



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM SAFE

General Aquatic Safety tips...

- Enroll your child in swim lessons (We offer lessons year round!)
- Only swim where there is a lifeguard or responsible adult
- Swim with a buddy
- Never rely on a floatation device- always rely on swimming ability, and don't float where you can't swim. Non-swimmers should be able to touch bottom with their feet
- Never dive in to any water the first time. Most spinal injuries occur when diving head first into water upon initial entry. Always remember: FEET FIRST, FIRST TIME. Always dive with arms above head to protect from hitting head on bottom

On the beach...

- Protect your skin
- Be cautious of an undertow
- Face the waves instead of turning your back to them- then you'll know what's coming
- Don't dive into unknown water

In a boat...

- Always wear a US Coast Guard approved life jacket
- Know your basic survival skills in case of an accident
- Learn the basic HELP position
- Protect your skin
- Always let someone know when you are going out on a boat and when you expect to return
- Don't dive off a boat or into unknown water

In the backyard...

- Children shouldn't swim in a pool without adult supervision. Even small baby pools can be dangerous!
- Only dive into a pool that is a minimum of 9 feet deep
- Protect your skin
- Never stand on or go under a pool cover
- Get out of the pool immediately if you see lightning
- Enclose your pool with high fences, be sure to install self-closing and self-locking gates
- Don't chew gum or eat while swimming- it's a choking hazard
- Backyard pool owners should become certified in at least CPR

Community pool safety...

- Read the rules before getting in the pool
- Know where the shallow end stops and the deep end starts
- Do not drink the water
- Children who have had diarrhea should not swim for 2 weeks after being sick
- Children who are not potty trained should use swim diapers

At a water park...

- Non swimmers should wear lifejackets
- Always slide down feet first
- Always make sure there is a lifeguard at each ride
- Don't run in between rides- it's slippery!



YMCA of SOUTHWEST ILLINOIS
For more information on Aquatic Safety,
Swim Lessons, Lifeguard Courses, or
CPR certifications contact your local
Aquatic Director!

Monroe County YMCA- 618.281.9622
O'Fallon YMCA- 618.628.7701
Collinsville Maryville Troy YMCA- 618.346.5600
East Belleville YMCA- 618.236.9983
Downtown Belleville YMCA- 618.233.1243

www.ymcaswil.org