

10 Water Safety



Tips



1

Take Swimming Classes:

Enroll in swimming lessons to acquire basic swimming skills. Knowing how to swim is a fundamental aspect of water safety.



2

Supervise Constantly:

Always supervise children and inexperienced swimmers closely when they are in or around water. Designate a responsible adult to keep a vigilant eye on swimmers.

3

Use Safety Devices:

Install barriers, such as pool fences and safety covers, to restrict access to pools. Additionally, use life jackets and other appropriate safety devices, especially for non-swimmers or weak swimmers.

4

Check Water Conditions:

Before entering any body of water, check for warning signs, posted rules, and information about water conditions. Be aware of the water temperature, currents, and any potential hazards.



5

Stay Within Designated Areas:

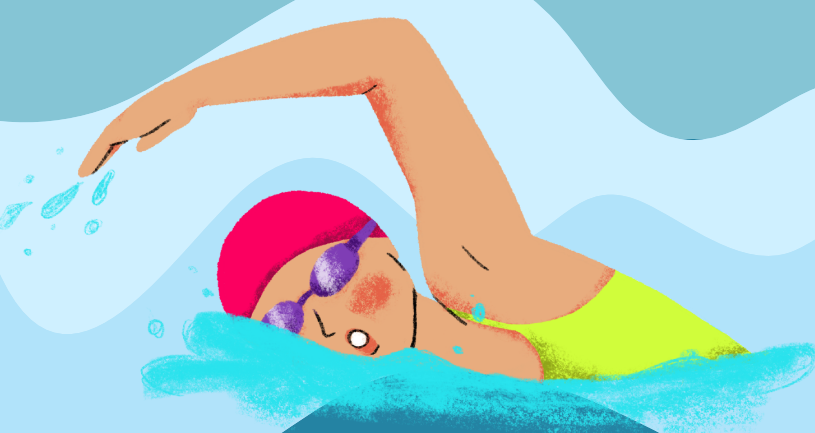
Swim in designated swimming areas where lifeguards are present, and the water is regularly monitored for safety. Avoid venturing into areas marked as dangerous or off-limits.



6

Buddy System:

Always swim with a buddy, regardless of age or skill level. Having someone nearby can assist in case of an emergency.



7 Know Emergency Procedures:

Familiarize yourself with emergency procedures and rescue techniques. Learn how to perform basic CPR and know the location of emergency equipment, such as lifebuoys or first aid kits.

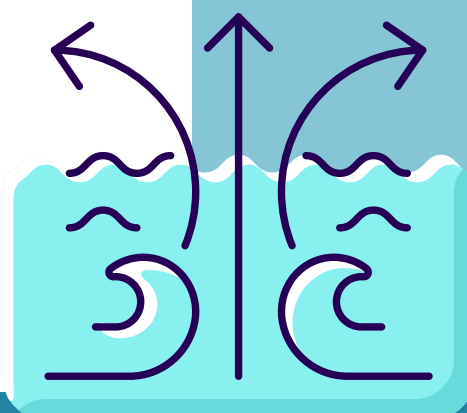
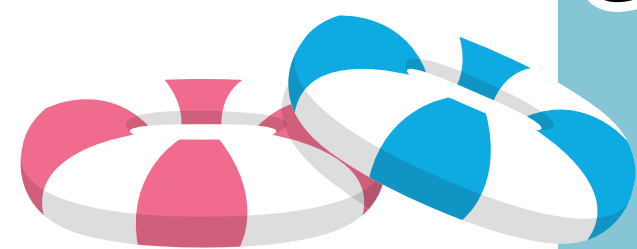


8 Avoid Alcohol And Drugs:

Avoid consuming alcohol or drugs when swimming or participating in water activities. These substances can impair judgment, coordination, and reaction times, increasing the risk of accidents.

9 Educate Yourself about Rip currents:

If you are swimming in the ocean, learn about rip currents and how to identify them. Understand how to navigate if caught in a rip current by swimming parallel to the shore rather than directly against the current.



10 Stay Hydrated and Take Breaks:

Especially in hot weather, stay hydrated by drinking plenty of water. Avoid overexertion, and take breaks to prevent fatigue, which can contribute to accidents in and around the water. Proper hydration helps maintain alertness and overall well-being.



Remember that water safety is a shared responsibility, and everyone, from individuals to parents, caregivers, and facility operators, plays a role in creating a safe aquatic environment. Following these tips can contribute to a safer and more enjoyable experience in and around the water.