**WATER SAFETY TIPS**

Learning how to stay safe while in the water starts at home.
Swim safe this summer with these water safety tips.

1. **BUDDY SYSTEM**
   *Never swim alone!* Children and weak swimmers are at high risk for drowning. Find a friend to swim with before using the pool.

2. **WATER WATCHER**
   Actively supervise children playing in or near water. Drowning is silent and can happen as quick as sending a text. Designate an adult water watcher to supervise pool play with no distractions.

3. **BEAT THE HEAT!**
   Remember to wear sunscreen and stay hydrated when playing outside. You can help prevent heat related accidents and illnesses.

4. **DOUBLE DRAIN**
   - x1 Drain inflatable pools and drink coolers after each use.
   - Toddlers can drown in just 1 inch of water.
   - x2 Ensure pool drains have proper covers. Teach children not to play or swim near drains.

5. **GUARD ON DUTY**
   Install proper barriers, alarms, and covers around the pool to protect from accidental drownings. Gates should be at least 54 in. high and self-latching.

6. **CPR CERTIFIED**
   Learn CPR to be better prepared for emergencies and to keep your loved ones safe. The American Red Cross offers both online and in-person CPR training. For more information on CPR certification email us: aquatics@cityofsacramento.org

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May is National Water Safety Month.
Take the pledge to #SwimSafe.

**Learn more about swimming & water safety:**

Pool Safety
American Red Cross
Sacramento Fire Department