

# Be a safe swimmer



PROTECT YOURSELF,  
YOUR FAMILY AND  
OTHERS AROUND YOU  
BY FOLLOWING THESE  
SAFE SWIMMING TIPS.  
TOGETHER, WE CAN  
KEEP EACH OTHER  
SAFE WHILE ALSO  
HAVING FUN.



## Before You Dive In

- Test the water's free chlorine levels and pH. Most superstores, hardware and pool supply stores sell test strips.
- Check for cloudy water. This can mean there are more germs in the water than normal and you should stay away.
- If the lake you are swimming in has any pipes draining into or around the water, stay out.

## Check Yourself

- Use waterproof bandages to cover any wounds.
- Sick with diarrhea? Get a check-up from your doctor before you enter a public swimming pool or lake.
- Shower before you swim. This will remove any dirt or bacteria you might bring with you into the water.

## Survey Your Surroundings

- Check for closures.
- Kids can drown in seconds and in silence, so keep an eye on all little ones in and around the water.
- Lifeguard(s) should be focused on swimmers and not distracted. If no lifeguard is on duty, identify the safety equipment, such as a rescue ring or pole.