

Summer Water Safety

As part of New York State's commitment to promoting student health and safety, we are sharing the following water safety information with our school community. We encourage all families to review these important reminders before spending time at pools, lakes, beaches, and other recreational water areas this summer.

Summer is a wonderful time for families to enjoy pools, lakes, beaches, and other outdoor activities. As you make the most of the season, we encourage everyone to practice safe swimming habits and remain aware of potential water hazards. A few simple precautions can help prevent accidents and keep everyone safe.

Water Safety Tips

- Never swim alone. Always swim with a buddy or where a responsible adult is present.
- Children should be actively supervised whenever they are near water, even if lifeguards are on duty.
- If you are not a confident swimmer, stay in shallow water and wear a properly fitted U.S. Coast Guard-approved life jacket when appropriate.
- Individuals with medical conditions, such as seizures, heart conditions, or other health concerns, should speak with their healthcare provider about safe swimming practices.
- Avoid swimming while under the influence of alcohol or drugs.
- Never dive into shallow water or water with an unknown depth.
- Leave the water immediately if thunderstorms or lightning are nearby.
- Whenever possible, choose beaches and pools that are staffed by certified lifeguards.

Recognize the Signs of Drowning

Drowning can happen quickly and often without loud calls for help. A person in distress may be unable to wave or shout because they are focused on trying to breathe. Learning to recognize the warning signs of drowning, practicing safe water habits, and knowing CPR and basic first aid can make a critical difference in an emergency.

Keeping Children Safe

Children are at the greatest risk for drowning. Young children should always remain within arm's reach of a responsible adult while in or near the water. Inflatable toys and flotation devices are **not** substitutes for U.S. Coast Guard-approved life jackets or active adult supervision. Home pools should be enclosed by secure fencing with self-closing, self-latching gates to help prevent unsupervised access.

Healthy Swimming Habits

Help keep swimming areas clean and healthy by:

- Showering before entering the water when possible.
- Avoiding swallowing pool or lake water.
- Staying out of the water if you have diarrhea, open cuts, or wounds.
- Taking children on regular bathroom breaks.
- Never urinating or defecating in the water.
- Avoiding swimming in water that appears cloudy, contaminated, or otherwise unsafe.

Boating Safety

If you are boating or participating in water sports, always wear a properly fitted U.S. Coast Guard-approved life jacket and follow all boating safety rules. Inflatable water wings, tubes, and similar toys should never be relied upon as personal flotation devices.

Additional Resources

For additional information about swimming and water safety, please visit:

www.health.ny.gov/SwimSafe

We wish all of our students, families, and staff a fun, relaxing, and safe summer.