WATER SAFETY

Summer is back and that means it time to get your sunscreen, hat, bathers, beach towels, some family and friends and head down to the pool, lakes and beaches, it's the perfect way to have some summer fun and get a cool relief from the heat. But water also can be dangerous if you don't take the proper care. The good news is there are many ways to keep safe in the water and make sure that you have a great summer.

One of the first safety rules is to never to swim alone. Using the buddy system means there's always someone looking out for you. It's important to understand that swimming in a pool is different from swimming in a lake or the ocean, there are different hazards for each. Swimming in water out of your depth is an extremely dangerous thing to do unless you are comfortable in water and can swim very well. It is, therefore, very important for you to make sure you know how deep the water is no matter where you are swimming. You should never run or push around the water and should never dive in areas that are not marked for diving.

HERE ARE SOME TIPS:

AT THE LAKE/POND

The most important tip is to never swim anywhere without adult supervision, lakes or ponds may be shallow near the bank and then can increase in depth quickly going further out from shore. Ponds and lakes can also hide jagged rocks, broken glass, or trash, it's best to wear water shoes if you are unsure of how safe the floor is.

Note: Alway tell an adult if you are going to swim so that they can keep an eye on you and make sure you are safe!

AT THE BEACH

The safest place to swim at the beach is between the red and yellow flags. You should always swim when and where a lifeguard is on duty. You shouldn't swim close to piers or pilings because sudden water movements may cause you to collide with them.

Unlike the calm waters of a swimming pool, the beach has special dangers like currents and tides. Check with the lifeguard when you arrive to find out about the water conditions. It's important to not swim in large waves or undertows, and make sure you never to stand with your back to the water because a sudden wave can easily knock you over. When swimming at the beach you may notice that you drift down the beach due to the tip and currents, its best to mark a spot on the shore and try to stay in line with that spot so that you avoid drifting. It is always a good option to swim with a friend and never alone, and making sure that you don't ever leave them swimming by themself if you don't want to swim anymore.

Swim in well lit and clear areas, so you can be seen if you get into trouble. For your own safety, leave the water immediately when requested by a lifeguard.

AT THE POOL

You should always make sure that there is a supervising adult or a life guard watching you swim. You need to always listen to the pool lifeguards or the adult so that no one gets hurt. Running around swimming pools, particularly near to the water's edge can be very dangerous so you should also walk when near the water. When you are at your local swimming pool you should always obey signs giving advice to swimmers. Even if you are a confident swimmer it is best to stay away from the deep end. Always check to see whether it is okay to jump in the pool and if allowed make sure the water is clear of swimmers before jumping in. if jumping in and diving is allowed make sure you know how deep the week is before you dive in as it may be to shallow and you can seriously hurt yourself.

At home it is the law that swimming pools are to have a proper fence around them and the gate is to be locked at all times with the latch out of children's reach. Especially if you have younger brothers or sisters it is important to empty children's paddling pools as soon as they or you have finished using them.