

Preventing injuries for

SWIMMING



TOP TIPS

- Never leave children unsupervised near water.
- Learn to swim and tread water.
- Never swim alone. Every swimmer should be supervised, and this applies to pools, lakes, and rivers.
- Learn lifesaving skills (first aid and lifesaving courses).
- Put secure, four-sided fencing and barriers around residential swimming pools and open water.
- Avoid alcohol and drugs, even in small amounts, when swimming.
- Feet first, first time! Protect your neck and head – never dive into shallow or unknown water. Learn to do shallow dives. Twice your height is the safe depth of water for diving.
- Check the weather and water conditions, especially in rivers and lakes.
- Identify water-related hazards (such as docks, rocks, and logs) in your community so that other participants will be aware.

For more information on this and other sport and recreation injury topics, please refer to the following text: Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated