

# Safe Swim and Drowning Prevention

## Be a Water Watcher

Pay close attention to kids in and near the water. Even if the pool you're swimming in has a lifeguard on duty, you should keep an eye on kids and teens. Teach kids to have regular check-ins with you to ensure everyone is having a safe swim. If you can't see the bottom of the pool, don't go in.

## Avoid Distractions

Drowning can happen quickly. Keep your eyes on kids and teens and not distracted by books, cell phones, and alcohol. It's still a good idea to have a phone near in case of emergency.

## Secure the pool when no one is around

Enclosing a pool with a four-sided fence that is at least four feet in height with a self-closing, self-latching, and lockable gate.

## Know where all Safety Equipment is located

Look around the pool and find where the emergency equipment is located - see if you can find a first aid kit and a life ring or shepherd's hook. Knowing CPR could save someone's life in the time it takes for paramedics to arrive.

## Always have a Swim Buddy

