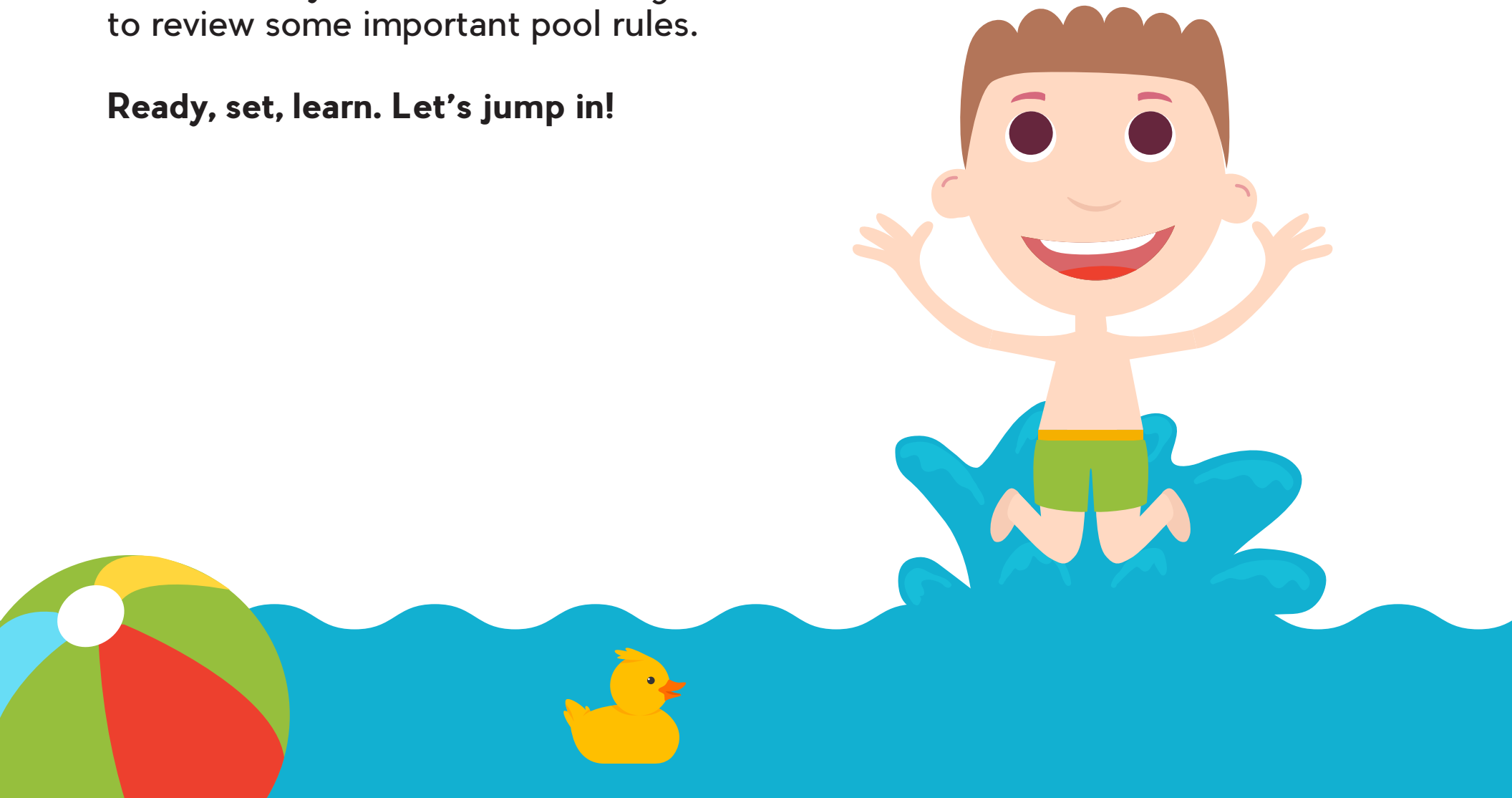


What's your favorite thing to do when you're hot?

If you thought **GO SWIMMING**, you're not the only one!

Swimming helps you to cool off and get exercise, and it's fun to play in the pool. But while we're having fun in the pool, we also need to be safe. May is **Water Safety** month, so now is a great time to review some important pool rules.

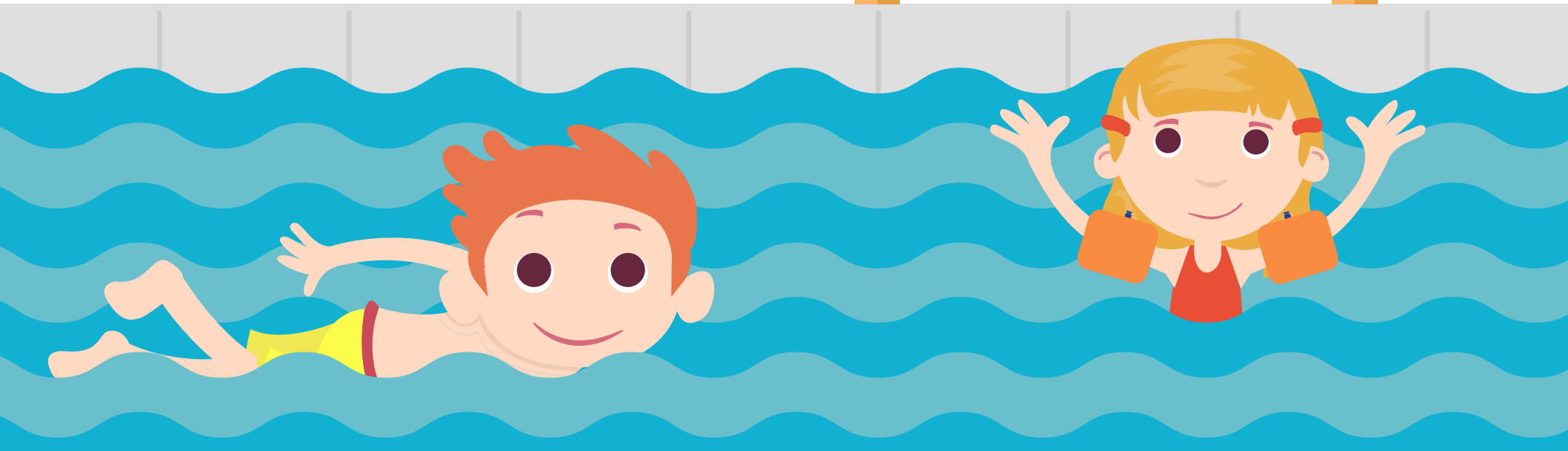
Ready, set, learn. Let's jump in!



1 Learn to Swim Before You Jump In!

Swimming is a skill we learn, just like riding a bike. Once you know how to do it, it's easy, but you can't just jump in and figure it out. If you're still learning, it's best to stay in the shallow end and/or wear some swim floats or life vest. Remember, everyone starts out needing some help, and you'll get the hang of it in no time!

Be a good friend. Never tease others because they are swimming in the shallow end or wearing floaties! And, never push others into a pool because they may not know how to swim.



2 Buddy Up.

Never swim alone, and always ask your parents or the supervising adult before getting in the pool or leaving the pool area. That's easier to remember when there are two or more of you at the pool together. Help each other be responsible and make sure an adult always knows where you are. You'll find that swimming with others is way more fun when you have someone to play Marco Polo with anyway. (No peeking!)



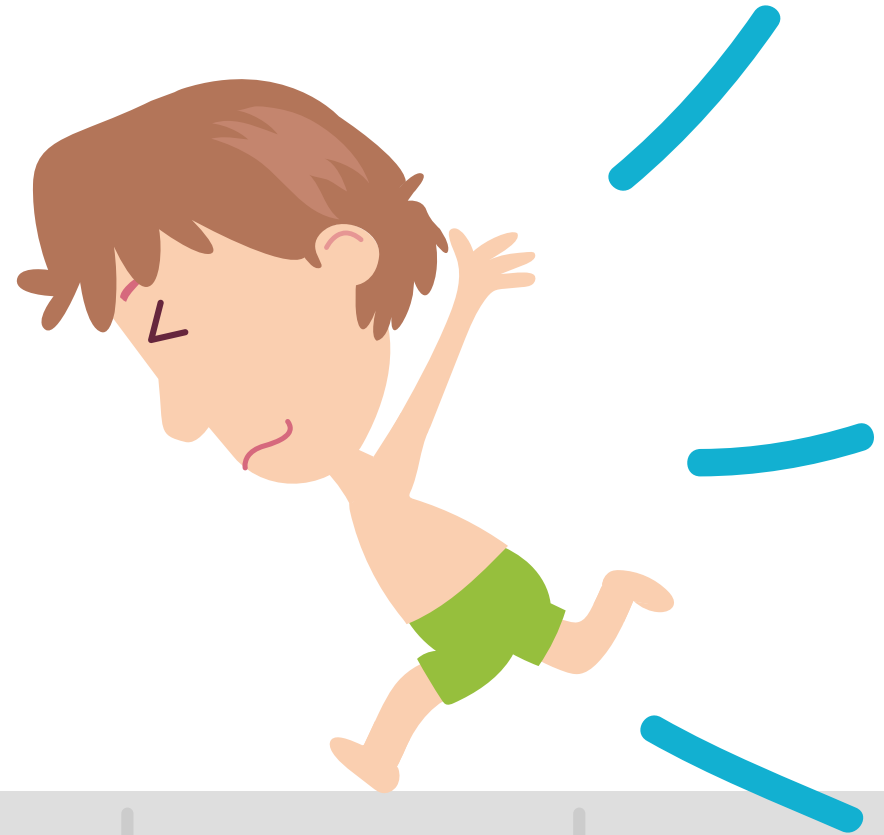
3 The Drain is a Pain!

This is super important! Pool drains are not toys. When the pool is running, they are sucking in water and anything else that gets really close to them. They can be dangerous to your fingers and toes and can even catch your suit and hold you down. If you lose a pool toy near a drain, ask an adult for help retrieving it. It's best to just be safe and steer clear of drains. There is plenty of room away from them for play.



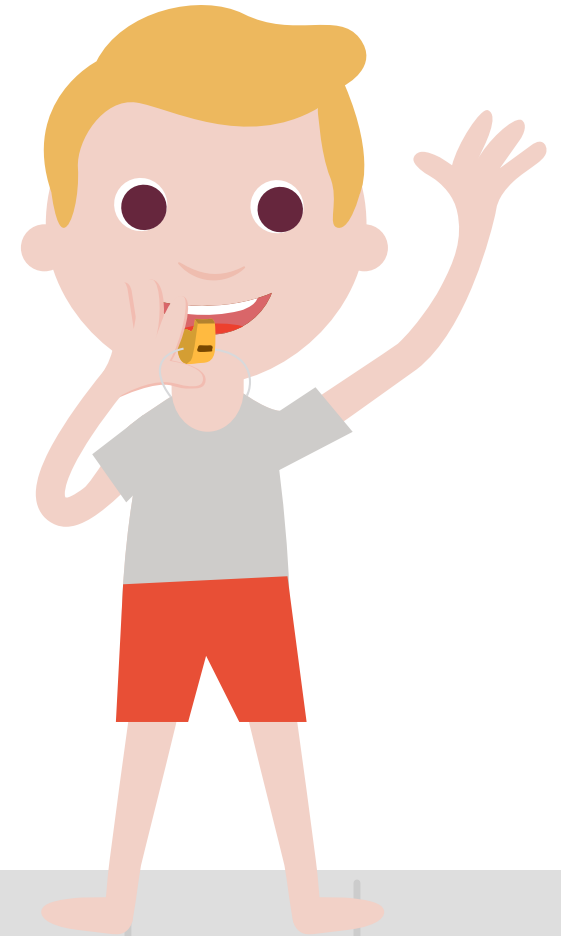
4 Walk. Don't Run!

Have you seen those signs that say “Slippery When Wet”? If you were a pool, you’d have them all over you. All that water splashing everywhere makes things slippery, so walk and never run around the pool. Even when the poolside is not slippery, it’s still a hard surface that can really hurt you if you trip for some reason. You don’t want to get hurt and miss out on all the fun.



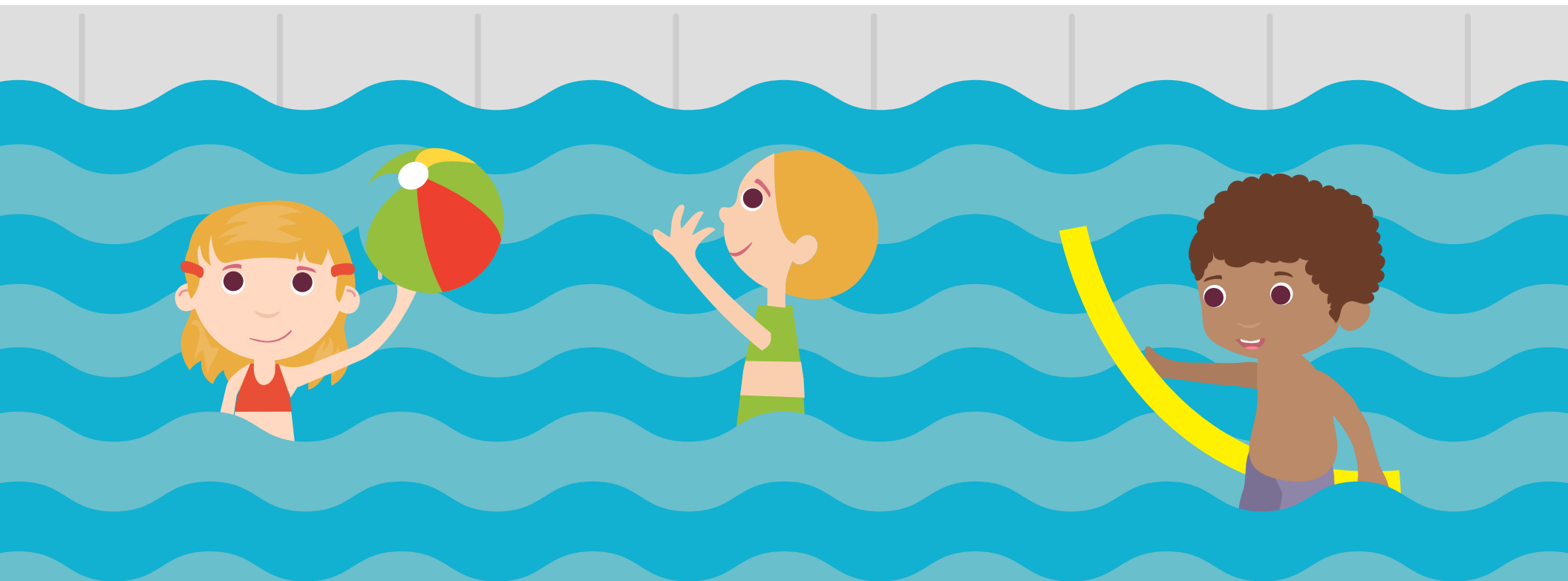
5 Listen Up!

The lifeguards at the pool have been trained well to keep you safe. They may seem strict or bossy, but they have a job to do. And at the pool, they are the boss. That doesn't mean you can't still have fun. Just listen to them if they tell you to stop jumping or running or splashing. Besides, you have to listen to them, or they can make you get out of the pool. You sure don't want that.



6 Pool Toys Only.

Only play with toys that are made for the pool you are swimming in. There are lots of cool pool toys, like kickboards and noodles and beach balls. Never throw in items like coins to dive for because they could land on the drain. (Remember, the drain is a pain!) Great big floats can also be dangerous because someone can get caught under them without anyone noticing. So be careful with the toys you choose.



7 Jump. Don't Dive!

Diving in too shallow of water can seriously hurt you if you hit your head on the pool bottom. And don't dive in the deep end unless you have already been taught to properly dive. Going in feet first is the safer way to get into the pool. (Plus, cannonballs are a blast!)



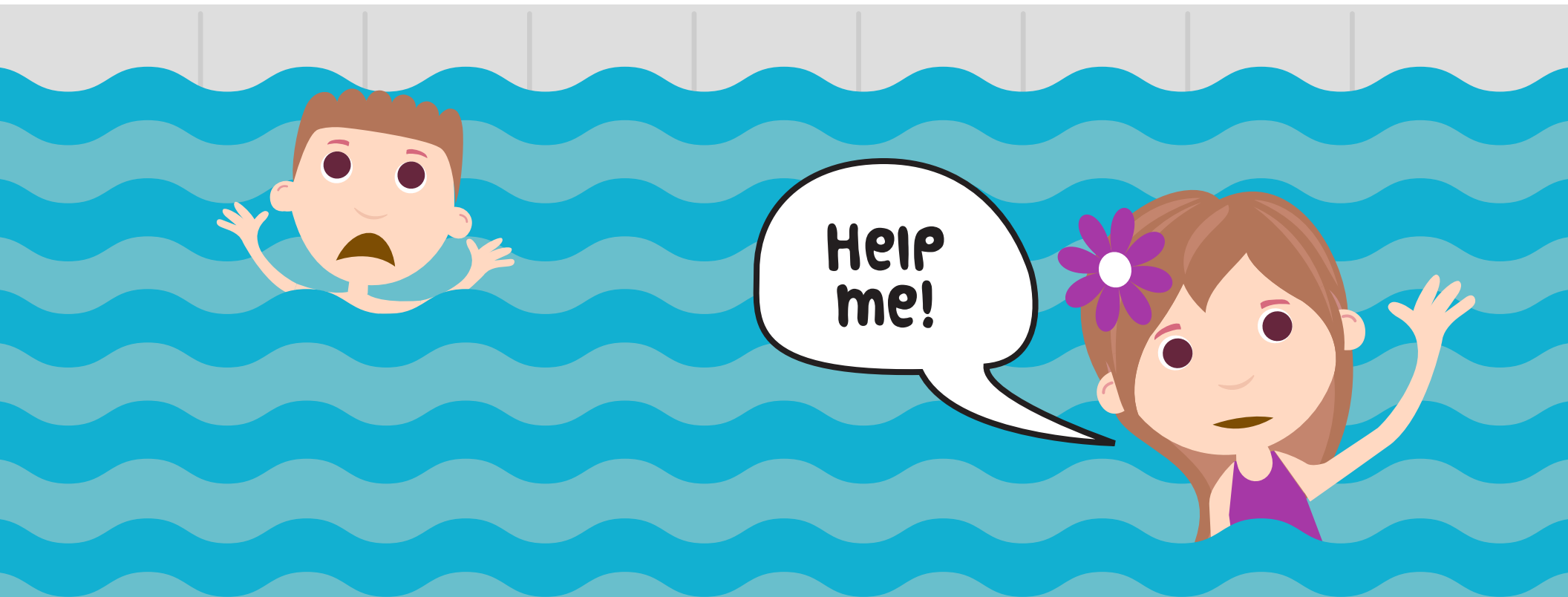
8 We're Not Fish!

It might seem like fun to splash or dunk your friends, but people are not fish! We can't breathe under water. So, avoid games such as counting to see who can stay under the longest, and don't splash or dunk your friends a bunch of times in a row. Everybody needs a break to catch their breath.



9 No Faking!

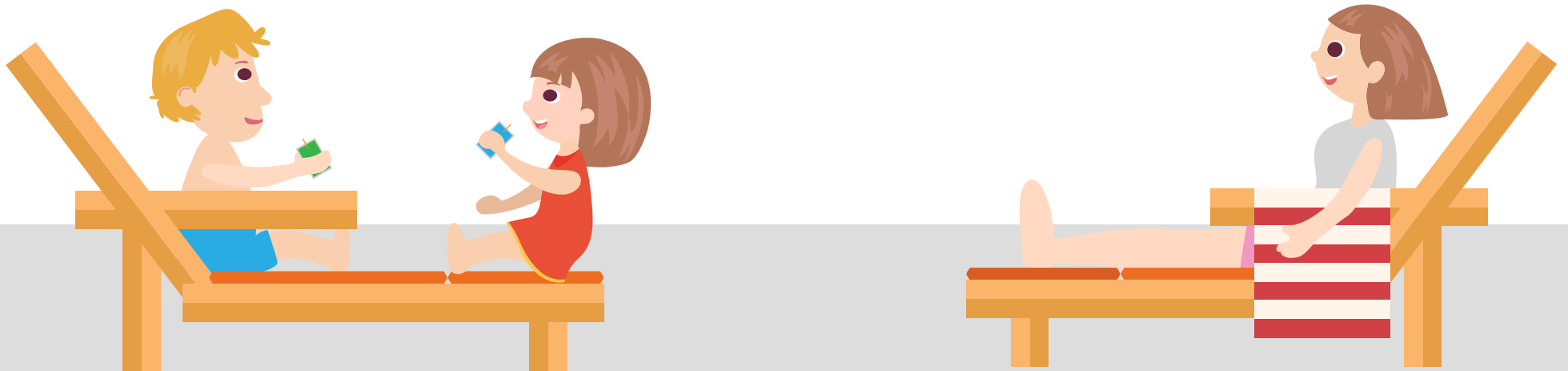
There are lots of games where it's fun to pretend. But it's never okay to pretend like you need help in the pool if you do not need help. If the lifeguard is jumping in to save you, he or she may not be able to see another person who is really struggling. Plus if the lifeguards jump in to save you and you're just pretending, they may kick you out of the pool.



10 Time Out!

Swimming is so much fun that you may not realize you're tired. Kids and adults of all ages need to take a little rest every once in a while. If your arms and legs start to feel like rubber bands, you accidentally breathe water, or you have a cramp in your muscles, just take a little time out! Once you rest a few minutes, you can jump back in with all your might!

So, what do you think? Can you remember all these rules? They're all for you, to keep you safe, and following them will mean lots more fun time in the pool. We have included some fun activities at the end of this book to help you remember the rules. So have fun and show everyone that you are a swimming super star!



WORD FIND

How many of the pool rules can you find in this word search game? Circle them as you find them and check them off the list. Can you find all ten?

- ___ Learn to Swim
- ___ Buddy Up
- ___ Drain is a Pain
- ___ Walk Don't Run
- ___ Listen Up
- ___ Pool Toys Only
- ___ Jump Don't Dive
- ___ We're Not Fish
- ___ No Faking
- ___ Time Out

L	E	A	R	N	T	O	S	W	I	M	T	D	P
E	D	R	A	I	N	I	S	A	P	A	I	N	O
Q	I	M	X	B	U	D	D	Y	U	P	C	H	O
T	H	B	F	A	D	S	G	X	R	F	I	S	L
W	A	L	K	D	O	N	T	R	U	N	C	I	T
K	C	I	P	J	N	O	I	T	H	O	E	F	O
Y	G	S	C	B	S	K	M	K	I	F	Z	B	Y
S	R	T	F	B	G	M	E	P	C	A	L	K	S
A	F	E	D	S	C	B	O	A	X	K	T	X	O
N	D	N	M	F	L	P	U	L	D	I	N	L	N
B	V	U	D	M	J	M	T	O	M	N	B	F	L
O	C	P	N	U	H	U	R	Q	L	G	J	O	Y
J	U	M	P	D	O	N	T	D	I	V	E	P	F
X	R	Y	W	E	R	E	N	O	T	F	I	S	H

QUIZ TIME

Circle the best answer for each question:

1. If you don't know how to swim, you should:

- a. Stay inside and watch television instead
- b. Take swimming lessons, wear floats and stay in the shallow end until you're comfortable
- c. Get a submarine

2. You should never swim:

- a. With a pool float
- b. In your swimsuit
- c. Alone

3. When you're near the bottom of the pool, you should stay away from:

- a. The drain
- b. Peanut butter
- c. The sand castle

4. When you want to get from one side of the pool to the other, you should:

- a. Take a bus
- b. Walk, don't run
- c. Ask your mom to drive you

5. When a lifeguard tells you to stop running or splashing, you should:

- a. Make a sandwich
- b. Listen to them and stop right away
- c. Do a dance

6. Which is the best toy to take into the pool?

- a. Your bicycle
- b. Your Ninja Turtles
- c. Our beach ball

7. If you want to get into the pool, the best way is to:

- a. Jump or wade in
- b. Cartwheel
- c. Dive

8. When you're playing in the pool, you should never:

- a. Dunk your friends or play games where you hold your breath
- b. Splash your mom right after she got her hair done, especially if she tells you you'll be in big trouble if you splash her
- c. These are both true

9. What you should never do in the pool?

- a. Play Marco Polo
- b. Pretend you need help when you're really just fine
- c. Practice your swimming

10. When you get tired from swimming, you should:

- a. Get out of the pool and rest until you feel like you're ready to jump back in
- b. Tell your mom you're ready to stop swimming for the day but can't wait to swim again tomorrow
- c. These are both true, because swimming is awesome

QUIZ TIME

Answers

- 1 B 2 C 3 A 4 B 5 B
6 C 7 A 8 C 9 B 10 C

