

Safety Samples





+ PARENTS +

**"We are watching your children,
you should be too!"**

Lifeguards are here to help, but can not take the place of a parent or guardian in supervising or safeguarding your child.
This is your responsibility as a parent or guardian.



Please follow the Lifeguard's instructions and observe all posted rules.

- + Know the physical, mental and emotional abilities of your child.
- + Stay in close proximity to your child and closely supervise their activities.
- + Know where your child is and have them in your sight at all times.
- + A lifeguard or lifejacket does not replace the watchful eyes and direct supervision of a parent or guardian.

**BE PART OF OUR SAFETY TEAM.
PLEASE WATCH YOUR CHILDREN.**

**WE ARE LIFEGUARDS,
YOU ARE LIFESAVERS!**



**IF YOUR CHILD IS
IN THE WATER
YOU SHOULD BE TOO!**

**Breakwater
Beach
WATERPARK**



Infant 16-30 lbs	Child 30-50 lbs	Youth 50-90 lbs	Adult 90+ lbs
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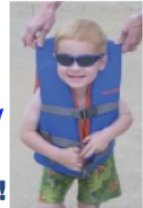
TIPS FOR SELECTING THE CORRECT LIFEJACKET

Carefully select the proper size lifejacket for your child or yourself. Match your child's weight as closely as possible to the weight restrictions on the jacket. Please check that all fasteners are securely fastened. Once fastened, lift the jacket from the top. It should not be possible to lift the jacket more than one inch from the child's shoulders. If it is possible to move the jacket, it is too large and you should try a smaller size.

Some infants are too small for any lifejacket. In general, babies under six months or about 16 lbs. are often too small for a lifejacket to be effective.



Good Fit!!



Bad Fit!!

If you are unsure of which lifejacket to use, or have any questions, please ask a staff member.

FREE RENTAL LIFEJACKETS

No lifejackets on diving board or slides
Wear your lifejacket and wristband
Return jacket - Remove band

If you use your own lifejacket, it must be USCG approved!





Free Rental Lifejackets

**Leave your license or membership card with the
Attendant**

Wear your special wristband

Return the lifejacket - Remove your wristband

NO LIFEJACKETS ON DIVING BOARD OR SLIDES

NO CHILD SHOULD BE LEFT UNATTENDED

Check with the Front Desk Attendant for assistance

Follow directions for a good fit or ask for help





Welcome to the Summit Family Aquatic Center

Please follow these important safety tips:

If you are unsure of your child's swimming ability, we recommend you utilize our FREE Rental Lifejackets.

Lifejackets are not permitted on the diving board or slides.

No child should ever be left unattended.

**We are watching your child; you should be too!
We are the lifeguards, but parents are the lifesavers.**

Thank You!



Bienvenido al Centro Acuático de Familias

Si no está seguro de la capacidad para nadar de su hijo o hija, le recomendamos que usen de GRATIS nuestro chalecos de salvavidas.

No se puede usar los chalecos de salvavidas en la junta de buceo o las diapositivas. Recuerde que ningún niño nunca se debe dejar desatendido.

Estamos vigilando a su hijo; Ustedes deben tambien!

Somos los salvavidas, pero los padres son últimamente responsables.

¡Gracias!

TEACH YOUR CHILD HOW TO FLOAT



WITH A PFD!



Floating in a calm, “face - up” position is not something that comes naturally to children. Before going for a swim, teach your child how to float safely in shallow water where the child cannot touch the bottom.

- 1.** Teach your child to **be calm in the water**. Children sometimes panic when they enter the water. This causes them to move their arms and legs frantically, making it difficult for them to float safely with a personal flotation device (PFD).
- 2.** Teach your child to **float on his/her back** with arms and legs in the water and head back, face out of the water. The height and weight distribution of some young children makes the “top-heavy,” causing them to tip in the water until they learn to float in a calm, “face-up” position.
- 3.** Teach your child to **turn to a “face-up” position** from a “face-down” position. Have your child practice turning him/herself until you are certain that he/she can turn to a “face-up” position consistently and reliably.



MAKE SURE YOUR CHILD'S PFD FITS PROPERLY!

Select a PFD that fits snugly, but not too tightly. Do not buy a PFD that your child will “grow into.” Have your child try on the PFD and test its fitting by lifting the child up by the shoulders of the PFD - the PFD is too large if it slips up over the child’s chin or ears. Always use leg straps, if provided, to keep the PFD securely in place.

MAKE SURE YOUR CHILD WEARS A PFD AT ALL TIMES

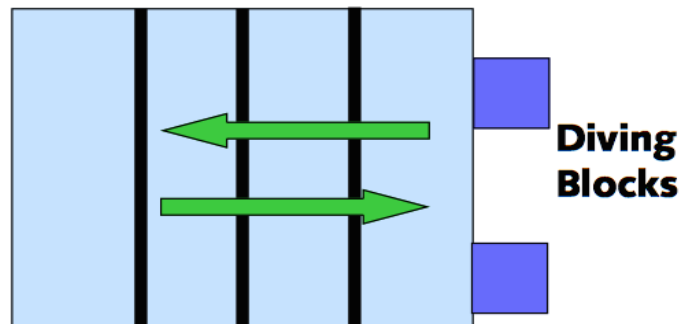
You can help prevent child drownings by having your child wear the right PFD and teaching them to use it properly. A PFD is **NOT** a substitute for adult supervision - **NEVER** leave a child unattended in or near the water

Serpentine Slide Test



If a child is under 48” tall and wishes to ride the serpentine slide, he/she must be able to swim unaided from the wall by the diving blocks to the third black line and back. Test will be taken with a Lifeguard in the water with them in case they are not able to complete the test.

When a child passes this test with confidence, he/she will receive a blue wristband and a blue sticker on the back of his/her pool badge.

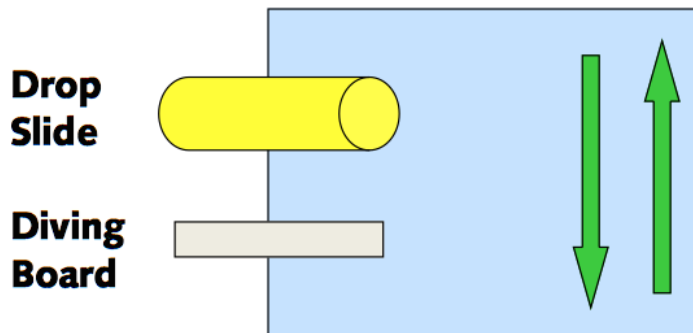


Drop Slide Test



If a child is under 48” tall and wishes to ride the drop slide, child must be able to swim unaided across the width of the diving tank and back. Child must also successfully ride the slide one time while supervised by a lifeguard. Test will be taken with a Lifeguard in the water with them in case they are not able to complete the test. Passing this test will also allow them to ride the serpentine slide.

When a child passes this test with confidence, he/she will receive a yellow wristband and a yellow sticker on the back of his/her pool badge.



PURCHASE A SWIM DIAPER

All babies **MUST WEAR** an approved swim diaper in the pool area. Swim diapers may be purchased at the front desk.

SWIM DIAPERS - \$7.00

Retail Price - \$12.00



27 States Now Require or Encourage the Use of Approved Swim Diapers for Diaper-Aged Children Swimming in Public Pools.

Swim Diapers are no longer just a matter of preventing embarrassing accidents; instead they have become central to an important health issue.

A Real Swim Diaper has:

- Waterproof material to prevent leakage
- Snug fit around legs and waist and super absorbent layer to contain solid matter

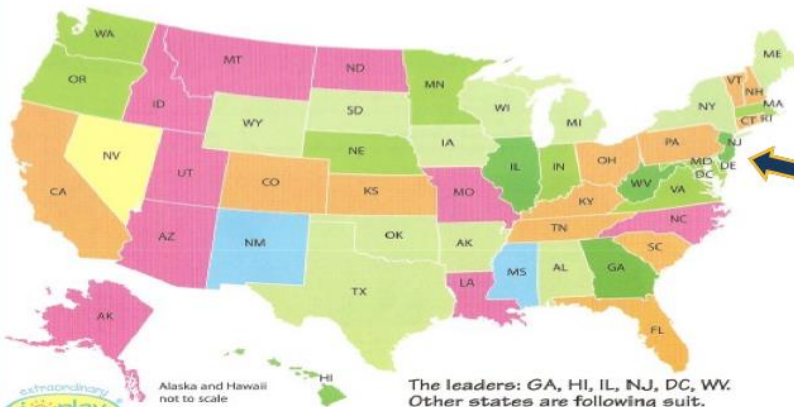
Our Swim Diaper is the best in the business.



Hayley, 15 Months - Swim Diaper

i swim safely.®
i play.® supports safe swimming in both public health and swimming instruction.

For more information about healthy swimming, visit www.healthyswimming.org.



The leaders: GA, HI, IL, NJ, DC, WY.
Other states are following suit.

New Jersey is among the 27 States that now require the use of approved swim diapers for diaper aged children swimming in public pools.

- Requires Swim Diapers
- Formally recommends Swim Diapers
- Informally encourages Swim Diapers
- Does not allow patrons in diapers to enter public swimming areas
- Not regulated by the state; Main county requires Swim Diapers
- No state Swim Diaper requirements; Has protocol for fecal accidents and per or does not allow persons with communicable diseases to enter public swimming areas
- No state Swim Diaper requirements

Source: U.S. State Departments of Public Health



Alaska and Hawaii not to scale

SELECTING SUNSCREEN

No matter the brand or manufacturer, there are several factors to be considered when evaluating sunscreens. An SPF 100 on a bottle does not mean that the sunscreen will block 100 percent of UV rays. According to Cynthia Greaves with the Palo Alto Medical Foundation, "On average, an SPF 2 will block about 50 percent of UVB rays, an SPF 10 about 85 percent of UVB rays, and SPF 15 about 95 percent of UVB rays, and SPF 30 about 97 percent of UVB rays." So what does the higher SPF mean? While an SPF higher than 30 does not provide any additional UV protection, it does allow you to spend a longer time in the sun without burning. Unfortunately, as much as the bottle proclaims, there is no such thing as a truly waterproof sunscreen. Sunscreen should be reapplied every two hours and more often while swimming or sweating. Also, to receive the full benefits of sunscreen, it is recommended that it be applied 15 to 20 minutes before sun exposure. Another key item to remember is to use an ounce of sunscreen per body part.

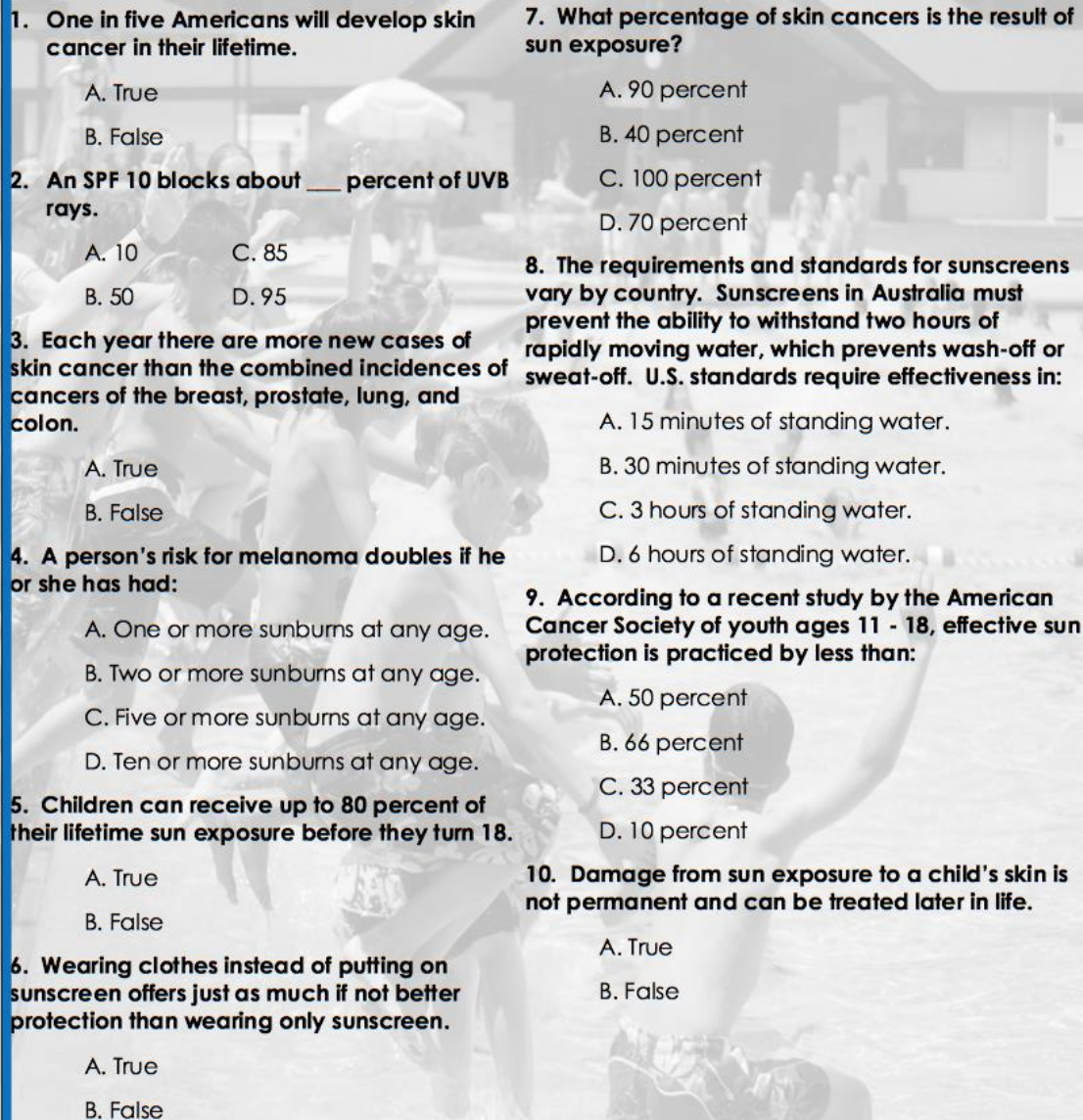
There is no question that the sun damages unprotected skin. Skin cancer is real, and with early signs now showing up in teenagers, parks and recreational professionals must meet this issue head-on. More than 90 percent of skin cancers are the result of sun exposure. Sun exposure without sunscreen usage is especially dangerous to children with many moles or freckles, fair skin, light hair, and a family history of sun exposure.

The sun's rays are strongest between 10 a.m. and 4 p.m. When avoidance is not an option, children should wear clothing, such as wide-brimmed hats, sunglasses, long-sleeved shirts and loose-fitting pants, that provides a layer of protection between themselves and the sun.



TEST YOUR SUN-SAFETY KNOWLEDGE

Answer all 10 questions correctly and become a Sun-Safety Champion!

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- 1. One in five Americans will develop skin cancer in their lifetime.**
 - A. True
 - B. False
 - 2. An SPF 10 blocks about ___ percent of UVB rays.**
 - A. 10
 - B. 50
 - C. 85
 - D. 95
 - 3. Each year there are more new cases of skin cancer than the combined incidences of cancers of the breast, prostate, lung, and colon.**
 - A. True
 - B. False
 - 4. A person's risk for melanoma doubles if he or she has had:**
 - A. One or more sunburns at any age.
 - B. Two or more sunburns at any age.
 - C. Five or more sunburns at any age.
 - D. Ten or more sunburns at any age.
 - 5. Children can receive up to 80 percent of their lifetime sun exposure before they turn 18.**
 - A. True
 - B. False
 - 6. Wearing clothes instead of putting on sunscreen offers just as much if not better protection than wearing only sunscreen.**
 - A. True
 - B. False
 - 7. What percentage of skin cancers is the result of sun exposure?**
 - A. 90 percent
 - B. 40 percent
 - C. 100 percent
 - D. 70 percent
 - 8. The requirements and standards for sunscreens vary by country. Sunscreens in Australia must prevent the ability to withstand two hours of rapidly moving water, which prevents wash-off or sweat-off. U.S. standards require effectiveness in:**
 - A. 15 minutes of standing water.
 - B. 30 minutes of standing water.
 - C. 3 hours of standing water.
 - D. 6 hours of standing water.
 - 9. According to a recent study by the American Cancer Society of youth ages 11 - 18, effective sun protection is practiced by less than:**
 - A. 50 percent
 - B. 66 percent
 - C. 33 percent
 - D. 10 percent
 - 10. Damage from sun exposure to a child's skin is not permanent and can be treated later in life.**
 - A. True
 - B. False

ANSWERS

1. True
2. C
3. True
4. C
5. True
6. False (Depending on the type of clothing, a sunscreen may offer better protection. For example, a basic white, cotton jersey knit shirt on average only has approximate SPF value of 4.)
7. A
8. B
9. C
10. False (According to Dr. Evelyn M. Jones of Well Springs Dermatology, most children get between 50 percent and 80 percent of their lifetime sun exposure before the age of 18. This damage is permanent, and the increased risk of skin cancer, aging of the skin and brown spots cannot be reversed.)