

NATIONAL Water Safety MONTH



May is National Water Safety Month, and insert your company's name here wants to remind you that wherever you and your family swim, be water aware. Follow all the rules and make sure that there is adult supervision. Water safety is everyone's responsibility. For more information, visit NationalWaterSafetyMonth.org.

Keep these five water safety tips in mind:

1. Constant Adult Supervision

Actively supervise children and non-swimmers around the water, even when lifeguards are present. Don't just drop kids off. Avoid distracting activities such as checking email or social media.

2. Learn to Swim

No matter your age, learning to swim is one of the best ways to be safer in and around the water.

3. Look for Lifeguards

Swim in designated areas supervised by lifeguards.

4. Swim with a Buddy

Do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system.

5. Wear a Life Jacket

Adults and kids should always wear a U.S. Coast Guard-approved life jacket while boating. Non-Swimmers and inexperienced swimmers should also wear a life jacket at all times when in and around the water. Inflatable toys can be fun, but are not a substitute for U.S. Coast Guard-approved life jackets.