



May is

NATIONAL WATER SAFETY MONTH

Top 10 Water Safety Tips

- 1. Always supervise children in and around the water.** Designate at least one adult to watch at all times.
- 2. Never swim alone.** Swimming is safer and more fun with a buddy!
- 3. Don't dive or jump into water that you can't see through.** Obstacles like rocks and stumps may be hiding under the surface!
- 4. Never turn your back to the ocean.** Big surf and strong riptides can come without warning.
- 5. Don't depend on floating toys to keep you safe.** Inner tubes, water wings, and other inflatables are not safe substitutes for life jackets.
- 6. Children and non-swimmers should always wear life jackets in open water.** Life jackets only work if you wear them!
- 7. Don't prolong the time you hold your breath underwater.** Holding your breath longer than necessary underwater can result in a loss of consciousness and lead to drowning.
- 8. Swim only in designated swim areas.** Signs are posted for a reason; there may be hidden dangers in non-designated areas.
- 9. Don't leave toys or other floatables in an unsupervised pool.** Floating toys may attract children.
- 10. Learn to swim.** Visit THPRD.org to find swim lessons near you!

www.thprd.org/activities/aquatics/national-water-safety

