

POOL SAFETY RULES

DO:

- **Be sure you can swim—or have help in the water.**

Enter the pool only if you know how to properly swim, have an experienced swimmer to assist you, or have a flotation device such as a life vest, arm floats, or air cushion.

- **Swim with someone else.**

Make sure another swimmer is either with you in the pool or is there supervising whenever you are in the water.

- **Drink water to stay hydrated.**

Be sure to drink plenty of water—never from the pool—to keep yourself hydrated throughout the day—especially if it's warm outside.

- **Use the bathroom.**

Be considerate of others: Use the bathroom *before* you go into the pool—and *leave the water* if you need to take care of business.

- **Practice safe diving.**

Use the diving board. Be sure to dive only from the *front of the board*—never from the sides. If you go off the sides, you can hit the pool edges and get seriously hurt!

- **Use the pool slide the right way.**

Go down the slide only one way: with your *feet first*. You can be severely injured by going down the slide head first! Also, only one person at a time on the slide—including the ladder. Before taking your turn, check the landing spot in the water below to make sure it's clear. You don't want to land on someone else.

- **Dry off before entering indoors.**

When exiting the water to go inside the home, be sure to completely dry yourself off before entering. Take care to not track water onto slick floors where someone could slip.

- **Take extra caution when using a heated spa.**

Staying in hot water for too long can cause nausea, dizziness, vomiting, overheating, or burning of the skin. Depending on the spa temperature, limit soaks to 30 minutes. Keep children under 5 from spa use. Drink lots of water—never alcohol! If you take certain medications or have heart disease, diabetes, or high or low blood pressure consult with your doctor before taking in a hot soak.

DON'T:

- **Don't dive into shallow water.**

Never do a dive into water that's less than eight feet deep. Never dive off the sides of the pool. Dive only off the diving board.

- **Don't run around the pool deck.**

Running around the pool area is dangerous. If you trip and fall on the deck or into the pool, you can hurt yourself badly.

- **Don't allow dogs in the pool without supervision.**

Not all dogs know how to properly swim; some do, but can easily tire out. Make sure to keep an eye on your pets when they are in the water.

- **Don't engage in rowdy horseplay in the pool.**

Steer clear of playing rough games involving dunking, holding your breath for any extended period, or lifting and throwing others into the air.

- **Don't use glass containers.**

Beverage glasses can easily break on the pool deck or pool walls. Instead use outdoor-friendly options like acrylic tumblers or paper, plastic, or foam cups, or drink from a can.

- **Don't enter the pool under the influence of alcohol or medications.**

Swimming under the influence poses risks: Alcohol and some medications can impair your ability to swim and affect other motor skills, as well as breathing and orientation.

- **Don't push anyone into the pool.**

What seems like fun can be dangerous. You could severely injure someone when you suddenly throw, push, or yank them into the water when they don't expect it.

- **Don't heavily splash the water.**

Try to keep as much water as possible in the pool. Don't engage in water fights or splash others when they are outside the pool on the deck.