

# SUMMERTIME WATER SAFETY TIPS

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Hot weather helps us all think of cooling down at pools or beaches. Friends and family gather to picnic, swim, sun and unwind on the weekends and often during the week. And, don't forget the summer holiday celebrations on the water's edge.

All of these activities require planning and preparations in order to experience as much enjoyment as possible for all involved. Successful summer activity planning needs to include safety, especially when the activities are held around water.

Drowning is possible in water only a few inches deep. With this fact in mind, safety around water must become an important priority. Every year news broadcasts remind us of just how dangerous areas of water can be, especially when children are involved. Sadly, every year there are numerous reports of improperly supervised children drowning.

Listed below are several water safety tips to help make your summer safe and more enjoyable:

- ✓ Children should always be supervised around water.
- ✓ Children who cannot swim should have a personal flotation device on at all times in or near water.
- ✓ Do not run on pool decks.
- ✓ Never dive into shallow water or water of unknown depth.
- ✓ Never swim alone. Use the buddy systems.
- ✓ Alcohol and swimming don't mix.
- ✓ Avoid swimming in fast moving waters like rivers.
- ✓ Don't swim at night without proper lighting.



Crystal Lake Fire Rescue Department

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