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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

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SUMMER SAFETY WEEK 3: SWIMMING SAFETY

(Sedgwick County, Kansas) – Swimming in community and private pools is a popular summer activity. However, pools can be potentially dangerous places for children and adults alike. Follow these tips for a safe season:

1. Neither children nor adults should ever swim alone. Even strong swimmers can get into trouble while in the water.
2. Children under the age of 12 (unless otherwise posted) should not swim without an adult present.
3. If a lifeguard is not present, floatation devices or a life jacket should be.
4. Enroll children in swimming lessons; take them yourself if you are not a strong swimmer.
5. Establish and enforce pool rules, such as no running or diving in shallow areas.
6. Do not share towels or hair brushes, as these are good ways to pass head lice from person to person.

To help prevent the spread of recreational water illness, follow these tips:

7. Keep your pool clean. Follow proper disinfecting and chlorinating instructions and timetables. Remember to keep the area surrounding the pool clean.
8. Shower before swimming.

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9. Don't swim or allow your children to swim if they are ill (including diarrhea).
10. Don't swallow pool water.
11. Make your children take bathroom breaks frequently.
12. Check diapers frequently and change them away from the pool area.

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