

Waterproof Your Kids



Though summer is months away, it's never too soon to give your kids the margin of safety that comes with being able to swim. Obviously, knowing how to swim can prevent drowning – the second leading cause of death among kids ages 1 to 14* – but just as important is the role of parents in water safety education. Here are some basic tips to keep in mind.

- Many accidents can be avoided by never leaving children unsupervised around water. As much as swim lessons will help them understand their limits, no one of any age should swim beyond the range of help.
- A good practice is to assign a “water watcher” who avoids distractions like reading or talking on the phone.
- Flotation devices, such as water wings or floaties, can create a false sense of security. That’s why they’re typically not used in swim training.
- When you’re at the pool take time to read the posted rules. Usually running is prohibited and diving is limited to designated areas.
- Don’t swim in areas with no lifeguards or adults.
- At the first sign of lightning or thunder get out of the water.
- Dunking anyone is strictly prohibited.
- Beginners should not swim in water more than chest deep.
- Always swim with a buddy.

If you’re unsure of when to start your child in a swim program, consult your pediatrician. Or ask our certified instructors about classes appropriate to your child. Lessons are offered year round, giving kids of all levels and ages the chance to master skills, gain confidence and build endurance as soon as they’re ready. Our classes are small so everyone gets plenty of attention, and private lessons are also available to focus on individual strengths and weaknesses.

*US Center for Disease Control and Prevention



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