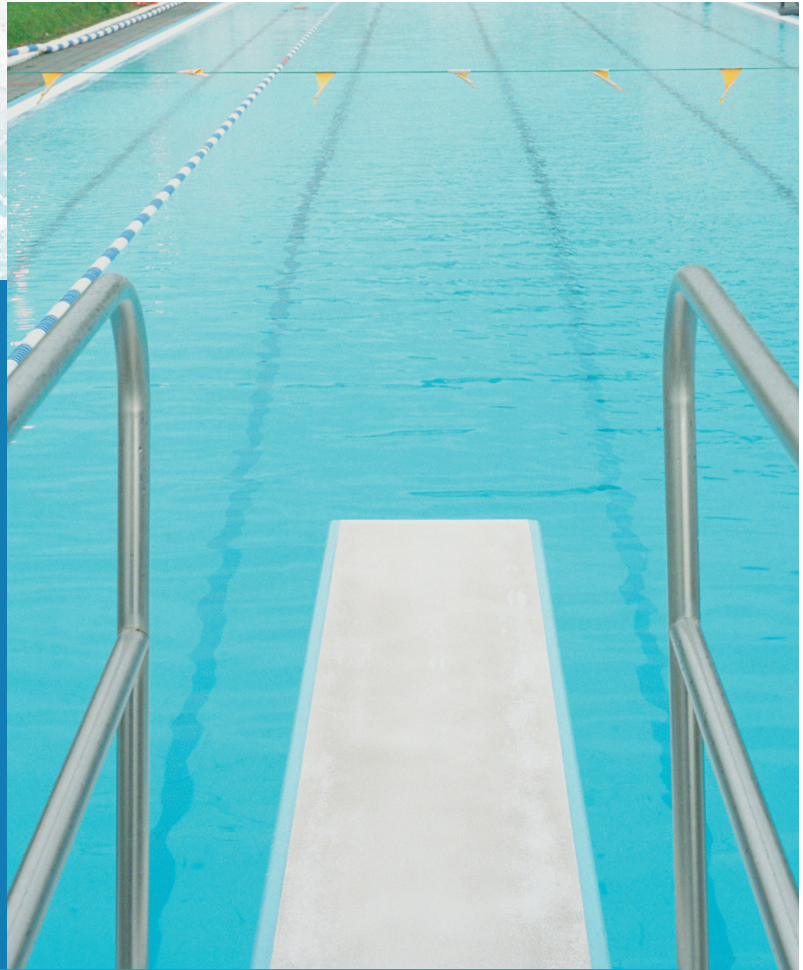


Avoid a Diving Injury:

Tips for Swimming Safe



SCAN THE CODE FOR IMPORTANT
SAFE SWIMMING TIPS :



(6/23)

Did You Know?

- Diving increases your risk of injury.
- Almost 26,000 people per year are treated in hospital settings for diving related injuries, according to the U.S. Consumer Project Safety Commission (CPSC).
- Swimming and diving injuries are most common in children ages 17 and younger.
- Diving is the most preventable cause of spinal cord injuries.

Be Aware of Your Surroundings

- Never dive into water that you cannot see clearly through.
- If you dove somewhere before, that doesn't mean you should again. Underwater surfaces and objects change over time.
- Injuries can also occur by hitting the side of a surface, not just depth.
- Do not drink alcohol before or during swimming or diving, as it can impair your balance, coordination, and judgment.

TIPS FOR SWIMMING SAFE

Swim Feet First

- Feet first is always the best way to enter a body of water.
- Diving increases the risk of hitting your head and potentially causing serious injury.

Be Prepared for Emergencies

- Knowing basic first aid practices and being CPR certified can be crucial in case of an accident.
- Have a plan in case an accident does happen.

Educate Others

- Take the time to educate family, friends, and children on safe swimming and diving.

If You Are Diving into a Pool

- Only dive off of the diving board, not from the sides of the pool.
- Only one person should jump off the diving board at a time.
- Swim away from the diving board after jumping to make room for the next diver.
- Do not dive headfirst in above-ground pools.

Avoid a Diving Injury

Swim Safe