

POOL SAFETY



1. Should you ever swim alone?
2. Know three or more pool safety rules.
 - a. No running around a pool
 - b. No diving, except in designated areas
 - c. No swimming without permission
 - d. No swimming without adult supervision
 - e. No rough play in or around pool area
 - f. No glass containers around pool
3. If you fall into a pool, what should you do?
 - a. Be calm
 - b. Kick legs to keep head above water
 - c. Yell for help
4. What should you do if someone is drowning?
 - a. Throw in a floating device (don't jump in to help)
 - b. Yell for help
 - c. Get a grown up
 - d. Call 911
5. Name some pool games to play.
6. Draw a picture of you swimming.
7. Plan and participate in a pool party.

Parent tips: Contact your local YMCA or Red Cross for swimming lessons and first-aid classes.

*Keep a cordless phone in the pool area for emergency use.

*There are also many types of alarms and fences that you can use around your pool area to keep your children safe. Check with a pool supply company or pool builder.