



Water Safety Tips for Families



Insist on Adult Supervision.

Swim in areas where there are lifeguards when possible. Constantly watch your children in or near the water. Keep young children within arm's reach.

Assign adults to watch children at social events.

Never drink or allow the use of alcohol or other drugs during water and boating activities or while supervising children.



Wear a Life Vest.

Always wear a life vest when you are on a boat, innertube or raft, even if you can swim. Children also need life vests on docks and when they are near the water.

Wear a life vest if you are swimming in lakes and rivers. It's easy to misjudge the water and your swimming skills. Trouble can happen quickly.

Life vests allow you to swim and cool off. They allow a full range of motion to do all your strokes (except swimming under water).

Make sure your life vest is U.S. Coast Guard approved.



Learn to Swim.

If you don't know how to swim well, find someone to teach you. Learn to tread water for at least 10 minutes.

Make sure your children learn to swim. Upgrade their swimming skills each year. Check about lessons at your local pool or lifeguarded beach.



Know the Water.

Make sure the water is safe for diving. When in doubt, don't dive or jump.

Check for hidden objects, currents and water plants.

Be aware that cold water can kill, even on hot summer days. Stay close to shore and rest if you are cold or tired.



Know what to do in an Emergency.

Learn child and adult CPR (cardiopulmonary resuscitation).

Bring a cell phone with you or know where to find the nearest phone. Dial 911 in an emergency.

