International Water Safety Day Announcement Script

Today is International Water Safety Day. Did you know that drowning is a leading cause of accidental death for children? We're shining a spotlight on this day so you know the basics for keeping yourself, your family and friends safe in and around the water every day.

It all begins with **learning to swim!** Swim lessons teach safety and swimming skills you need to enjoy the water safely.

But it's not just about knowing how to swim. You need to be smart, too. Here are some ways to do that:

- **Swim as a pair near a lifeguard's chair.** Buddy up. Never swim alone. Only swim in places that are protected by lifeguards—or, if at a home pool, only swim when an adult is actively supervising the water.
- **Look before you leap.** Check the water and weather conditions to be sure that it's a safe place and time to swim. And always enter feet first unless the area is intended for diving.
- **Follow the rules.** They exist to keep you safe. Always listen to the lifeguards.
- **Life jackets save lives, so don't just pack it, wear your jacket.** Everyone should wear a U.S. Coast Guard-approved life jacket when on a boat, and anyone who needs a bit more support should wear one when going into the water.
- **Think, so you don't sink.** Know what to do if you get in trouble in the water. The more skills you have, the better you'll be able to deal with scary situations.
- **If someone around you gets in trouble, reach or throw, don't go!** Use reaching or throwing equipment to help a struggling person get to safety. Only trained lifeguards should enter the water to help someone in trouble, and even then, the lifeguard is going in with rescue equipment.
- **And stay away from pool and spa drains.** Certain drain covers can create suction and hold you underwater. Tie back hair and avoid loose clothing and jewelry while swimming. If you see a drain cover is loose or missing, leave the pool and tell the person in charge immediately. Do not return to the swimming pool until you are certain the drain has been repaired.

Knowing how to swim, making smart choices around the water and knowing what to do if something goes wrong can make a difference between life and death. Get started by taking the *Pool Safely* Pledge at poolsafely.gov/pledge. On this International Water Safety Day and throughout the rest of the year, do your part, be water smart!