

# WATER SAFETY

LAKE HUNTINGTON SUMMER COMMUNITY

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## WATER SAFETY

When in and around water, one should always try their best to keep themselves and other safe. This includes following any rules and always listening to the lifeguard on duty. If there is no lifeguard, it is important to read any caution signs and remember your own water safety tips! Never swim when it is thundering and lightening, even if the sun is shining or the thunder sounds far away. Continue reading this brochure to learn more about staying safe near water, and use the QR code below to help your child(ren) complete a WebQuest on water safety!



## LIFEGUARDS

A lifeguard is a member of a community that patrols a body of water where people swim.

Lifeguards undergo training that prepares



them to assist swimmers that may be having difficulty while swimming or who become injured. Lifeguards are trained in first aid and CPR. Lifeguards also make rules in order to keep swimmers safe!

Have you ever seen a lifeguard, they usually wear red! When swimming with a lifeguard on duty, make sure to introduce yourself and say "Hi!".

## BODIES OF WATER

Different bodies of water include lakes, rivers, ponds, and the ocean. Many times, people enjoy swimming, boating, and fishing in and near these bodies of water. Although these activities can be very fun, it is important to remember to wear a life vest, follow all rules and regulations, and always check in with the lifeguard if there is one. Each body of water may have different rules and regulations, that is why it is important to pay attention to any signs posted nearby! Checking in with the lifeguard may also help you to be aware of any rules or regulations and allow the lifeguard to get to know you!

## WEARING A LIFE VEST

Although many people love to float on a tube or raft, these items are not life saving devices. This means that in the event of an emergency, these items cannot be relied on to keep you or your friends safe! A Life saving device though, can rescue you or a loved one that is having trouble swimming. Always wear a

life vest that is coast guard approved and fits you properly! Use the QR code below to read more about life vests and when to wear them!



# ICE

When these bodies of water freeze in the winter, they allow people to walk on them. Walking on frozen ponds or lakes can be really fun, especially if you like ice fishing, snowshoeing, cross country skiing, snowmobiling or just exploring the outdoors. One thing to keep in mind though, is that walking on frozen bodies of water can be dangerous! Always be cautious when walking on ice because it is **never 100% safe.**

Scan the QR code to learn what to do in case you fall through thin ice!

Always dress warmly  
always check the ice  
to make sure it is thick



enough to walk or drive on! Read more on Ice safety by scanning the QR code below!



# LHSC Pool Rules

- Welcome! If there is a lifeguard, check in with them to learn more about the rules of the pool.
- Introduce yourself as soon as you arrive at the pool, we love to know who you are!
- Children under 13 must be under the supervision of an adult.
- Children 13 and older may be at the pool without their family as long as they as *there is a lifeguard or designated adult supervisor present*
- Children must have an adult in the water with them, unless they have passed **the deep water test see box about Passing the Deep Water Test** ) or are in the shallow end where they can touch the ground.
- Small children must be supervised at all times. We strongly recommend using coast approved flotation devices when in the water
- Babies must wear swim diapers and be clothed on the pool deck and in the pool water.
- Limit the use of cellphones.

## There is no:

- No diving! No Jack-knives off the deck
- No jumping into a tube
- No glass containers at the pool.
- No eating of food inside the pool deck area
- No running or rough play.

## Pool Rules Reminders:

- Never swim when it is thundering or lightning, wait at least 30 minutes until the thunder and lightning has stopped.
- When the pool is unattended, both gates must be locked.
  - *The last person to leave the pool is responsible for locking the gates.*

Lastly,

Always remember to be considerate of others.

*\*The lifeguard or the designated adult pool supervisor has the full authority to enforce the rules.*

**In the case of an emergency, call 911 and/or contact the lifeguard who will call 911. If necessary, obtain the semi-automatic defibrillator located in the casino on the back wall, turn on and follow voice commands.**

# WEBQUEST

## Samantha's Water Safety WebQuest

Scan the QR code to the right in order to access a water safety webquest where you will learn about different bodies of water and complete fun activities associated with them!

<https://sites.google.com/view/lhscwebquest/home>



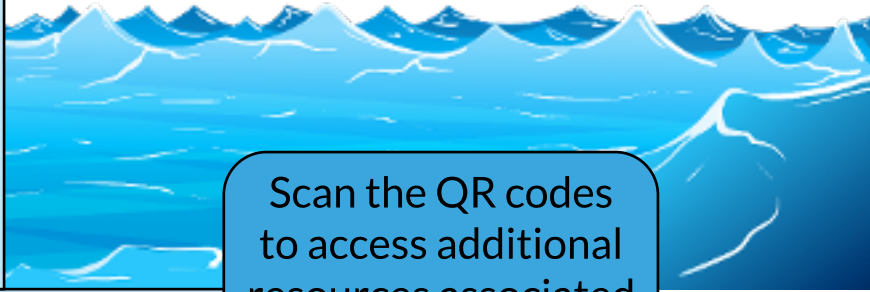
\*Although the WebQuest is for kids, anyone can read it or do it!

# Deep Water Test

- Anyone under 13 must take the deep water test to swim in the deep end.
- One lap (down and back) and tread for 1 minute.
- Scan to learn more!



# ADDITIONAL RESOURCES & FACTS!



Scan the QR codes  
to access additional  
resources associated  
with this brochure!

Center of Disease Control

- "Life jackets can reduce risk. Potentially, half of all boating deaths might be prevented with the use of life jackets."



New York State Government

"Most drowning occurs after noon. The highest incidence of drowning occurs at the end of the day between 4:00 and 6:00 P.M."



Red Cross

Learn more about water safety and learn about the importance of swimming lessons for children and how to sign up!



World Health Organization

- "Globally, the highest drowning rates are among children 1-4 years, followed by children 5-9 years."



## THANK YOU!!

Thank you for reading this brochure! I hope this information was useful and expanded your knowledge on water safety! Be sure to get a life vests that is coast-guard approved and properly fits! If you don't know how to swim, look into taking swimming lessons at your local pool! Be sure to scan all the links to the left to learn more about water safety and drowning statistics and be sure to check out the Water Safety WebQuest by scanning the QR code above! Thanks again!