

## Important Swimming Safety Tips

by [John Demas](#) on 06/18/10 at 3:29 pm

Children are more vulnerable to accidents in and around the swimming pool or beach. However, this does not discount accidents that happen to adults because in their effort to watch over their children, they forget to watch out for their own safety.

These are easy to follow swimming safety tips for anyone, regardless of age, location, or experience in swimming.

### ***Children never swim alone***

No matter how experienced a child is, you should never allow him to swim on his own, especially where there is a current like in the beach. If an adult is at risk because of slippery tiles or because of an undercurrent, you can imagine how much more so with a young teenager or child.

Furthermore, children tend to be impulsive and swim immediately after eating which causes cramps, and immobilizes the person so they cannot move their legs properly.

### ***No one should swim without taking lessons first***

A child or adult can drown in a few inches of water. Depth is not always a condition. However, the most common problem with swimming is not knowing what to do in an emergency. For instance, if you are swept by strong tides, you can easily lose any concept of where to go. You get disoriented. The right swimming lesson would tell you that the first thing to do is not to panic. Lessons may seem a little trivial if you are an adult, but it could save your life.

### ***No swimming in bad weather***

Just like boats are not allowed out in bad weather, you should also not allow anyone out in a pool, lake, river, beach, or even any kind of above ground pool. For one, you are tempting fate if there is lightning.

### ***No drinking and swimming***

Being drunk and swimming is also a big no-no. You're inviting trouble, so avoid having alcoholic beverages in beach parties, pool parties, or even children swimming parties.

### ***Bring the proper gear***

You will need sun block, goggles, floating devices, and ointments for insect bites which will all come in handy when swimming. However, do not make the assumption that floating devices can save you from a strong current.

Swimming is a lot of fun, and very good cardiovascular exercise. This is why it is also considered ideal for people who have suffered from a trauma, accident, or illness. Finally, aside from you as the supervising adult, there should also be a qualified lifeguard around. After all, it is a required prerequisite to swimming in public places.

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