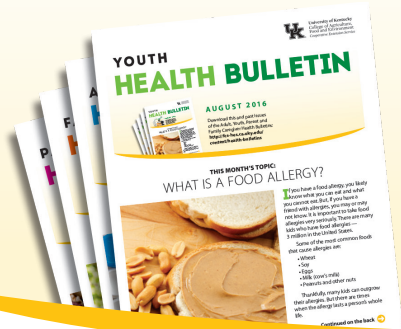


YOUTH HEALTH BULLETIN



JUNE 2019

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THIS MONTH'S TOPIC:

SWIMMING SAFETY



Summer is finally here! Which means that the days are long and hot — making it a great time to go swimming. When we are near the water we need to be careful and make sure we are being safe.

When swimming at a pool

You should never swim alone. Always ask for permission to go in or near water. You should **always** have an adult with you when you are at the pool.

When you are at the pool, you should always walk. Never run, because it can be slick and you could fall.

Make sure that if you go to the community pool, you follow the rules and listen to the lifeguard.

Do not push or jump on others. You could accidentally hurt someone or yourself.

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Always ask for permission to go in or near water. You should always have an adult with you when you are at the pool.

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When swimming at a lake or pond

You should always have a life jacket on when you are on a boat, a dock, or swimming in a lake or pond.

It can be hard to see what is happening underneath the water in a lake or pond — so never dive into the water headfirst. You could hit your head on something that you could not see from above the water.

It is a good idea to wear something on your feet when you are in a lake or pond. Even when you are swimming because you could get hurt from jagged rocks, broken glass, or trash that is in the water.

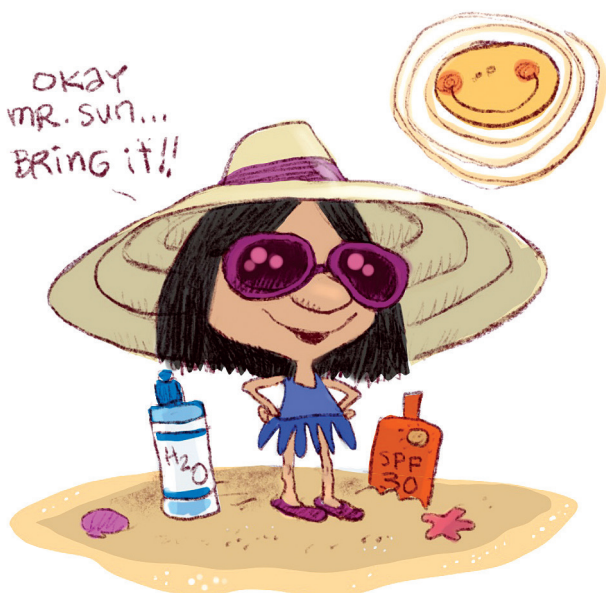
When swimming in the ocean

When you're at the beach, always look for the flags that tell you whether it is safe to swim. There should also be a lifeguard present.

Do not swim out too far. Always make sure that you can see an adult and that you have permission to be out in the ocean. Remember, never swim alone!

Always swim where a lifeguard can see you and in areas that are marked for swimmers to use.

Be careful in the ocean because there are waves and currents that can make swimming dangerous. If you are caught in a rip current, try to swim parallel to the shore or call for a lifeguard to help you.



Watch out for sea creatures like jellyfish, crabs, and fish!

Summer sun

If you are going to be outside playing in the pool or out at the lake, here are some tips to stay safe:

- **Put on sunscreen.** You should wear sunscreen that is at least SPF 30. It is also a good idea to wear sunglasses and a hat to protect your skin from the sun's harmful rays.
- **Take breaks.** Drink plenty of water and fluids when you are outside swimming and playing so you do not become dehydrated.
- **In the summer there can be pop up storms.** Stop swimming or boating as soon as you see or hear a storm, and go inside.

SOURCES

- <https://kidshealth.org/en/kids/swim.html>
- <https://www.safekids.org/tip/swimming-safety-tips>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety.html>
- <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Swim-Safety-Tips.aspx>

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