

Recreational Water Safety Tips

Playing in or around water can be a great deal of fun. Unfortunately, water can also be dangerous. Adopt healthy swimming and recreational practices to prevent injuries, disabilities and drowning.



Keep your child safe with these water safety tips:

- ✦ Never leave your young child alone near water.
- ✦ Teach your child to swim with a buddy and never alone.
- ✦ Allow your young child to swim in areas with a lifeguard.
- ✦ Secure your home pool with appropriate barriers.
- ✦ Check the water if your child is missing.
- ✦ Teach your child how to swim.
- ✦ Constantly supervise your child when he or she is in the water.
- ✦ Stay focused. A distraction is enough time for something bad to happen.
- ✦ When choosing a life jacket for your child, the safest are approved by the U.S. Coast Guard and they vary depending on the water activity. Check their website www.uscg.mil/hq/cg5/cg5214/pfdselection.asp#selection for information.
- ✦ Teach babysitters about water safety.
- ✦ Adopt a no-diving rule in lakes, rivers and oceans to avoid rocks and unknown depths.
- ✦ Learn how to perform CPR on an infant and child. The Red Cross offers classes.

Water safety practices protect your loved ones. Make them routine.



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800-Children (800-244-5373) Parent Helpline