

## SWIMMING SAFETY TIP

1. Parents and caregivers should always keep their young children within arms' reach around the water.
2. Everyone should always swim with a buddy.
3. Restrict and control access to backyard pools with fencing on all four sides.
4. Enroll all children in swimming lessons.
5. Put a lifejacket on young children when in the pool area or at the beach.
6. Designate a backyard pool or beach lifeguard.
7. Choose lifeguard supervised beaches and pools for swimming.
8. Protect your neck by entering unknown water feet first.
9. Empty unattended wading pools and buckets of water when they are not in use and turn them over.
10. Get the training - if you have a pool or cottage ensure that family members learn lifesaving skills.