

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