

MSA SAFE SWIMMER PROGRAM

Safely complete the below skills:

- **Jump into water over your head.** When you jump in, your entire body will be submerged.
- **Surface the water for breath and float or tread water for one minute.** Stay relaxed so you do not overexert yourself.
- **After treading water for one minute, turn around in a full circle.**
- **Swim 25 yards to the edge of the pool without stopping.** You can utilize whichever stroke is most comfortable for you.
- **Exit the water without a ladder.**

If you need help learning or developing these skills, please contact the Community Center to enroll in adult and child Mason Swim Academy lessons.



POOL SAFETY

Many of us are counting down the days until summer arrives. Unfortunately, drowning is the second leading cause of accidental death in children under 18 years of age. Before hopping into the pool this summer, the City of Mason encourages members of the community to follow these best practices when swimming with your family or friends:

- **Supervise** - Keep children under active supervision at all times. It is strongly encouraged that parents or guardians stay within an arm's reach of children while in the pool. A responsible adult should always be present to watch the water. Never assume that someone else is supervising and never rely on flotation devices as a substitute for supervision.
- **Never Swim Alone** - Parents and children should use the buddy system when swimming in a pool. Take a friend or a responsible adult with you who is a strong swimmer. Even when a lifeguard is around, it is best to have a buddy who has your safety and wellbeing as their top priority.
- **Play Carefully** - Children and teenagers have the potential to play and become rowdy in the water. Wrestling in any body of water can be very dangerous; you could hit your head against the pool wall/floor or not be aware that someone is submerged underwater and needs air.
- **Learn CPR** - It is recommended that all parents, guardians, or child-care providers learn CPR. CPR provides individuals the ability to save lives including a drowning incident. Providing CPR immediately after a drowning occurs can prevent brain damage or death.
- **Learn How to Swim** - Swimming is not only fun but a lifesaving skill. Learning how to swim is one of the best defenses against drowning incidents. Swim lessons can teach children and adults basic water survival skills such as how to float or tread water, how to breathe while swimming, and how to orient yourself while in the water. Mason Community Center provides a variety of swim lessons for all ages based on a participant's comfort and skill level.
- **Avoid Alcohol** - Injuries and incidents involving alcohol are a common problem around bodies of water including private pools and hot tubs. Consuming alcohol can slow down the body's reaction time, impair your senses, and make you feel disoriented while in the water.

HITTING THE POOL THIS SUMMER?

Sun-Safety Tips



PROTECTION FROM SUN EXPOSURE

The two types of sun rays that can injure the skin are ultraviolet A (UVA) and ultraviolet B (UVB). UVA affects the deep layers of skin. UVB damages the outermost layers of the skin and causes sunburn. "Protect your child from sun exposure by having them wear long sleeve swimsuits in addition to a hat and sunscreen. Use UV-blocking sunglasses when possible," says Kelly Bennett, M.D., a TriHealth pediatrician with Group Health-Mason.

SUNSCREEN SELECTIONS

The Food and Drug Administration offers the following guidelines on selecting sunscreen:

- Sunscreens labeled SPF 30 or higher that block both UVA and UVB. These products are labeled as broad spectrum.
- Those that are water resistant, even if your activities do not include swimming. This type of sunscreen stays on your skin longer when your skin gets wet.
- Avoid products that combine sunscreen and insect repellent. Sunscreen needs to be reapplied often. Insect repellent applied too often could be harmful.
- If your skin is sensitive to the chemicals in sunscreen products, choose a mineral sunscreen such as zinc oxide or titanium dioxide. These are also best for most toddlers and children who may have more sensitive skin.



SUNSCREEN GUIDELINES

"Sunscreen alone doesn't give full protection, so you should limit sun exposure for you children during peak sunlight hours and look for options to protect them from the sun such as clothing and a shady spot if available," says Bennett. She also offers these tips when applying sunscreen:

- Apply 30-minutes before going outdoors for best results. This allows time for the sunscreen to be absorbed into your skin.
- Apply a large amount to all exposed areas. This includes face, nose, ears, and shoulders. DO NOT forget the feet.
- Follow package instructions about how often to reapply. This is usually at least every 2 hours.
- Always reapply after swimming or sweating.
- Use a lip balm with sunscreen.
- For infants six months and younger, sun protective clothing and a hat are preferred methods for sun protection. When necessary, use sunscreen sparingly on exposed areas.

Health Benefits of Swimming as an ADULT



- Improves bone health
- Builds lung stamina
- Reduces risk of heart disease
- Strengthens muscles
- Reduces stress
- Boosts mental wellness

Contact us for upcoming adult programming, learning how to use a kick board, swimming drills, master swimming and more. imaginemason.org

