

### Swim Only When a Lifeguard Is on Duty

Swim only when a lifeguard is on duty and in areas designated for swimming. Parents of young children and nonswimmers should carefully supervise their children even in settings where a lifeguard is present. All swimmers should respect the rules for swimming in a given environment and follow the directives of the lifeguard.

### Do Not Swim Under the Influence of Drugs or Alcohol

Even strong swimmers can succumb to the effects of alcohol and drugs while in the water. Being under the influence of either or both seriously impairs judgment and coordination and increases the risk of injury or drowning.

### Avoid Diving Headfirst

Do not dive headfirst into shallow or murky water, or water of uncertain depth. Diving in shallow water can cause injuries and drowning. It is best to enter the water feetfirst.

### Refrain From Horseplay in the Water

As fun as it is to swim with friends or family, refrain from horseplay such as dunking, hanging on to someone or allowing them to hang on to you while in the water. Horseplay can lead to injury while in the water, thus increasing the risk of drowning.