

Pool Safety

Swimming can be a fun and healthy activity throughout the year. You should follow all pool rules at the pool you visit, and below are extra tips to help you stay safe while swimming.



When to Swim

- ▶ You should not swim alone. You should have someone who is a good swimmer with you.
- ▶ You should not use an outdoor pool in bad weather, especially during lightning storms.



Lifeguards

- ▶ There may be a lifeguard or a first aid station that can help you if you are hurt.
- ▶ Listen to the lifeguard's whistle or voice to help keep you and others safe. Sometimes they may ask everyone to get out of the pool.



Be Aware of Your Surroundings

- ▶ You should not run around or play on the edge of the pool. You could get hurt or fall into the water accidentally.
- ▶ Be aware of where others are in the pool to help keep everyone safe.
- ▶ Be aware of how deep each area of the pool is. It is best to know where you can stand and where you would need to tread water or swim. Only jump or dive into deep water.
- ▶ There may be floating devices you can use to help you in areas where you cannot stand.



Other Safety Tips

- ▶ Use the appropriate areas to get in and out of the pool. There may be steps, a ramp, or an adaptive chair.
- ▶ You should not eat in the pool. This is a choking risk.
- ▶ Keep electrical devices away from the water.

Swimming can be a great way to get exercise and enjoy time with friends. It can be a lot of fun, but there are risks. It is a great idea to always keep working on your swimming skills!