



*By Roxanne Lacy*

Summer is here!

Warm weather and fun in the sun usually means time will be spent at the pool, lake or beach. However, fun in the water can turn disastrous in the blink of an eye. By taking the proper precautions you can make sure your summer memories are happy ones.

- Supervision is the most important. Children should be within arm's reach of an adult swimmer.
- Use of approved floatation devices. This does not include blown up devices or foam noodles.
- Never swim alone, even capable swimmers need a swim buddy.
- Pools should be fenced in with self-closing, self-latching gates.
- Always remove toys from pool area. They may attract children to the water.
- Empty wading pools when not in use.
- Never allow children to swim in canals or fast moving water.
- Ocean swimming should be allowed only when a life guard is on duty.
- Always wear sunscreen!!!

