



# 123s of SWIM SAFETY

**Hey Kids and Grown-Ups,**  
it's Zuma here from the PAW Patrol and  
I'm partnering with Michael Phelps!

We are partnering with the Michael Phelps Foundation to share important swim safety tips with you. We want to make sure you have fun and stay safe in the water.

The Michael Phelps Foundation recommends removing any toys and floats from in and around the pool when not in use as these can attract young children to the pool. Children should be supervised by an adult at all times.

Let's dive in to the 123s of swim safety!



## #1 is **NEVER SWIM ALONE**

- Ask permission from an adult before getting into the water
- Only swim when there is a lifeguard on duty
- Listen to the lifeguard
- Be sure to stay with your parents or other adults
- Remind your adult to be within arms reach of you



## #2 is **KNOW YOUR SURROUNDINGS**

- Know where the lifeguard is stationed
- Know where the shallow end is and where the deep end starts
- Do not run around the pool, the deck gets slippery
- Do not push anyone in the water
- Do not jump or dive in the shallow water
- Understand the pool signs so you can follow the rules



## #3 is **TAKE SWIMMING CLASSES**

- Listen to your instructor and follow instructions
- Learn how to climb in and out of the pool
- Learn to blow bubbles
- Learn to float on your stomach and back
- Learn to kick
- Learn to take a breath when you swim
- Learn to move your arms



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# ABCs of SWIM SAFETY

**Hey Grown-Ups,** it's Zuma here from the PAW Patrol and I'm partnering with Michael Phelps!

We are partnering with the Michael Phelps Foundation to share important swim safety tips with you. We want to make sure everyone has fun and stays safe in the water.

Here are the ABCs of Swim Safety; we want you to practice SAFETY FIRST in and around water!

The Michael Phelps Foundation recommends removing any toys and floats from in and around the pool when not in use as these can attract young children to the pool. Children should be supervised by an adult at all times.



## A is for ADULT SUPERVISION

- Teach your children to never go near a pool without an adult
- Stay engaged with your child
- Assign a water watcher to be the designated adult to provide constant supervision
- Put your cell phone away
- Never be more than an arms-length away
- Know where the lifeguard is located and obey the rules



## B is for BARRIERS

- All pools should have a barrier or self-latching gate around them
- Make sure the door is closed leading into the pool. You do not want people coming in or out without you knowing it
- Be aware if there are barriers set up at a public pool. Only swim where it is permitted



## C is for CLASSES

- Enroll your children in swim lessons. Look for lessons that teach the children to be comfortable and confident in the water
- Take some swimming classes so you are comfortable in the water
- Take a CPR class; CPR is essential in an emergency



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