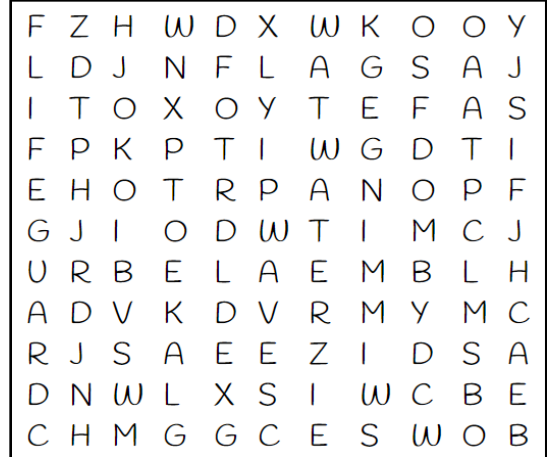


Water Safety

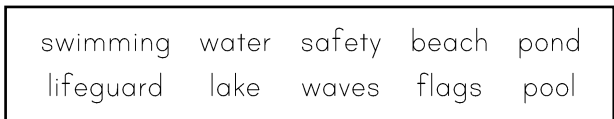
Swimming is great fun, but it can be dangerous. It is important that you take great care in and around the water.

Always have an adult with you while you swim. Slips and falls can cause injuries in the pool. For this reason, it is important to never run in the pool area.

Even greater care is required when swimming in a beach, a lake or a pond. When swimming at a beach, always swim between the flags. The flags show which parts of the beach are safe for swimming. The flags also mean that lifeguards are there to help in case you get into trouble. You should always be able to touch the bottom with your feet. This is very important if you are not a strong swimmer.



Another danger at the beach is rips. Rips can pull you away from the beach. If you do get caught in a rip, do not fight against it. Wave your hand above your head



to get the attention of a lifeguard and try to stay calm. You can also try and swim sideways to escape the rip.

When swimming in a pond or a lake, it can be hard to see the bottom. For this reason, you must always check the depth of the water. Jumping into shallow water can be very dangerous. Sharp rocks, rubbish such as glass or other dangerous objects can cause injuries. It is a good idea to wear shoes when swimming in ponds or lakes.

Whether swimming at a pool, a beach or a pond, it is important that you take care.

