



Royal Bahamas Police Force

Working together for a safe Bahamas

Safety Tips For Swimmers

Swimming can be an enjoyable leisure activity for both kids and adults, and even some choose to join competitive swimming leagues as well. Watching other people swim looks very easy, but swimming is a task that usually takes lessons to learn and many consequences exist if you attempt to do an activity far above your experience level. And tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. Nevertheless safety tips can make swimming safer and more enjoyable. Therefore listed below are a few tips:

- Learn how to swim and do not allow children who do not have any knowledge of swimming in or around the pool.
- Never allow children to swim alone without any adult supervision.
- Enclose your pool with high fences, which can be locked.
- Never swim alone and at get-togethers. Designate someone as the pool watch guard. Adults can rotate this duty.
- If you have a backyard pool, install an alarm on doors that lead to the pool area.
- Don't dive into unknown water or into shallow breaking waves
- If you are unable to swim out of a strong current, signal for help
- Rely on your swimming ability rather than a flotation device
- Look for, read and obey all beach safety signs and symbols
- If caught in a rip current, swim sideways until free, don't swim against the current's pull
- Alcohol and swimming don't mix
- Protect your head, neck, and spine -- don't dive into unfamiliar waters feet first, first time
- If you are in trouble, call or wave for help
- Follow regulations and lifeguard directions
- Swim parallel to shore if you wish to swim long distances
- If in doubt, just stay out!

Remember that Safety Is Everyone's Concern. Be Safe Bahamas

Police Emergency
911

National Crime Prevention Office
302-8430/1
www.royalbahamaspolice.org

Crime Stoppers
328-TIPS (8477)
Family Islands
(242) 300-8476

"To make The Bahamas a safer place to live, work, visit and play."

