



It is that time of the year when we trade in our long sleeves and pants for tank tops and swimsuits. Swimming is enjoyed by millions during pool season. Swimming pools are great source for relaxation, enjoyment and exercise. Even though swimming in pools is a routine activity, it still poses many hazards. Falls, slips, injuries, infections and drowning are unfortunately all too commonplace

Whether you use a private, community or public swimming pool, rules exist to ensure the health and safety of every pool visitor. Even though such rules can sometimes seem restrictive, they are always there for a good reason. As we wish for you to enjoy pools year after year, please heed the following pool rules:

#### Public Swimming Pool Rules

- Always follow the lifeguard's directions. He/she is there to protect your safety and that of others
- Always follow the local pool rules
- Children should always be accompanied by an adult
- Swim as a group or always swim with a buddy
- Walk along the sides of the pool, don't run. In particular, children often run and are at a greater risk of breaking a limb, slipping on the wet ground
- Don't dive without proper supervision by an experienced swimmer or coach. Diving should always be done in the deep end of the pool, not in the shallow end or somewhere in between. It often happens that children endure head injuries or broken necks because they overestimate the depth of the water and crash head-first into the ground
- Avoid going to the pool if you have the flu, open wounds or warts. You don't want to contaminate other swimming pool visitors.

- Wear a swim cap if you (still) have hair. This avoids that the pool's filters become clogged
- Only wear your swim suit at the pool. Don't go to the pool with a suit or shorts that you have worn all day
- Don't enter the pool being dirty. Always shower off first. The pool is not your bathtub
- If you go to the pool with a toddler, make sure that it wears waterproof swim diapers
- Parents should make sure that their children (or themselves) don't sit on the swimming pool dividers, as this will disturb lap swimmers
- Avoid swimming underwater while holding your breath, especially after hyperventilating. This can lead to shallow water blackout and drowning

Let us make 2017 another safe and good year of fun at the pool. For more information contact the STOF Health department at 954-985-2330, ext. 10612

A portion of this article was obtained from  
<http://www.enjoy-swimming.com/swimming-pool-rules.html>.

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