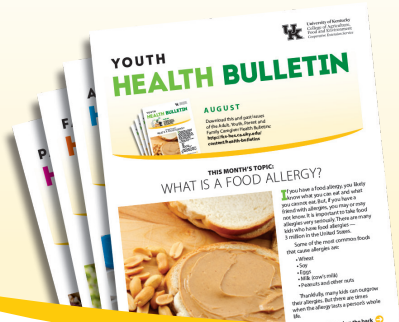




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

YOUTH

HEALTH BULLETIN



JULY 2022

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THIS MONTH'S TOPIC: SWIM SMART



Summer is finally here! Which means it is a great time to play in water. However, when we are near water we need to be careful and make sure we are being safe.

The first rule about being safe is that before you go near water, you should always ask for permission from an adult and be with an adult when playing in or with water. Here are more tips you should follow to be safe around the water.

Continued on the back ➡

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Disabilities
accommodated
with prior notification.

It is always best to swim in places that are supervised by a lifeguard or an adult.

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Here are ways to swim smart:

- **Learn to swim.** Ask your parents to contact your local American Red Cross or community center for information on swim lessons or safety courses. It is always good to be prepared and feel safe in the water.
- **Buddy up!** Never swim alone. Even at a public pool or a beach with a lifeguard, use the buddy system. Always swim with a friend in designated areas watched by lifeguards or an adult.
- **Know your limits.** If you are not a good swimmer or do not feel comfortable in the water, stay in your comfort zone. This can include taking a break from swimming for a bit before going back with friends to play, wearing a flotation device like floaties or a life jacket, and staying in the shallow end.
- **Swim in safe areas only.** During the summer, we can spend time in all types of water like swimming pools, lakes, rivers, oceans, or even water parks. Therefore, it is always best to swim in places that are supervised by a lifeguard or an adult.



No one can anticipate an accident happening in the water. So it is best to always swim smart and be aware anytime you are around water. Water can be dangerous but can also be a lot of fun so be sure to follow these tips to keep you and everyone else safe this summer.

REFERENCES:

- <https://kidshealth.org/en/teens/water-safety.html>
- <https://www.redcross.org/about-us/news-and-events/news/2021/6-water-safety-tips-to-help-save-a-life-this-summer.html>



Can you unscramble these words?

LAAWSY: _____

SIWM: _____

HWTI A: _____

ENFIRD: _____

ANSWERS: ALWAYS SWIM WITH A FRIEND

ADULT
HEALTH BULLETIN

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