



1. Never go near water without an adult there to watch you.
2. Stay away from swimming pools, beaches, rivers, and lakes during stormy weather.
3. Take swimming lessons to learn how to swim.
4. Always use the buddy system while at swimming pools, beaches, and lakes.
5. Never dive into shallow water. It's safest to always jump in feet first.
6. Always sit down while in a boat and wear a life jacket.
7. Don't run on the swimming pool deck or boat dock.