

7 WAYS To Stay Safe in the Water



1 LEARN how to swim. If you don't know how, take lessons.

2 NEVER go in water, even a pool or hot tub, without a grownup watching you.

3 DON'T chew gum or eat while you swim. You could choke.

4 OBEY No Swimming and No Diving signs.

5 GO in feet first if you don't know how deep the water is or what's in it (like a big rock or log). Diving could cause a serious head injury.

6 IN a boat, on skis or on a dock, wear a lifejacket. It floats; you don't.

7 BE prepared for an emergency. Ask the grownups you know to take a CPR course.

