



Office: (916) 638-8810
Fax: (916) 638-4655
License: 890910

25 Rules and Tips to Make Sure Everyone Stays Safe

1. Never swim alone.
2. No running around the pool.
3. No rough playing or "dunking".
4. No glass containers around the pool.
5. No bobby pins or metallic objects around the pool.
6. No long-distance underwater swimming.
7. Use pool toys with care.
8. Swim to the floor of the deep end before diving. Dive only when and where it is safe (not on top of swimmers and not in shallow water.)
9. Children should not use the pool without adult supervision, and the adult should be a competent swimmer.
10. No electrical appliances or wires should be allowed near the pool.
11. A first-aid kit should be kept near the pool.
12. A selected list of emergency telephone numbers should be on hand which includes the nearest available physician, ambulance service, hospital, police, fire and/or rescue unit.
13. The pool deck should be kept clean and clear of debris. Dirty surfaces can become slippery and can cause accidents.
14. Be careful with inflatable toys and mattresses. REMEMBER: those items are also deflatable.
15. Pools are like driving an automobile; they don't mix well with alcohol. Keep inebriated guests out of the pool.
16. Allow a meal to "settle" before going into the pool. If you are overly tired, go to bed..... not for a swim.

[Click here to see a safety checklist provided by the APSP.](#)



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25 Rules and Tips to Make Sure Everyone Stays Safe ...cont

17. Swimmers with open sores and infections should not use the pool.
18. Be careful--do not overexpose yourself to the sun.
19. Children, particularly, like to use the diving equipment and slide. Give them good supervision and make sure that there is no horseplay. Allow jumping and diving only from the front of the board. Residential pools' diving boards were not designed for use in Olympic tryouts; keep the dive simple.
20. There should be a periodic safety and maintenance check for all pool appliances and equipment.
21. Children should rest periodically to avoid over exhaustion.
22. Begin teaching your children to swim at the earliest possible age. Until they learn to swim well, teach them to scream in the event they should fall in the water. This will greatly increase the chance of someone hearing them and coming to their rescue.
23. Learn mouth-to-mouth resuscitation prescribed by the American Red Cross. For more information about these and other life saving techniques, contact your Red Cross chapter for training.
24. Regularly check gate latches, 2nd springs, and check the batteries in pool alarms to ensure a safe and secure swimming pool.
25. Always keep floating toys and games out of the pool after being used. Children have a natural tendency to reach for those first.

[Click here to see a safety checklist provided by the APSP.](#)