



**MONTGOMERY COUNTY BOARD OF COMMISSIONERS**

**JOSHUA D. SHAPIRO, CHAIR**

**LESLIE S. RICHARDS, VICE CHAIR**

**BRUCE L. CASTOR, JR.**

## **General Rules of the Pool**

### **FOR PARENTS:**

- If small children are present, constant supervision is a must around all water sources - pools, streams, lakes, hot tubs, bath tubs, toilets, buckets of water, etc.
- Parents/caregivers may want to consider enrolling in a CPR (cardiopulmonary resuscitation) course – this could save a life when seconds count
- Remove toys from pools when not in use so small children are not tempted to go after the toys in the pool when you're not watching
- If a child is missing, always look in the pool or hot tub first
- Swimming lessons are a good idea for children age 4 and older. The American Academy of Pediatrics does not recommend swimming as the primary means of drowning prevention for children less than 4 years of age
- If you or the kids are swimming at a public pool or natural body of water such as a lake or the ocean, make sure there is a lifeguard on duty

### **General Rules of the Pool:**

**No running**

**No dunking**

**No "horseplay"**

**No diving off of the side of a pool**

### **FOR KIDS:**

- Do not swim when there is thunder and lightening
- Know how deep the water is before going to swim in a pool, lake or any body of water
- Use the Buddy System – always swim with someone, no matter what your age and watch out for each other