



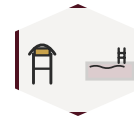
HIGHLAND FALLS-FORT MONTGOMERY CSD **SAFE SWIMMING GUIDE**

What every HFFMCSD family should know before heading to the water.



DROWNING PREVENTION

Drowning is often silent. Learn basic swimming skills and keep children within arm's reach.



SAFE ZONES

The safest place to swim is a supervised, lifeguard-staffed beach or pool.



DEPTH & DIVING

Stay in water no deeper than chest-height if unsure. Never dive into water of unknown depth.



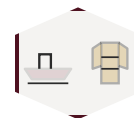
THE BUDDY SYSTEM

Never swim alone. Keep watch on your buddies at all times.



WEATHER WATCHING

Check the weather. Never swim during a storm or with lightning present.



BOATING SAFETY

Wear a properly-fitted, Coast Guard-approved life jacket. Never use air-filled aids like water wings.



HEALTH & HYGIENE

Rinse off before and after swimming. Avoid swallowing water, and stay out if sick or with open cuts.



FENCED & LOCKED

Keep kids away from pools with a strong, locked fence. Supervision remains most important.

KNOW THE SIGNS OF DROWNING

Drowning happens quickly and silently, and it can happen to anyone, anywhere there is water. A person struggling to stay afloat may look like they are simply splashing or waving. Reduce the risk: learn basic swimming skills, consider a CPR class, and know that rescue breathing, first aid, and calling 911 can save a life.

KNOW IT. PRACTICE IT. STAY SAFE.

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Adapted from the New York State Department of Health "Safe Swimming" guide (Pub. 3112, 7/26) and distributed by the Highland Falls-Fort Montgomery Central School District. For more information, visit health.ny.gov/SwimSafe.