

Splash into Summer!

Summer is just around the corner. It is a time when many kids swim and play outdoors. Follow these simple steps to stay safe and have fun this summer.

1. Be Water-Wise

Pools, lakes, and oceans are great places to beat the summer heat. While you swim and play, make sure to follow water-safety rules.



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Always swim with a buddy.

Quick Tips

- Always swim with a buddy, never alone.
- Be sure an adult is watching you while you swim.

2. Stay Sun-Safe

Being outside in warm, fresh air is fun during the summer. Although the sun

feels nice, it can be harmful. Sun can burn your skin even in a short time.

Quick Tips

- Always use sunscreen. Remember to rub it in evenly.
- Wear a hat or sunglasses to protect your eyes.

3. Act Wheel-Smart

In-line skating, biking, and riding a scooter are good ways to stay fit. It is important to follow road rules and be wheel-safe.



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Always wear a helmet when you ride.

Quick Tips

- Always wear a helmet when you ride and skate.
- Use wrist guards, knee pads, and elbow pads while in-line skating.

Summer Safety Checklist

- Drink plenty of water while playing outdoors.
- Play only in safe places, away from streets.
- Stay away from hot grills and open fires.
- Follow all playground rules.
- Use bug spray to prevent insect bites.