

Water Safety

The best way to practice water safety is to **RESPECT** the water!
It's as simple as that!



- R-Recognition
- E-Education
- S-Supervision
- P-Physical barriers
- E-Expectations
- C-Communication
- T-Training

Recognition: Recognize the signs of non-swimmers, tired swimmers, distressed swimmers, and potentially unsafe situations



Education: Learn what factors can lead to drowning.



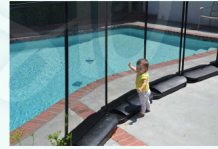
In Maryland

- Drowning was the 2nd leading cause of death for children aged 0-4 in 2015.
- There were a total of 48 drowning related deaths and 19 (39.6%) of those were among the 45-64 age group.
- A total of 139 people were treated in emergency departments in 2015. Thirty percent (40) of them were children age 4 and under, and 22% (30) were between 5-14 of age

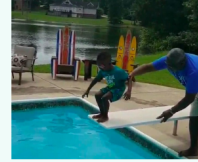
Supervision: Direct, constant supervision is key



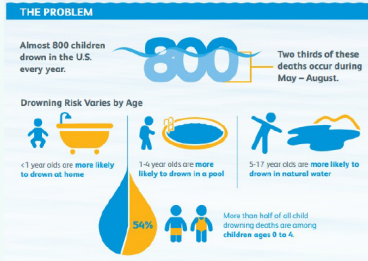
Physical Barriers: Provide fencing, safety covers, alarms, and life jackets



Expectations: Understand what to expect from the aquatic environment, and the body's response, know your limits



Communication: Warn and inform family, friends, and guests about the dangers that are present in, on, and around the water.



American Red Cross Water Safety Tips

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy.
- If you go boating, wear a life jacket!
- Install and use barriers around your home pool or hot tub.
- Actively supervise children whenever around the water.
- Always stay within arm's reach of young children and avoid distractions.
- Reach or throw aid to distressed swimmers - don't go!
- Keep toys not in use away from the pool and out of sight.

Be water safe this summer. redcross.org/watersafetytips

POOL RULES

- Keep all feet of all times
- Wear life coverage outside the pool
- Pool is for recreation only. No large gatherings permitted!
- Wash up whenever hand often
- No children without adult supervision
- Keep all doors and gates closed

Training: Learn to swim and how to respond to an emergency

