

Practice Water Safety While On Vacation!

Whether vacationing on a beach in San Diego, staying at a hotel with a pool, visiting relatives or friends who own pools, taking a tubing trip down a river or boating on a lake... water safety must be practiced wherever water is present!

Here are some simple water safety tips to follow when planning your next family vacation:

- Enforce the same safety rules you use at home. Take time to explain the importance of following these same rules to your children.
- Never allow children to swim unsupervised in a hotel/motel pool: Never assume someone else is watching your child.
- Check out the pool before you swim: Is the water clean and clear? Where is the deep end? Is there a lifeguard on duty? Where is the rescue equipment, and how is it used? Where is the phone, and can you dial out directly?
- When staying at a relative or friend's home, look for possible water hazards (pools, ponds, buckets, bathtubs, toilets, dog bowls, etc.).
- When boating, wear a Coast Guard approved lifejacket: When planning boating events, make sure to pack a lifejacket for each person. Children are required to wear a lifejacket at all times in a boat in many states. Bring along other items that float such as cooler, cushions, etc.
- Know what is in and under an open water area: Find out about hazards such as marine life, parasites, currents, drop-offs, very cold water, or submerged objects. Enter all unfamiliar water feet first.
- If the water is shared by boats, BE VISIBLE: Have your child wear a bright colored swim cap, stay close to shore, and actively watch for boats.
- Know what to do if your child falls in the river: Go downstream immediately to position yourself to help.