

HOUSTON PARKS AND RECREATION DEPARTMENT

WATER SAFETY TIPS FOR PARENTS

- Enroll children in swimming lessons.
- Keep children under 10 years of age within arms-reach of you at all time.
- Never allow children to swim alone, especially when lifeguards are not on duty.
- No diving in less than 13 feet of water.
- Always walk (do not run) when in an aquatic facility.
- Only use USA coast guard approved life jackets that are properly fitted for the child's weight and body size.
- Do not allow children to ride on your back, do hand stand or any type of horseplay in swimming pools.
- Use sunscreen, apply 30 minutes before being exposed to sun.
- Drink plenty of water to avoid dehydration before expose to a heated environment.