

# SAFETY TIPS FOR WATER PLAY FUN

Rules from Williamsburg Director of Aquatics, Kyle Kramer of Great Wolf Resorts, Inc.

## NEVER SWIM ALONE.

Always use the buddy system & be sure the area is well supervised before you or other family members enter the water.



## ENCOURAGE YOUR CHILD TO WEAR A LIFE JACKET.

Many public pools & water parks provide life jackets for you to use. Insist on a life jacket if your child is not a confident swimmer.

## NEVER ASSUME SOMEONE ELSE IS WATCHING YOUR CHILD.



Even with lifeguards, you have the responsibility for your child.



## STAY HYDRATED.

Swimming takes a lot of energy, especially during the hot summer. Drink plenty of fluids and rest in a cool location.

## FORGET THE BLING.

Avoid swimsuits with ties or decorations that could get caught on something during water activities.



## SKIP THE FLIP-FLOPS.

Look for sandals with a heel strap or a full-coverage slip-on water shoe that will stay in place both in and out of the water.



## TOO MUCH SUN IS NO FUN.

Be sure to limit your exposure during peak hours of 12pm-3pm. Re-apply waterproof/sweatproof sunscreen every 80 minutes.



## TAKE A CPR COURSE.

This is important in any environment. It is a skill we all can benefit from – on land and around water.

## READ ALL POSTED SIGNS BEFORE JUMPING IN.

Make sure your child meets the posted requirements. If you have questions about an attraction, ask a facility employee or lifeguard.



## PLAN AHEAD.

Crowded parks and beaches can make it difficult for little ones to find you. Pick a meeting spot everyone can find easily in case anyone gets separated.



## REACH OR THROW - DON'T GO!

If you see someone struggling, get help. Even trained lifeguards don't enter the water without having the proper flotation devices to keep safe.

