

## Pool Safety Tips

Summer is the perfect time of year to relax and enjoy family time by the pool.

While pools are fun, it's important to be aware of the dangers of the sun and water, so that your pool day stays as safe and perfect as possible!

Protect your family's fun and safety by staying alert and learning the basics!

## Avoid

Running near the pool.

Swimming alone.

Diving in shallow water or unknown depths.

Completely relying on lifeguards to ensure your family's safety.

## Escape

If you are in trouble, yell the word "Help!"

Do your best to float or tread water until help arrives.

## Swim Safely

Stay alert.

Drink plenty of water to stay hydrated.

Keep sunscreen on. Remember to reapply after swimming.

**Do you have any other life-saving tips?! Please SHARE!**