

Swimming Safety

SWIMMING RULES

- Always swim with a buddy.
- Swim only in areas that have a lifeguard.
- Stay out of the water when you're very tired, very cold, or overheated.
- Follow all swimming rules posted at the swimming area.
- Obey the lifeguard's instructions.
- If you can't see the bottom of the pool in the deep end or if the water is cloudy, don't swim there.
- Avoid swimming at night in unlighted areas.
- Do not chew gum or eat while swimming. You could choke.
- Do not push, shove, or run near the water. Horseplay can be dangerous.
- Get out of the water if you see lighting or hear thunder.
- Swim a safe distance away from diving boards and slides. Never swim under them.
- Never swim near a dam or boat ramp.
- Avoid swimming in river currents.

RULES FOR POOL SLIDES

- Slides should be at the deep end of pools so that the entry into water at least eight feet deep and away from diving areas.
- Go down feet first in a sitting position.

RULES for WATER PARK SLIDES, FLUMES, and WAVE POOLS

- Be sure all areas are well supervised and have a lifeguard before you swim or slide.
- Follow all posted rules and the lifeguard's directions.
- Position yourself carefully before you start down.
- Don't let anyone pressure you into trying a dangerous stunt.
- In a wave pool, be sure you know how deep the water will be when the wave machine is turned on, and watch for floating objects.

RULES FOR THE BEACH

- Know where the nearest lifeguard stand is.
- Be sure you know the surf conditions.
- Check to see if the warning flag has been raised.
- Observe "DANGER" signs.
- Swim away from piers, pilings, and diving platforms.
- Lookout for dangerous marine life.
- If you swim out from shore remember that you will have to swim back.
- If you are caught in a current, don't try to fight it or swim against it. You can make it back to shore by swimming gradually away from it.