



Jackson County Department of Public Health

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SAFE KIDS JACKSON COUNTY PROVIDES POOL SAFETY TIPS

Before heading out to the pool this summer, Safe Kids Jackson County is offering tips that all parents and caregivers need to know to keep kids safe at the pool.

Watch kids when are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.

Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development, and how often they are around water.

Make sure kids know how to swim and learn these five water survival skills:

1. Step or jump into water over their head and return to the surface.
2. Float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to exit the water.
5. Exit the water. If in a pool, be able to exit without using a ladder.

Install fences around home pools. Store them upside down so they do not collect water.

Empty kids' pools after each use. Store them upside down so they do not collect water.

Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.

By following these tips and making safety a priority, swimming in the pool this summer can be a fun way to cool off.

For more information on Safe Kids Jackson County call Coordinator, Martha Thomasson at 828-587-8257.

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