

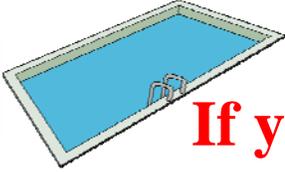


# Safe Swimming



- **Supervision when in or around the Water:**
  - Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water.
  - Supervisors of preschool children should provide “touch supervision”, be close enough to reach the child at all times.
  - Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children.
- **Buddy System:**
  - Always swim with a buddy.
  - Select swimming sites that have lifeguards whenever possible.
- **Seizure Disorder Safety:**
  - If you or a family member has a seizure disorder, provide one-on-one supervision around water, including swimming pools.
  - Consider taking showers rather than using a bath tub for bathing.
- **Learn to Swim:**
  - Formal swimming lessons can protect young children from drowning.
  - However, even when children have had formal swimming lessons, constant, careful supervision when children are in the water.
- **Learn Cardiopulmonary Resuscitation (CPR):**
  - In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone’s life.
- **Do Not Use Air-Filled or Foam Toys:**
  - Do not use air-filled or foam toys, such as "water wings", "noodles", or inner-tubes, in place of life jackets (personal flotation devices).
  - These toys are not designed to keep swimmers safe.
- **Avoid Alcohol:**
  - Avoid drinking alcohol before or during swimming, boating, or water skiing.
  - Do not drink alcohol while supervising children.





## If you have a swimming pool at home:



- **Four-Sided Fencing:**
  - Install a four-sided pool fence that completely separates the house and play area of the yard from the pool area.
  - The fence should be at least 4 feet high.
  - Use self-closing and self-latching gates that open outward with latches that are out of reach of children.
  - Also, consider additional barriers such as automatic door locks or alarms to prevent access or notify you if someone enters the pool area.
- **Clear the Pool and Deck of Toys:**
  - Remove floats, balls and other toys from the pool and surrounding area immediately after use so children are not tempted to enter the pool area unsupervised.

## If you are in or around natural bodies of water:

- Know the local weather conditions and forecast before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous.
- Use U.S. Coast Guard approved when boating, regardless of distance to be traveled, size of boat, or swimming ability of boaters.
- Watch for dangerous waves and signs of [rip currents](#) (e.g., water that is discolored and choppy, foamy, or filled with debris and moving in a channel away from shore). If you are caught in a rip current, swim parallel to shore; once free of the current, swim toward shore.

Source: CDC



Hamilton County Health Department  
Health Education Division  
[www.hamiltoncounty.in.gov](http://www.hamiltoncounty.in.gov)

