

POOL SAFETY



1. Should you ever swim alone?
2. Know two (2) or more pool safety rules
 - a. No running around pool
 - b. No diving, except in designated areas
 - c. No swimming without permission
 - d. No swimming without adult supervision
 - e. No rough play in or around pool area
 - f. No glass containers around pool
3. If you fall into a pool, what should you do?
 - a. Be calm
 - b. Kick your legs to keep head above water
 - c. Yell for help
4. What should you do if someone is drowning?
 - a. Throw in a floating device (don't jump in to help)
 - b. Yell for help
 - c. Get a grown up
 - d. Call 911
5. Name some pool games to play
6. Draw a picture of you swimming
7. Plan and participate in a pool party

Parent Tips: Contact your local YMCA or Red Cross for swimming lessons and first aid classes. Keep a cordless phone in the pool area for emergency use. There are also many types of alarms and fences you can use around your pool area to keep your children safe. Check with a pool supply company or pool builder.

Submitted by the Fl. Hospital Church Adventurer Club