

THE FAMILY TREE

PROVIDING SOLUTIONS. PREVENTING CHILD ABUSE.

Swimming Summer Safety Tips

Summer is a time when children love to swim. The water is a refreshing cool feeling to the body and a cool escape to the summer's heat. There are some things that children should keep in mind before they dive into the pool.

Pool Swimming:

- Enclose the pool with a self-locking, self-closing fence with vertical bars. The house should not be included as part of the barrier.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Post CPR instructions and the 9-1-1 number in the pool area.
- Always keep basic life-saving equipment (pole, rope, personal flotation devices) by the pool and know how to use it.
- No equipment is a substitute for parental supervision.
- Keep toys away from the pool when it is not in use. Toys attract young children into the pool.

Swimming Safety for Children:

- Learn to swim and never swim alone.
- Stay out of the water during storms.
- Don't chew gum, eat, or wear jewelry while you are swimming.
- Don't dunk or jump on other swimmers.
- Stay clear of diving boards while swimming.
- Don't dive into water unless you know how deep it is.
- Never leave a child unobserved around water, regardless of your child's skills or the shallowness of the water.
- Keep your cell phone with you so that you can call 9-1-1 in an emergency.
- Learn CPR and insist that your child's caretakers learn CPR.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool.

Source: NJ Red Cross & Girl Power