

Seven Tips for Safer Swimming

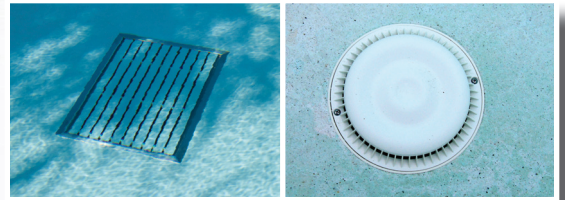
Here are 7 things you can do when you visit an aquatic facility this year before you and your family dive in. *If there are issues with any of these tips, ask the pool manager to address them.*

1. Look at the pool water. Is it clean and clear? Can you see the bottom drain?
2. Test the water for proper chlorine and pH with test strips found at any swimming pool supply or home improvement store.



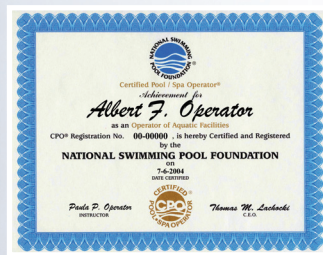
Dip the test strip into the water and follow the directions to watch the color change. The directions will show what the proper colors for the pH of the water and the disinfectant residual should be (chlorine at least 1 part per million, pH between 7.2-7.8).

3. Look to see if the main drain cover is fastened to the bottom of the pool. To the right are some examples of what a cover looks like.



4. Ask if the facility has a person on staff who is certified in pool operation. Certification shows someone has gone through training to maintain and operate the pool.

Here's an example of a certificate:



Not all states and counties require this training. If unsure, contact your local health department.

5. Supervise your children. Don't assume a guard or others are watching your child. If your child is not a strong swimmer, always keep him/her an arm's length from you. Consider enrolling children or adults in swim lessons.
6. Don't use the pool if you or your children are ill with diarrhea or if they have open cuts or sores.
7. Use sunscreen to protect from sunburn and reapply sunscreen after swimming.