

# Swim Safely

The recent drowning of a 6-year-old at a private club's pool in Raleigh, where lifeguards were on duty and family members present, illustrates how difficult it can be to protect every swimmer from danger.

**"It's not the job most people think it is. It's not just sitting and looking at people swimming around. There is a pattern to scanning. There's training to make sure that you're staying diligent and trying to stay focused and make sure you're not thinking about a bunch of different things.**

**"It's not just sitting in the sun and getting a tan," Terri Stroupe said. (Quote from a Manager about Lifeguards)**

The American Red Cross and those who manage swimming pools offer these suggestions to (to swimmers to help) prevent drowning:

- **Never swim alone or allow anyone else to swim alone**
- **Ensure that everyone in the family learns to swim well....**
- **Never leave a young child unattended near water and do not trust a child's life to another child. Teach children to always ask permission to go near water.**
- **Have young children and inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water. But never rely on life jackets alone. Do not use inflatable "water wings" on children.**
- **Stay within an arm's reach of young children in the water.**
- **Avoid distractions when supervising children around water.**
- **If a child is missing, check the water first. Seconds count in preventing death and disability.**

Quote taken from Raleigh News & Observer—Saturday, June 20, 2009