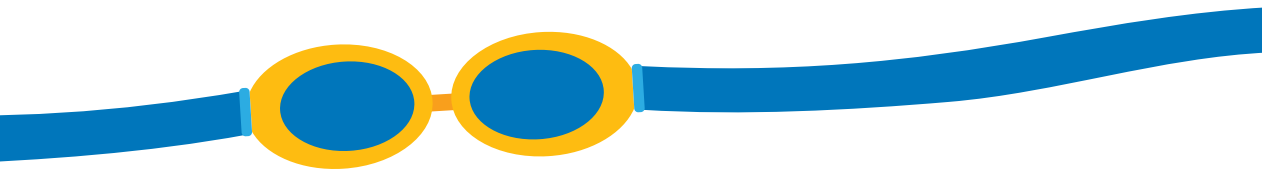


FLORIDA VIRTUAL SCHOOL WATER SAFETY TIPS

Summer will be here soon and with that comes fun and exciting water activities, but it can also pose dangers for children of all ages. It's important to understand and establish safety practices to stay safer in and around the water.

WATER SAFETY TIPS

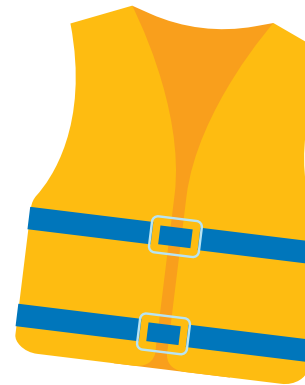
- **Always have adult supervision**
- Use protective fencing around the pool
- **Learn CPR**
- Take swimming lessons
- Have a cell phone in the pool area and post **9-1-1** numbers nearby
- **Never swim alone** - Use the buddy system even if you are a strong swimmer
- Swim in designated areas supervised by lifeguards
- **Suit up!** Wear a U.S. Coast Guard-approved life jacket when boating or fishing
- Never run, push or jump on others in or around the water
- Learn safe ways of rescuing others without putting yourself in danger. Reach out to someone in trouble in the water while holding on to something stable. If you can't reach them, throw them something that floats
- **Know Your Limits** - Don't swim farther or hold your breath longer than you are able to



5 SWIMMING SKILLS TO KEEP YOU SAFE

Below is a list of swimming skills that everyone should know. Being able to do each will make you a stronger and safer swimmer.

1. Step into the water.
2. Float or tread water for one minute.
3. Turn around in a full circle.
4. Swim 25 yards to the exit without stopping.
5. **Exit from the water.** If in a pool, be able to exit without using the ladder.



Check your local area for **Water Safety and Swimming Lessons.**