

Living in Florida, water is a necessary part of summer fun! Make sure you and your family are prepared and practice water safety this summer!

Visit [fun4gatorkids.com](http://fun4gatorkids.com) for more information and swimming lessons in the Gainesville area.

## Swimming

- Children need constant supervision around water even if they know how to swim. Drowning can happen in less than two inches of water.
- Make sure you or anyone supervising knows how to swim. CPR and lifeguard certifications are a great tool to have as well. Visit [fun4gatorkids.com](http://fun4gatorkids.com) to check out certification classes in Gainesville.
- Invest in proper-fitting, Coast Guard-approved flotation devices and have kids wear them whenever near water.
- Make sure kids are hydrated. Dehydration can occur easily when having fun in the sun.
- Register your child for swimming lessons to help prevent accidents. Children can begin swimming lessons before the age of one. Visit [fun4gatorkids.com](http://fun4gatorkids.com) for swimming lessons in the Gainesville area.
- Install a safety plan in case of a water emergency at home and review it with your family. Identify all the possible emergencies that could occur, discuss what to do in each, and who to call or where to go.
- Make sure caregivers are aware of your safety plan, safety requirements, and emergency numbers.

## Pool or Backyard Water

- Install a fence or net around your home pool and always keep it closed except when it is in supervised use. Click [here](#) to make sure your fence meets the standard safety requirements.
- Bring a phone when watching kids in a pool. Seconds count in water emergencies, so be prepared.
- After kids are done playing in the pool, remove all toys and equipment from the water so children will not try to retrieve them later.
- Avoid allowing children in hot tubs; they can become dangerously overheated.

## Beach/River

- These natural bodies of water have tides and currents, unlike calm swimming pools. Be aware and careful of the conditions, and don't let kids swim alone.
- Large waves and undertows can be extremely dangerous. Don't allow children to swim in these conditions. Click [here](#) to learn about Florida's unified flag warning system.
- If a child gets caught in a rip current or undertow, teach them to swim parallel to the shore or tread water calmly and call for a lifeguard's help.
- Make sure kids wear foot protection, even in water.
- Be careful of sting rays, jellyfish and other sea life. Seek medical attention if stung.