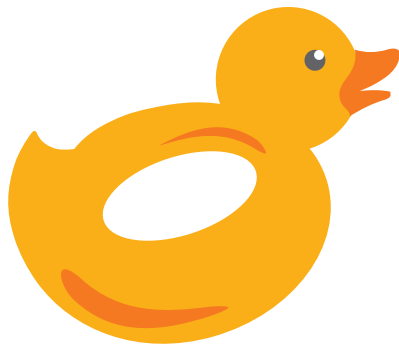


# WATER SAFETY TIPS



## TEACH THEM EARLY

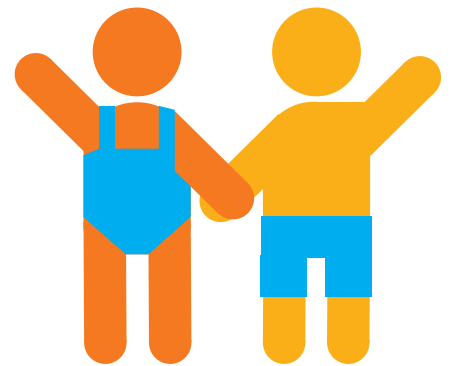
Teach children to get comfortable in the water, take swim lessons and educate them early about water safety.

## ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards. Parents should be within arms length of children.

## WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.



## I'M ON A BOAT!

Always wear a properly fitted US coast guard approved life-jacket (PFD- personal flotation device)



## GET CERTIFIED

Become certified in infant and child First Aid and CPR.



## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.