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Swim Safely

Overview
Swimming can be a wonderful activity for everyone. It's a great way to get exercise. It's a great way to cool down on a hot day. But it's important to remember the dangers linked to swimming. Here's how to stay safe in the water.

Know the basics
First, know the basics. Never swim alone. Swim in designated areas. If possible, swim where there's a lifeguard. Don't drink alcohol while swimming. Make sure you and anyone you swim with is comfortable in the water. Beginners should take a class to learn how to float, tread water and swim. And consider learning cardiopulmonary resuscitation (that's "CPR"). It's a skill that could save a life.

Be alert
Next, stay alert. A person can drown quickly, and drowning may not look like what you imagine. So pay attention to others in the pool. If you're in charge of kids, watch them closely. Never leave them alone. And don't rely on things like pool noodles and floats for safety. They aren't a replacement for life jackets.

Watch for dangers
Finally, watch for dangers. If you hear thunder or see lightning, get out of the water. Don't swim in the ocean when there are strong currents. Pay attention to warnings about unsafe bacteria levels and other problems.

Conclusion
With a little preparation and good judgment, you can safely enjoy the benefits of swimming.