

# Pool School:

## WATER SAFETY TIPS FOR CHILDREN OF ALL AGES



Whether you have an infant, young children or a teen attending a pool party, we all need to be reminded of safety tips and precautions when around the pool!

### Infants

- Never leave your baby alone or in the care of another young child in or near water — not even for a moment.
- Consider swim lessons to be a healthcare priority. Children ages 1 to 4 might be able to learn depending on their physical and emotional development. **Remember:** swimming lessons are not a substitute for adult supervision.
- Hot tubs and heated pools hotter than 100°F are not safe for children younger than three years old.

### Young Children

- **Check the water depth.** You don't want kids to get hurt diving into water that's too shallow or swimming into water that is too deep for them.
- **No running.** Slipping or tripping is easy for kids to do even when they're simply walking around the perimeter of a pool.
- **Get serious about fences.** Experts recommend a fence of at least four feet tall, with slats close enough together that kids can't squeeze between them.

### Teens

- Buddy up! Teens should swim with a partner, every time. This goes for when they're in a pool or in an ocean/lake.
- If your teen is not a strong swimmer, sign them up for lessons. Knowing how to float, tread water and swim to safety are critical survival skills. Ask about teen-only swim lessons or options for taking adult lessons.
- Know where your teen is going and have a system for checking in. Tell them it's important to swim in areas with lifeguards or adults and to use the buddy system.

### Overall Guidance

- In group-swim situations, insist on water watchers. When everybody's watching, nobody's watching. Parents and caretakers should take turns being on official "water-watching duty."
- Avoid alcohol, cell phone use and reading while supervising children/teens in the water.
- Know how to recognize and respond to a swimmer in distress and how to perform CPR.

**You are the key to keeping your children — of whatever age — safe around the water. You must understand the risks for your children, provide strong supervision for them around water and take these precautions to keep them safe.**