

SWIM SAFETY

With Monkey Cheeks and Tiger Paddles!

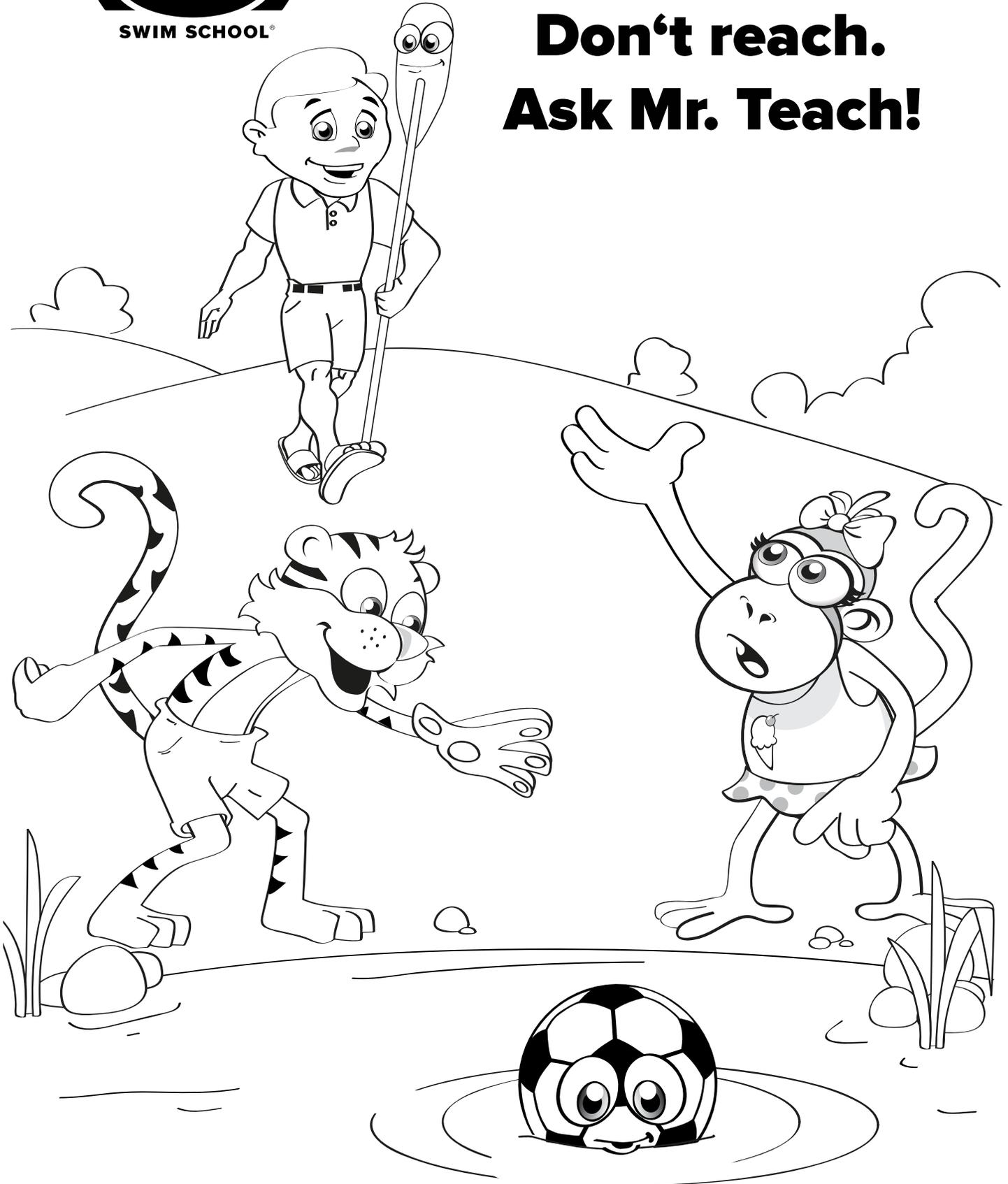


Beware. Be watched!



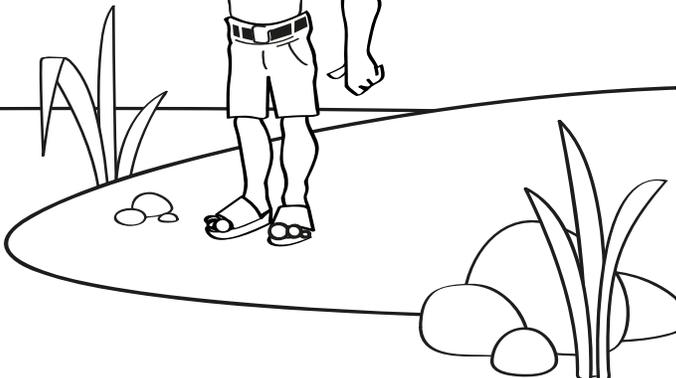


**Don't reach.
Ask Mr. Teach!**

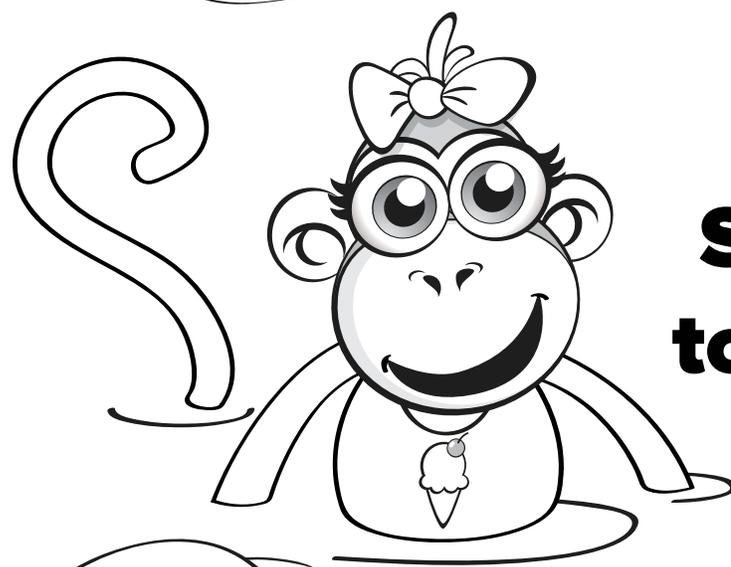
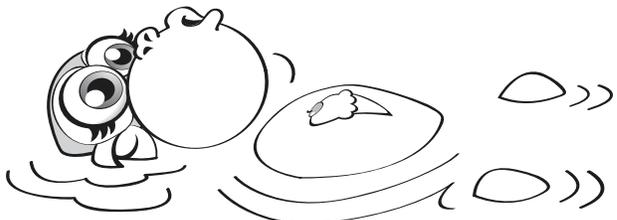




Swim.



Flip!



**Swim
to win!**





**Don't just pack it.
Wear your jacket!**





**Don't know
how deep?**



Start with your feet!



**Don't battle.
Tiger Paddle!**



Walk! Don't run.





Throw!
Don't go.



Swim around!
Not under.



BE A SAFER PARENT...

DON'T CATCH. Teach appropriate water entry and exit skills.

ASK your swimmer to show you how far they can swim in a lake. Wind, waves, fear, cold water, disorientation, and depth make SWIMMING IN A LAKE very different than a pool.

BE THERE. Occupy a "PARENT SPOT" where they can always look and see you for comfort or confidence. Be there.

GET CERTIFIED! Take a local CPR class and receive your certification.

SUPERVISE with your eyes - the best lifeguard can be a deaf one.

be a smarter swimmer...

take swimming lessons! While swimming lessons do not substitute for proper supervision and barriers, learning to swim can make a lifesaving difference.

wear a life jacket. Life jackets are recommended, or may be required by your state, for children under the age of 10 engaging in many water-related activities. Check your state's requirements.

always tell an adult when you're going in the water. Grab their hand, make eye contact, speak, and point to where you will be swimming.

don't reach into the water for an object or person. Get help first.

roll over on your back and float when you are tired. Remain calm and catch your breath. Make it to shallow water and stand. Yell for help if necessary.

wear a bright suit. A very colorful swim suit can be seen a few feet under even in murky water.