

Village of Fox Crossing Fire Department

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Swimming Safety

Chances are most people you know like to swim. Some swim for fun, some for exercise and other may even do it in a competition setting.

Consider the many places people swim: school, community pools, beaches, lakes and even the ocean. You could probably even consider a small child taking a bath as swimming!

Most drowning could be prevented if everyone knew how to swim and followed basic water safety rules!

Remember, inflatable rafts, inner tubes and floaties are no substitute for safety-approved personal flotation devices or life jackets.

Also, on a side note, be aware that residential swimming pools of all sizes may require certain fencing or other restrictions according to local codes. Check your local municipal codes for more information.

Swimming-Life Safety Tips

- \checkmark Use the buddy system when swimming.
- ✓ Do not dive unless you know the water is deep enough and clear of underwater obstructions such as branches, rocks and tree stumps.
- ✓ Remember, water depths may change from one water slide to the next—even in the same place.
- ✓ Never allow children to play around drainage ditches or culverts.
- ✓ When on a water slide, be sure there is enough room between yourself and the person on the slide in front of you.
- ✓ Be careful of aquatic plants and fish that can hurt you. Never touch a jelly fish.
- ✓ You are responsible. Have a 'no alcohol' rule and a no glass or sharp object policy.
- ✓ Furthermore, encourage guests to wear protective footwear.

Did you know...?

- ✓ Every year, almost 7,000 people drown in the United Sates.
- ✓ Drowning is the second leading cause of accidental death in children.
- ✓ Approximately 1,200 children are killed each year and more are injured in near-drowning accidents.
- ✓ Drowning occurs not only in deep but can occur just as easily in wading pools, bathtubs and other places water is found including buckets.
- $\checkmark~$ A child can drown in the time it takes to answer the phone.
- ✓ Swimming in water that is less than 60 degrees can result in cramping and problems breathing potentially leading to panic, shock and eventually, potential drowning.

All information shown on this page is from the National Fire Safety Council Inc. Swimming Safety brochure. ©MM

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