

# SWIM SAFELY

## PROTECT YOUR CHILDREN:

- Be attentive when your children are near water.
- Teach kids never to go near or into water alone – an adult should always be present. Drowning can happen silently, in seconds, and in just an inch of water.
- When infants and toddlers are in the water, adults should never be more than an arm's length away.
- Traditional pool floats, like water wings, inner tubes and pool noodles, aren't safe enough. Use a life jacket approved by the Coast Guard to be safer.
- Make sure that you and anyone who takes care of your kids are trained in CPR, so you'll all be ready if there's ever a need.

## TEACH WATER SAFETY:

- Start early. You can introduce your child to the water as early as 6 months old.
- Make sure your child knows the basics like floating, treading water and figuring out how deep the water is.
- Sign your children up for swimming lessons. Formal lessons can help reduce the risk of drowning, especially for children ages 1 to 4.
- Teach kids the differences between swimming in a pool and swimming in open water.
- Keep children out of a hot tub or spa until they can stand on the bottom with their heads above the water.
- Children should not use a hot tub or spa longer than 5 minutes at a time, especially at the maximum temperature of 104 degrees.

## KNOW POOL RULES:

- Teach children to get into the pool feet first unless they know for sure that it is more than 9 feet deep.
- Stop horseplay around the pool. Don't let your kids run or ride bikes near the edge of the pool.
- Don't let kids chew gum or eat in the pool. They might end up choking.
- Teach children to never use a pool, hot tub or spa that's missing a drain cover.
- Children should let a parent or lifeguard know if a drain cover is broken, loose or missing, and avoid the water until the cover has been fixed.

## DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

