INTERNATIONAL WATER SAFETY DAY MAY 15

Do Your Part, Be Water Smart!

American Red Cross

The American Red Cross wants you to learn the basics for keeping yourself, your family and friends safe in and around the water every day.

It all begins with learning to swim!

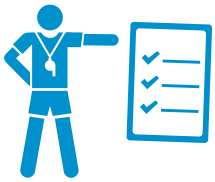
Swim lessons teach skills you need to enjoy the water safely.

Swim as a pair near a lifeguard's chair.

Never swim alone.

Look before you leap.

Be sure that it's a safe place and time to swim.



Follow the rules.

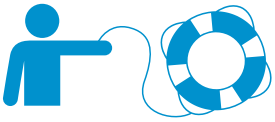
They help keep you safe. Always listen to the lifeguards.

Don't just pack it, wear your life jacket.

All boaters should wear U.S. Coast Guard-approved life jackets. Inexperienced swimmers should wear them in or around water.

Think, so you don't sink.

Know what to do if you get in trouble in the water. Floating or treading can help you think!



Reach or throw, don't go!

Reach or throw an object to help someone in trouble in the water to safety. Never go in the water to try to help.

Stay away from drains!

Flat, outdated drain covers can create suction and hold you underwater. Tie hair back and avoid loose clothing and jewelry while swimming.

Get started today by taking the pledge to *Pool Safely* at **poolsafely.gov!**

To find out how to sign up for Red Cross swim lessons and to learn more about water safety, visit **redcross.org/watersafety.**

DIVERSITY IN AQUATICS

Pool Safely PLEDGE

The ZAC FOUNDATION

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