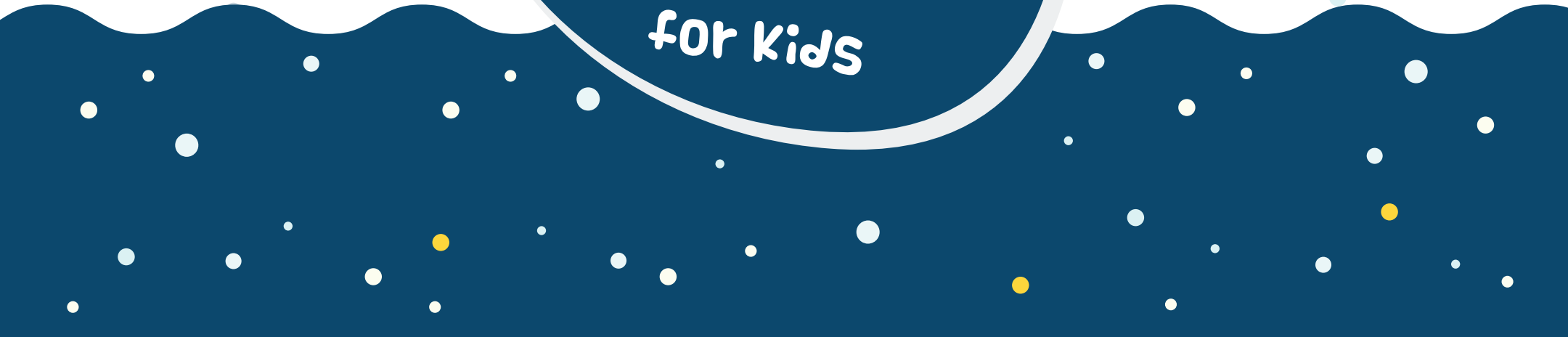


10  
**COOL POOL**  
**RULES**  
for kids

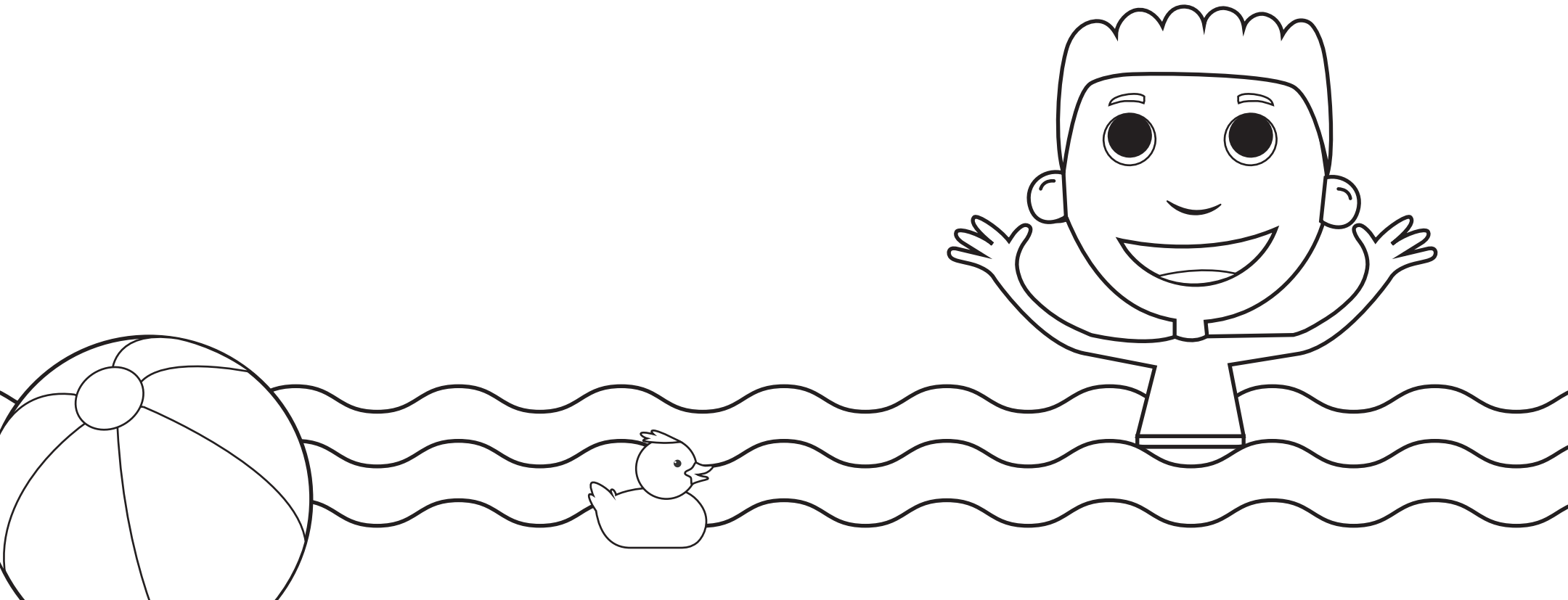


# WHAT'S YOUR FAVORITE THING TO DO WHEN YOU'RE HOT?

If you thought **GO SWIMMING**, you're not the only one!

Swimming helps you to cool off and get exercise, and it's fun to play in the pool. But while we're having fun in the pool, we also need to be safe. May is **Water Safety** month, but we need to remember pool rules all year long.

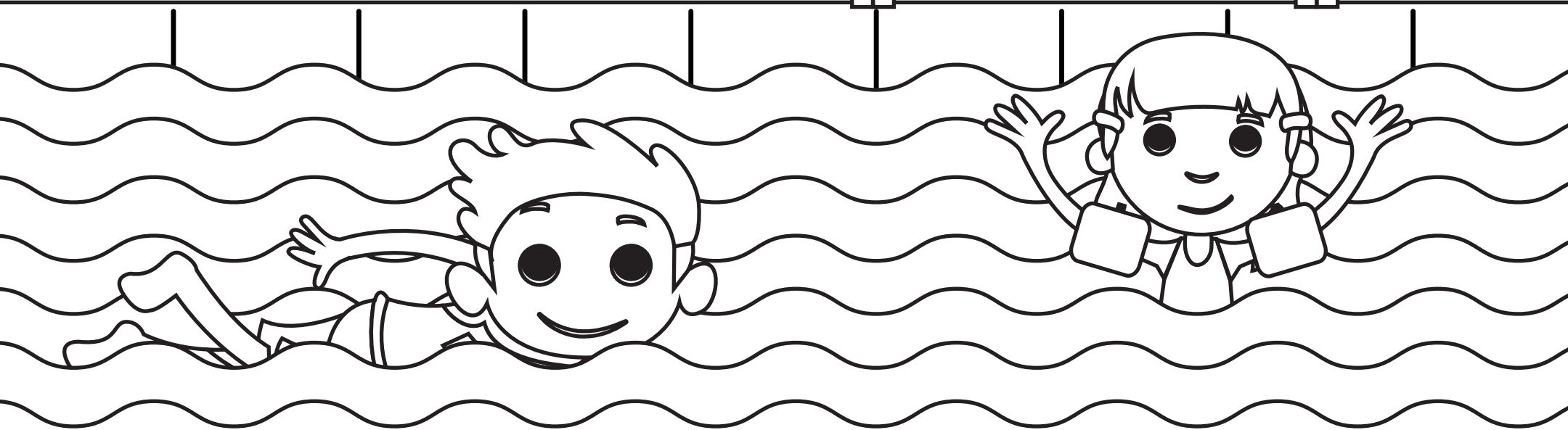
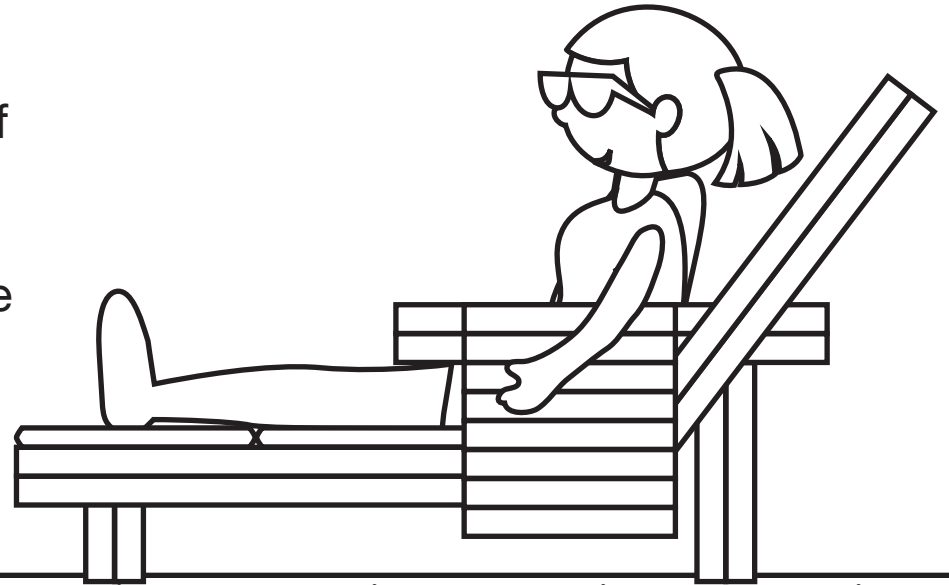
**Ready, set, learn!**



# 1 LEARN TO SWIM BEFORE YOU GET IN!

Swimming is a skill we learn, just like riding a bike. Once you know how to do it, it's easy, but you can't just get in and figure it out. If you're still learning, it's best to stay in the shallow end and/or wear some swim floats or life vest. Remember, everyone starts out needing some help, and you'll get the hang of it in no time!

Be a good friend. Never tease others because they are swimming in the shallow end or wearing floaties! And, never push others into a pool because they may not know how to swim.





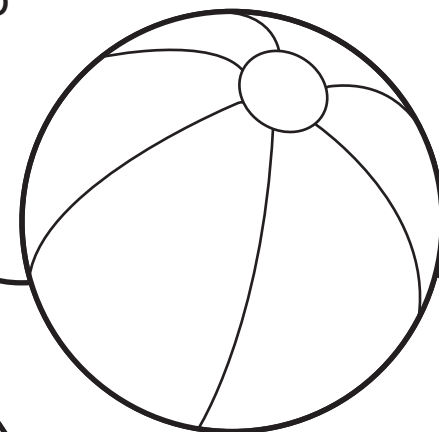
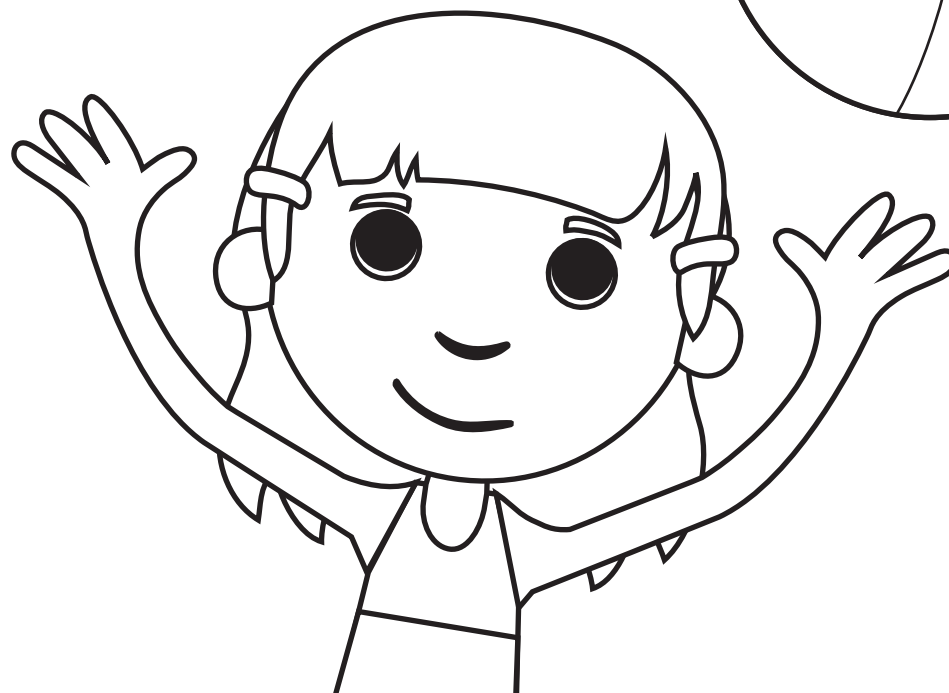
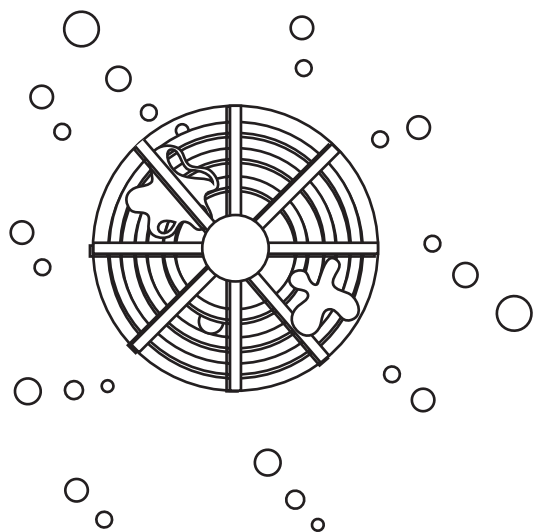
## 2 BUDDY UP.

Never swim alone, and always ask your parents or the supervising adult before getting in the pool or leaving the pool area. That's easier to remember when there are two or more of you at the pool together. Help each other be responsible and make sure an adult always knows where you are. You'll find that swimming with others is way more fun when you have someone to play with anyway.



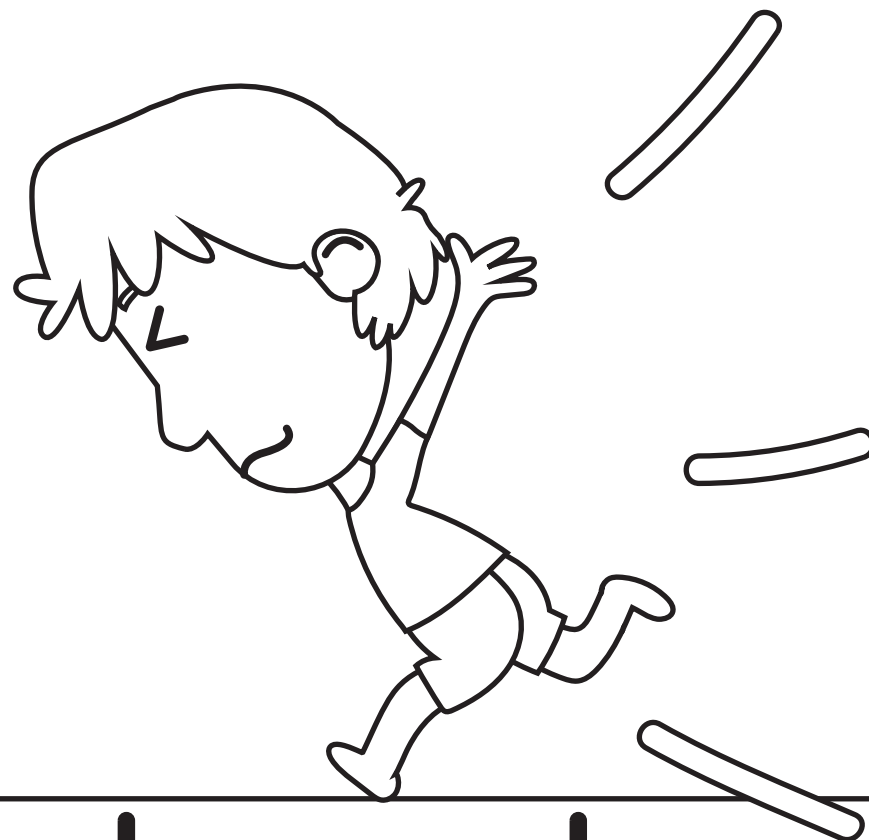
### 3 THE DRAIN IS A PAIN!

This is super important! Never play or swim by the drain. Pool drains are not toys. When the pool is running, they are sucking in water and anything else that gets really close to them. They can be dangerous to your fingers and toes and can even catch your suit and hold you down. If you lose a pool toy near a drain, ask an adult for help retrieving it. It's best to just be safe and steer clear of drains. There is plenty of room away from them for play.



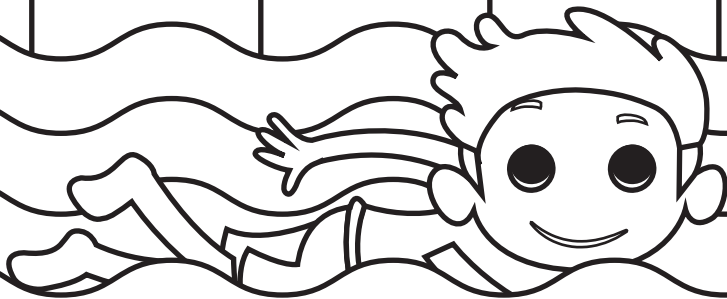
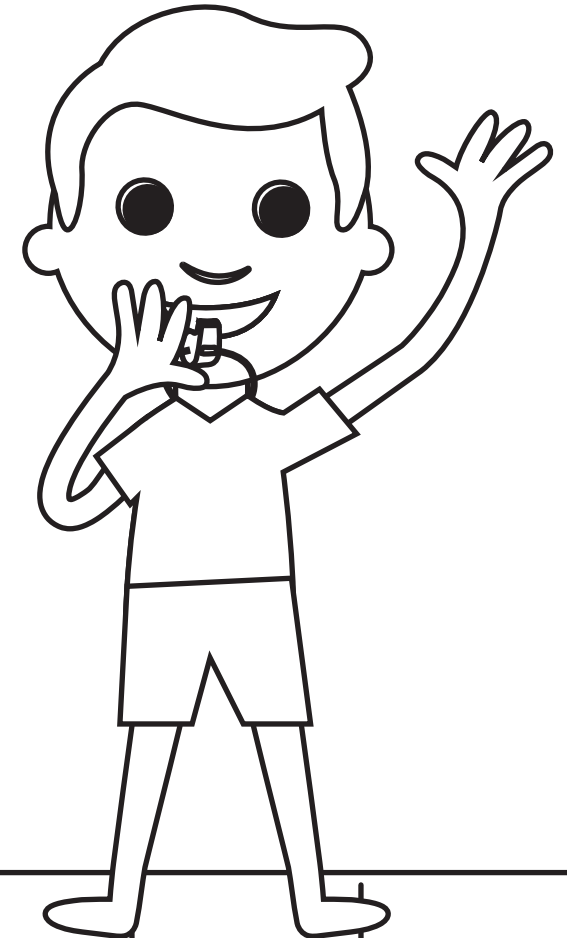
## 4 WALK. DON'T RUN!

Have you seen those signs that say “Slippery When Wet”? If you were a pool, you’d have them all over you. All that water splashing everywhere makes things slippery, so walk and never run around the pool. Even when the poolside is not slippery, it’s still a hard surface that can really hurt you if you trip for some reason. You don’t want to get hurt and miss out on all the fun.



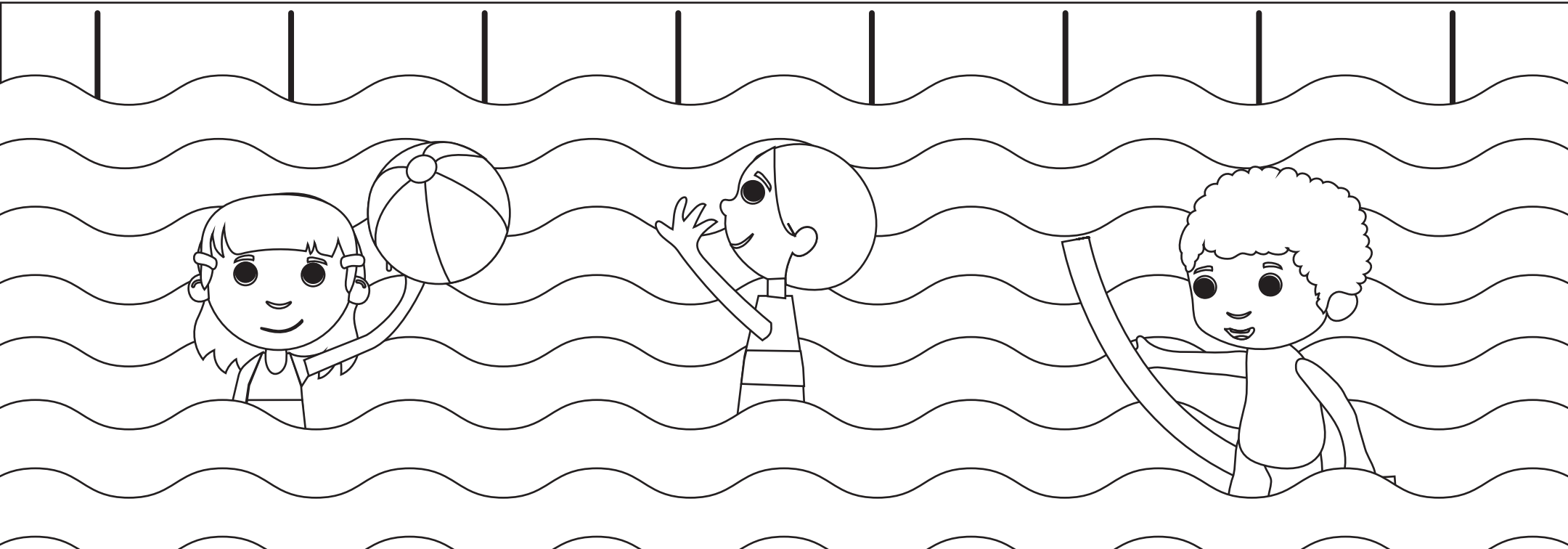
## 5 LISTEN UP!

The lifeguards at the pool have been trained well to keep you safe. They may seem strict or bossy, but they have a job to do. And at the pool, they are the boss. That doesn't mean you can't still have fun. Just listen to them if they tell you to stop jumping or running or splashing. Besides, you have to listen to them, or they can make you get out of the pool. You sure don't want that.



## 6 POOL TOYS ONLY.

Only play with toys that are made for the pool you are swimming in. There are lots of cool pool toys, like kickboards and noodles and beach balls. Never throw in items like coins to dive for because they could land on the drain. (Remember, the drain is a pain!) Great big floats can also be dangerous because someone can get caught under them without anyone noticing. So be careful with the toys you choose and remove toys from pool when you get out.

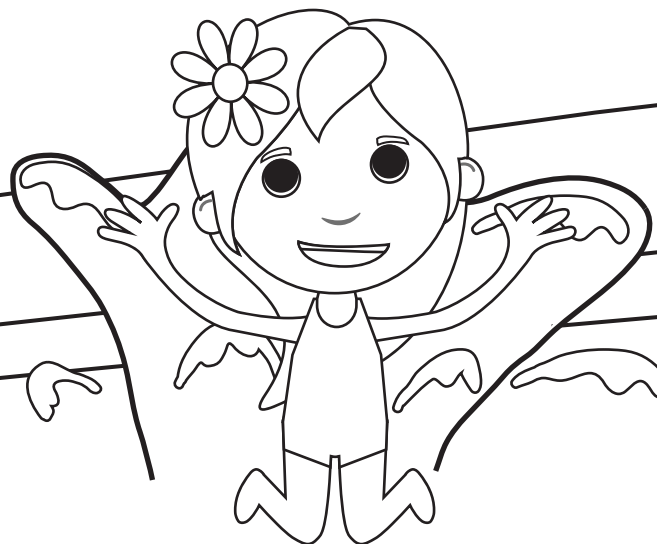






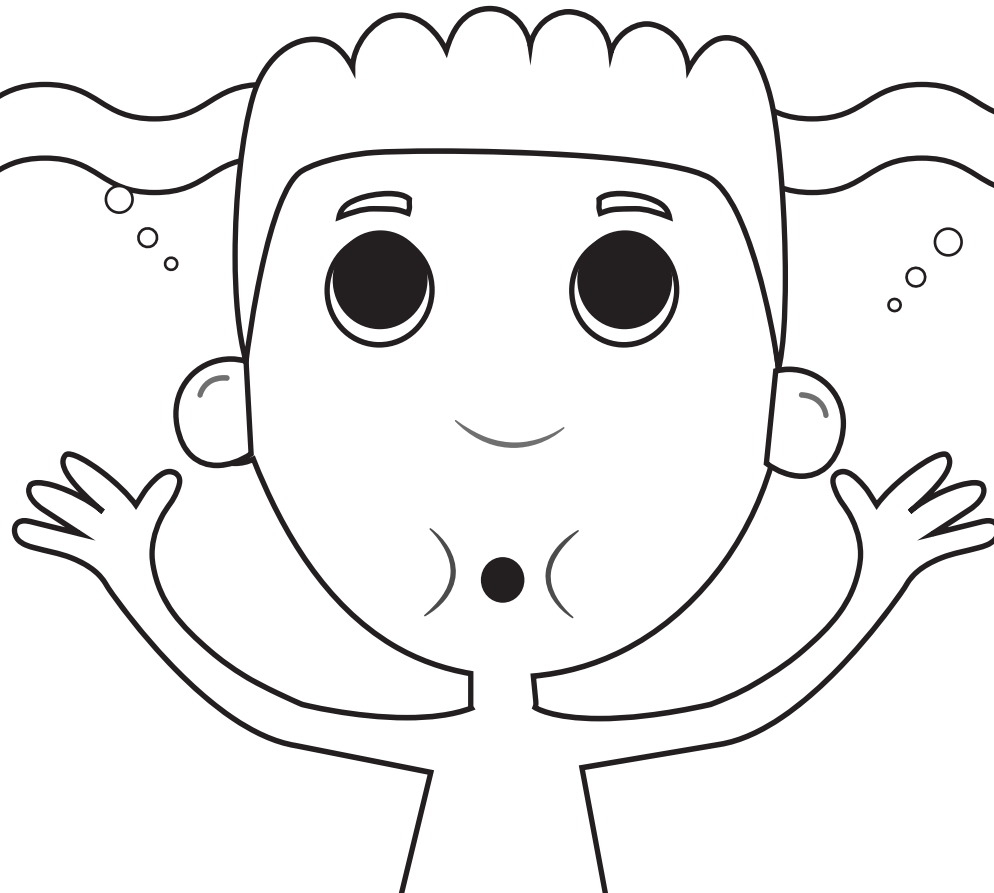
## **7 DON'T JUMP OR DIVE!**

Jumping or diving can seriously hurt you if you hit your feet or head on the pool bottom. Going in feet first down the ladder or steps is the safer way to get into the pool.



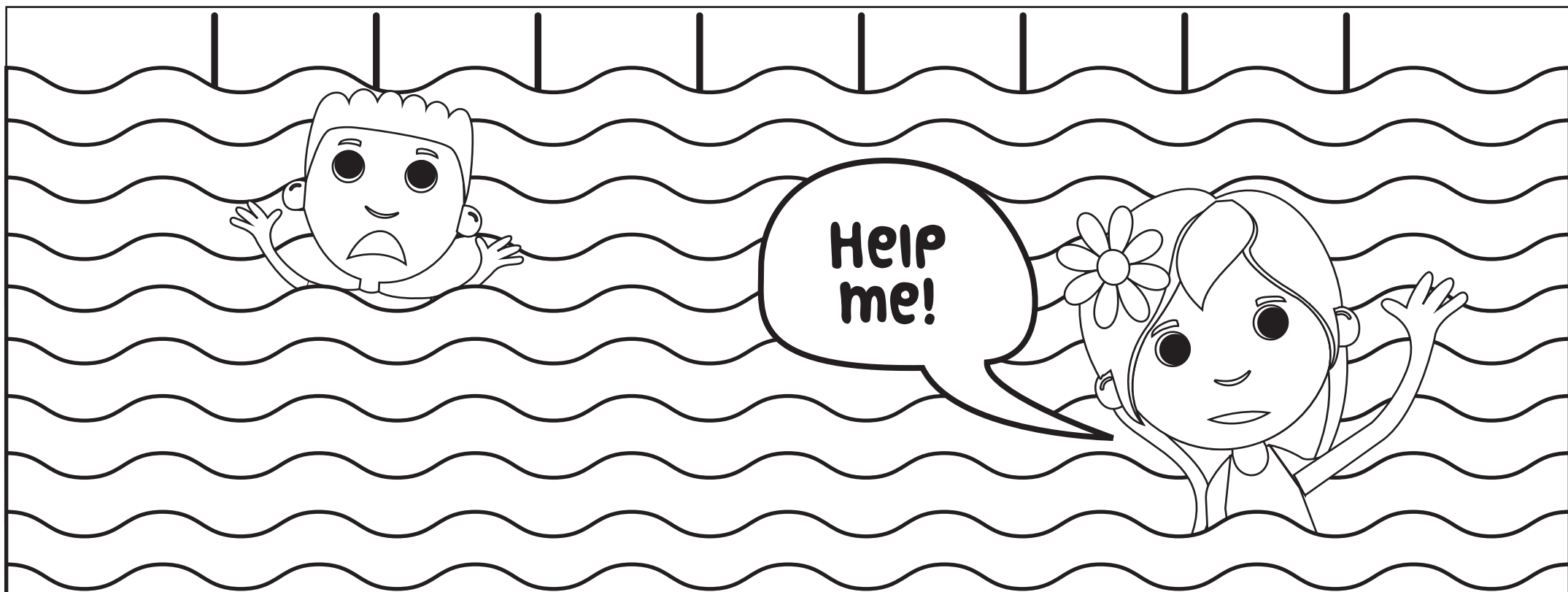
## 8 WE'RE NOT FISH!

It might seem like fun to splash or dunk your friends, but people are not fish! We can't breathe under water. So, avoid games such as counting to see who can stay under the longest, and don't splash or dunk your friends a bunch of times in a row. Everybody needs a break to catch their breath.



## 9 NO FAKING!

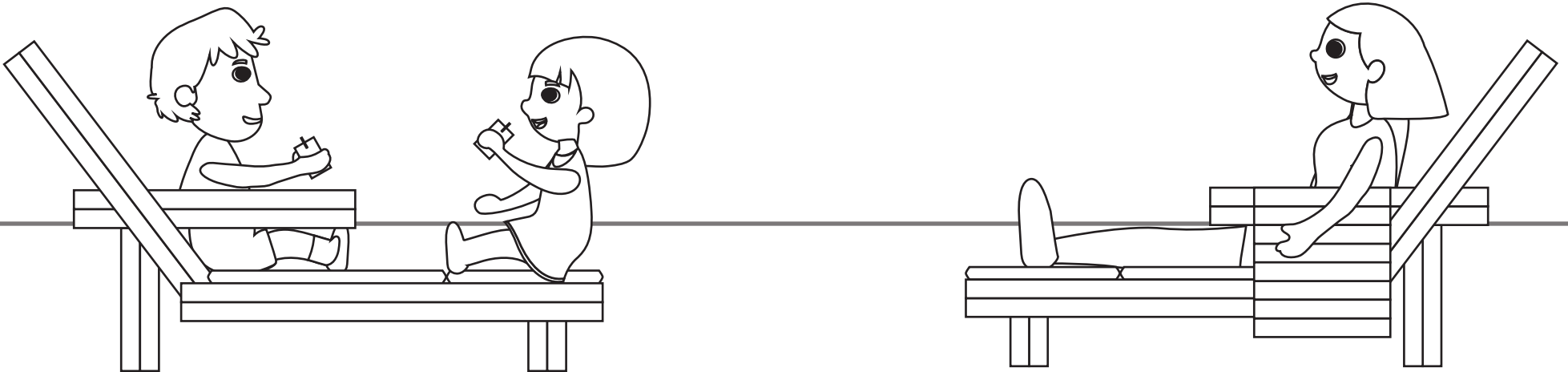
There are lots of games where it's fun to pretend. But it's never okay to pretend like you need help in the pool if you do not need help. If the lifeguard is jumping in to save you, he or she may not be able to see another person who is really struggling. Plus if the lifeguards jump in to save you and you're just pretending, they may kick you out of the pool.



## 10 TIME OUT!

Swimming is so much fun that you may not realize you're tired. Kids and adults of all ages need to take a little rest every once in a while. If your arms and legs start to feel like rubber bands, you accidentally breathe water, or you have a cramp in your muscles, just take a little time out! Once you rest a few minutes, you can get in the pool.

So, what do you think? Can you remember all these rules? They're all for you, to keep you safe, and following them will mean lots more time to have fun in the pool. We have included some fun activities at the end of this book to help you remember the rules. So have fun and show everyone that you are a swimming super star!



# WORD FIND

How many of the pool rules can you find in this word-search game? Circle them as you find them, and check them off the list. Can you find all ten?

- \_\_\_ Learn to Swim
- \_\_\_ Buddy Up
- \_\_\_ Drain is a Pain
- \_\_\_ Walk Don't Run
- \_\_\_ Listen Up
- \_\_\_ Pool Toys Only
- \_\_\_ Don't Dive
- \_\_\_ We're Not Fish
- \_\_\_ No Faking
- \_\_\_ Time Out

L	E	A	R	N	T	O	S	W	I	M	T	D	P
E	D	R	A	I	N	I	S	A	P	A	I	N	O
Q	I	M	X	B	U	D	D	Y	U	P	C	H	O
T	H	B	F	A	D	S	G	X	R	F	I	S	L
W	A	L	K	D	O	N	T	R	U	N	C	I	T
K	C	I	P	J	N	O	I	T	H	O	E	F	O
Y	G	S	C	B	S	K	M	K	I	F	Z	B	Y
S	R	T	F	B	G	M	E	P	C	A	L	K	S
A	F	E	D	S	C	B	O	A	X	K	T	X	O
N	D	N	M	F	L	P	U	L	D	I	N	L	N
B	V	U	D	M	J	M	T	O	M	N	B	F	L
O	C	P	N	U	H	U	R	Q	L	G	J	O	Y
T	Y	M	P	D	O	N	T	D	I	V	E	P	F
X	R	Y	W	E	R	E	N	O	T	F	I	S	H

# QUIZ TIME

Circle the best answer for each question:

1. If you don't know how to swim, you should:

- a. Stay inside and watch television instead
- b. Take swimming lessons, wear floats, and stay in the shallow end until you are a confident swimmer
- c. Get a submarine

2. You should never swim:

- a. With a pool float
- b. In your swimsuit
- c. Alone

3. When you're near the bottom of the pool, you should stay away from:

- a. The drain
- b. Peanut butter
- c. The sand castle

4. When you want to get from one side of the pool to the other, you should:

- a. Take a bus
- b. Walk, don't run
- c. Ask your mom to drive you

5. When a lifeguard tells you to stop running or splashing, you should:

- a. Make a sandwich
- b. Listen to them and stop right away
- c. Do a dance

6. Which is the best toy to take into the pool?

- a. Your bicycle
- b. Your Ninja Turtles
- c. A beach ball

7. If you want to get into the pool, the best way is to:

- a. Use the ladder or steps
- b. Cartwheel
- c. Dive

8. When you're playing in the pool, you should never:

- a. Dunk your friends or play games where you hold your breath
- b. Splash your mom right after she got her hair done, especially if she tells you you'll be in big trouble if you splash her
- c. These are both true

9. What you should never do in the pool?

- a. Play with a beach ball
- b. Pretend you need help when you're really just fine
- c. Practice your swimming

10. When you get tired from swimming, you should:

- a. Get out of the pool and rest until you feel like you're ready to get back in
- b. Tell your mom you're ready to stop swimming for the day but can't wait to swim again tomorrow
- c. These are both true, because swimming is awesome

# SAFETY FIRST

Pool owners should always think of SAFETY FIRST. They should take specific steps to ensure that their family members and guests are knowledgeable about the safe and sensible use of their pool. They ensure:

1. That their pool is never used unless there is adequate supervision.
2. That their pool is kept in good repair and is not used when there is a missing or broken drain cover or other component.
3. That ALL CHILDREN using their pool are under constant supervision.
4. That anyone under the influence of alcohol, drugs, or stimulants that would impair their abilities or judgment does not use the pool.
5. That their pool is protected by appropriate barriers to prevent unsupervised entry, including, but not limited to, fencing with self-latching gates, automatic pool covers, alarms, etc., as required by local laws and safety standards.
6. That their pool builder has supplied them with all of the safety information that accompanies the pool and that they have installed the provided warning stickers and signs where they can be clearly visible to all who use the pool.
7. That for increased child safety, they always remove all toys from in and around the pool and store them out of sight when the pool is not in use.
8. That no pool users dive or jump in the pool.
9. That additional important safety information accompanying their pool is reviewed carefully before use.

It's also a good idea to contact your local American Red Cross for available CPR classes and other vital safety programs.

**Please note:** items that are essential for the safe use of your pool may not be visible in many of the photographs contained in this brochure, either because of perspective or camera angle, or because they were removed for photographic purposes. These items include, but are not limited to:

10. Safety ropes, which should remain in place at all times.
11. "No Diving" signs, which are provided and should be installed where they are clearly visible in accordance with instructions included on the coping.
12. Necessary means of exit and entry into the pool.
13. Approved drain covers and other devices to protect against suction entrapment.
14. Minimum required inlets and returns to ensure proper water circulation.
15. Appropriate in-pool lighting if the pool will be used after dark.

All of these devices should be installed in accordance with manufacturers' instructions, the National Pool and Hot Tub Alliance standards, as well as state and local statutes and codes. We strongly recommends that diving boards and slides not be installed or used with its pools, given the inherent dangers associated with diving boards and slides in residential pools. If, despite this warning and recommendation, the owner decides to use a diving board or slide, We further warns that diving boards and slides require minimum depths and distances and must be installed and used in strict compliance with the equipment manufacturer's specifications and ANSI/NSPI, ANSI/APSP, and ANSI/APSP/ICC standards. The owner is responsible for making sure the pool is appropriate for diving boards and slides and otherwise meets all standards for diving pools.

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