

Do Your Part, Be Water Smart!

Celebrating



Did you know that drowning is a leading cause of accidental death for children? Learn the basics for keeping yourself, your family and friends safe in and around the water every day.

- It all begins with **learning to swim!** Swim lessons teach safety and swimming skills you need to enjoy the water safely. Can't swim? Take Red Cross swim lessons!
- **Swim as a pair near a lifeguard's chair.** Buddy up. Never swim alone. Only swim in places that are protected by lifeguards—or, if at a home pool, only swim when an adult is supervising.
- **Look before you leap.** Check the water and weather conditions to be sure that it's a safe place and time to swim. And always enter feet first unless the area is intended for diving.
- **Follow the rules.** They exist to keep you safe. Always listen to the lifeguards.
- **Life jackets save lives, so don't just pack it, wear your jacket.** Everyone should wear a U.S. Coast Guard-approved life jacket when on a boat, and anyone who needs a bit more support should wear one when going into the water.
- **Think, so you don't sink.** Know what to do if you get in trouble in the water. The more skills you have, the better you'll be able to deal with scary situations.
- **Reach or throw, don't go!** Use reaching or throwing equipment to help a person who is struggling in the water get to safety. Only trained lifeguards should enter the water to help someone in trouble, and even then, the lifeguard is going in with rescue equipment.

Knowing how to swim, making smart choices around the water and knowing what to do if something goes wrong can mean the difference between life and death.

Begin by Learning to Swim!

Get started by taking the *Pool Safely* Pledge at poolsafely.gov/pledge.

For more information, visit International Water Safety Day at internationalwatersafetyday.org and the American Red Cross at redcross.org/watersafety.



Swim

Download the Red Cross Swim App to learn more about water safety through fun videos, test how “water smart” you are, and even track your progress as you learn to swim. Text SWIM to 90999 or search the iTunes app store or Google Play for American Red Cross.



American Red Cross



A NETWORK TO HELP SAVE LIVES

