Swimming Rules

- Learn to swim well. Almost two million people of all ages learn to swim each year with Red Cross Program

- Always closely supervise children whenever they are near any body of water.

- Weak or inexperienced swimmers should wear U.S. Coast Guard-approved life jackets anytime they’re around water.

- Know how to respond to an emergency (including lifesaving CPR skills), how to tell if a swimmer is in distress or drowning and how and when to call for emergency help. If you have a pool or hot tub, keep lifesaving gear handy.

- Always have on hand a ring buoy, life jackets, rope, pole or other object that can be used to help a person in trouble.

- Be sure to have a first aid kit, phone and emergency contact information by the pool.

Contact your local Red Cross chapter for more information on learning to swim, water safety, home pool safety, first aid and CPR classes. For more information, visit RedCross.org.