or non-swimmer, wear a life vest. It's nothing to be embarrassed about and many facilities provide them at no charge.

Read all posted signs

Follow posted safety rules and warnings. Teach kids that being safe in and around the water is a personal responsibility – yours and theirs.

Never swim alone or in unsupervised places

Teach your children to always swim with a buddy.

Look for lifeguards

It is always best to swim in an area supervised by lifeguards, but remember, lifeguards are the last line of defense when all other layers of protection fail.

Don't drink alcohol

Avoid alcoholic beverages before or during swimming, boating or engaging in other water-related activities. Never drink alcohol while supervising children around water. Teach teenagers about the danger of drinking alcohol while swimming.

Spit it out

Teach kids not to drink pool water. To prevent choking, never chew gum or eat while swimming, diving or playing in water.

Avoid water wings

Do not use air-filled swimming aids (such as "water wings") in place of life jackets or life preservers with children. Using air-filled swimming aids can give parents and children a false sense of security. These air-filled aids are toys and are not designed to be personal flotation devices.

Watch out for the dangerous "toos"

Don't get too tired, too cold, too far from safety, exposed to too much sun or experience too much strenuous activity. Don't take chances by overestimating your swimming skills.

Note the weather

Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

Use sunscreen

Apply sunscreen on all exposed skin to ensure maximum skin protection. Hats, visors and shirts are recommended to prevent overexposure.

Keep toddlers in shallow play areas

Zero-depth entry pools have water games, sprays and fountains with no appreciable water depth.

Follow age, health & height instructions

Restrictions apply to many rides and attractions at pools and waterparks. Size and coordination is critical to safety inside open water flumes. Guests with neck or back problems, heart conditions, prevalence toward motion sickness or pregnancy should not ride high-speed or rapid-descent rides.

Use plastic swim diapers

Many pools require them. Note where changing areas are located and use these designated, sanitized changing spots.