



## **BEFORE YOU SPLASH**

You should always go to the pool with an adult who is a designated "Water Watcher". This person should talk to the children about being careful at the pool, go over pool rules, and what depth of water is appropriate to swim in.

Children should always ask for permission from the Water Watcher before entering the water.

They should also decide if a child requires a Coastguard-Approved Life Jacket, and if the child is 5-years-old or younger they must remain within arm's reach.

Source: American Red Cross. "Water Safety." American Red Cross, The American National Red Cross, 2021, <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>.



## **LIFEGUARDS**

Lifeguards are there to help you if you need assistance or have an emergency. You should not distract them while they are watching the water. If you need help do not hesitate to get their attention.

These lifeguards are trained to see signs of drowning and prevent accidents from occurring in the pool area. A lifeguard's goal is to keep the pool and everyone in it safe.



## **POOL RULES**

Every pool has a set of unique rules that were put in place to keep the pool safest. It's important to take note of what these rules are at every pool you swim at.

The most important rule at any facility is "No Running". This is to avoid the potential injury that could result from slipping and falling from the wet ground surrounding the pool.

## **SIGNS OF DROWNING**

- Head tilted back
- No splashing
- Gasping
- Tired-looking swimming

## **IN CASE OF AN EMERGENCY**

- Call 911
- Tell the operator what occurred in detail
- Do not attempt a submerged rescue if you are not lifeguard certified

## **SWIM LESSONS**

Enrolling in swim lessons can help you be safer in the water by learning how to float, how to use different swim strokes, and gain experience in the water.

Look to organizations such as The American Red Cross and the YMCA to find local swim lessons.





## **NO HORSEPLAY**

Playing too rough at the pool is dangerous because everyone should be in control while they swim. Pushing and aggressive splashing can quickly cause an accident. So remember to always be respectful of others' space.



## **ENTRY & EXIT POINTS**

Take notes of where entrances and exits to the pool are located. These are often stairs or pool ladders. Use the handrail when going in or out. The bottom of the pool is slick and using the handrails helps you with your balance.



## **THE SLIDE**

Go up one at a time, and wait for the lifeguard to tell you it's your turn. When going down the slide cross your arms over your chest, lay flat on your back, and keep your legs together going down feet first.

### **ADDITIONAL SOURCES:**

- [JOSHTHEOTTER.ORG](http://JOSHTHEOTTER.ORG)
- [YMCA.ORG/WHAT-WE-DO/HEALTHY-LIVING/WATER-SAFETY](http://YMCA.ORG/WHAT-WE-DO/HEALTHY-LIVING/WATER-SAFETY)
- [REDCROSS.ORG/TAKE-A-CLASS/LP/AQUATICS](http://REDCROSS.ORG/TAKE-A-CLASS/LP/AQUATICS)



**"I'm passionate about water safety; I wanted to make a free educational resource so that anyone could learn how to be more safe at the pool."**

**Rachel Lofton**  
Lifeguard of 5 Years

# **SAFETY SPLASH**



## **POOL SAFETY FOR CHILDREN AND ADULTS**

Learn how to be safer at the pool.

