



May is National Water Safety Month Be Water Smart!

Swimming is one of life's greatest activities. It offers health and fitness benefits, cools you off in the summer, and can be gallons of fun! However, drowning is the second leading cause of unintentional, injury-related death for children ages 1-14, so make sure you stay safe in the water by being water smart. The best thing anyone can do to stay safe in and around the water is to learn to swim well. Boulder City Pool offers these water safety guidelines:

1. Water-Wise

- Swim in areas supervised by lifeguards.
- Always swim with a buddy.
- Read and obey all posted rules.
- Supervise children at all times, even with lifeguards on duty.
- Watch out for "dangerous too's": too tired, too cold, too far from safety, too much sun, and too much activity.
- Know how to prevent, recognize, and respond to emergencies-aquatic emergencies happen suddenly!
- Use only the correct Coast Guard approved life jackets. Items such as "water-wings," "noodles," or "floaty" swimsuits are not substitutes for an approved life jacket.
- Enter the water feet first unless the area is marked for diving and has no obstructions.
- Don't mix alcohol with water activities. Alcohol impairs judgement, balance and coordination, affects skill level, and reduces the body's ability to stay warm.

2. Sun-Wise

- Apply sunscreen (min. SPF 15) several minutes before sun exposure. Reapply every two hours/after swimming or sweating. Remember, water and sand can reflect the sun's rays, increasing your chance of sunburn.
- Wear protective clothing: long-sleeved shirt, wide-brimmed hat, and sunglasses.
- UV rays are strongest between 10 a.m. and 4 p.m., so avoid direct sun during these hours.

3. Health-Wise

Germs easily spread in and around the pool and locker rooms, so please:

- Don't swim when you have diarrhea.
- Don't put pool water in your mouth-it is not drinking water!
- Practice good hygiene: shower with soap before swimming; wash hands after using the toilet or changing diapers; don't change diapers at poolside.
- Take children on frequent bathroom breaks and check diapers often. Don't wait to hear "I have to go."

May is National Water Safety Month! Come see us at the Boulder City Pool for more information, coloring books, and to sign up for swimming lessons. Summer programs are starting to fill up! Inquire about the Learn-to-Swim Grant and learn about **The World's Largest Swimming Lesson- June 17th. Save the date!**

(www.wsl.org)

