

STAY SAFE In the Water

Swimming and playing in the water can be fun but
REMEMBER to keep safety in mind.

Be aware of Recreational Water Illnesses

Recreational Water Illnesses (RWI) are caused by germs that are spread by swallowing, breathing mists/aerosols or having contact with contaminated water in swimming pools, hot tubs/spas, water playgrounds, lakes, rivers or oceans.

Parasites, bacteria and amebas can cause recreational water illnesses.

Prevent gastrointestinal, skin, ear, respiratory, eye, neurological and wound infections caused by RWI.

Prevent drowning by practicing the following layers of protection:

- ☐ Supervision: actively watch children in water
- ☐ Barriers: physically block a child from the pool
- ☐ Emergency Preparedness: learn CPR and call 9-1-1



For more information on water safety visit
<https://www.watersmartfl.com/>
or call 407-665-3000

Keep safe while enjoying water activities by practicing the following tips:

- ☐ Use life jackets
- ☐ Attend water safety & swimming classes
- ☐ Provide continued supervision
- ☐ Stay out of the water if you are sick or have diarrhea
- ☐ Shower before you get in the water
- ☐ Do not urinate in the water
- ☐ Avoid swallowing the water
- ☐ Learn First Aid & CPR

When in fresh water such as lakes, ponds, rivers, creeks and hot springs:

- ☐ Keep your head out of the water
- ☐ Hold your nose shut or use nose clips
- ☐ Do not dive into the water
- ☐ Avoid digging in or stirring up the sediment



MANTÉNGASE SEGURO En el Agua

Nadar y jugar en el agua puede ser divertido pero
RECUERDE mantener la seguridad siempre en mente.

Sea consciente sobre las Enfermedades Transmitidas Por el Agua en Lugares de Recreación Acuática

Enfermedades Transmitidas Por el Agua en Lugares de Recreación Acuática (RWI) son causadas por gérmenes que se propagan al tragar respirar aerosoles o tener contacto con agua contaminada en piscinas, parques acuáticos, áreas de juego con agua, bañeras de hidromasaje, lagos, ríos u océanos.

Parásitos, bacterias y amebas pueden causar enfermedades transmitidas por el agua en lugares de recreación acuática.

Prevenga infecciones gastrointestinales, de la piel, oídos y ojos, respiratorias, neurológicas y de las heridas causadas por RWI.

Prevenga los ahogamientos al practicar las siguientes capas de protección:

- ☐ Supervisión: vigilar activamente a los niños en el agua
- ☐ Barreras: bloquear físicamente a un niño de la piscina
- ☐ Preparación para Emergencias: aprenda RCP y llame al 9-11

Manténgase seguro mientras disfruta de actividades en el agua practicando los siguientes consejos:

- ☐ Use chalecos salvavidas
- ☐ Asista a clases de seguridad y natación
- ☐ Proporcionar supervisión continua
- ☐ Manténgase fuera del agua si está enfermo o tiene diarrea
- ☐ Dúchese antes de entrar en el agua
- ☐ No orine en el agua
- ☐ Evite ingerir el agua
- ☐ Aprenda Primeros Auxilios & RCP

Cuando en agua dulce como lagos, estanques, ríos, arroyos y aguas termales:

- ☐ Mantenga la cabeza fuera del agua
- ☐ Mantenga la nariz cerrada o use los clips de la nariz
- ☐ No se sumerja en el agua
- ☐ Evite excavar o remover el sedimento



Para más información sobre seguridad en el agua visite <https://www.watersmartfl.com/> o llame al 407-665-3000

Swim Lesson Resources

Recursos para Clases de Natación

<u>Altamonte Springs Recreation Swim Lessons</u> Ages: 18 months and up 407-571-8762	<u>Lake Mary-Longwood Aquatic Center</u> Ages: 3yrs and up 407-869-5600	<u>Safe Turtles Swim School</u> Ages: 6 months and up 407-257-4627
<u>AquaMobile</u> Ages: Infant and older 888-950-7946	<u>Larry A. Dale Aquatic Center</u> Ages: 3-17 years 407-302-1034	<u>Seminole Aquatics</u> Ages: 5 years and older 407-302-1034
<u>Assured Aquatics</u> Ages: Infant and older 352-432-1863	<u>Little Aquatics Swim Lessons</u> Ages: 9 months and up 407-913-7946	<u>Sharks and Minnows Swim School</u> Ages: 6 months and up 407-699-1992
★ <u>City of Winter Park</u> Ages: Preschool, Elementary 407-599-3338	★ <u>Little Otters Swim Academy</u> Ages: 6 months and up 407-252-7159	<u>Stone Crabs Swim Team</u> Ages: 4 and up 407-766-8198
<u>Florida Swim Company</u> Ages: 6 months and up, also special needs 833-235-7946	<u>City of Oviedo Swim Lessons</u> Ages: 6 months and up 407-971-5575/ 407-971-5582	<u>Sunsational Swim School</u> Ages: 6 months and up, also special needs 888-788-2140
<u>Goldfish Swim School</u> Ages: 4 months to 12 years 407-410-4660	★ <u>Oviedo YMCA</u> Ages: Preschool thru adult 407-359-3606	<u>Swim Life</u> Ages: 6 months and up 407-878-4352
<u>Infant Swimming Resource Swim Lessons (multiple locations)</u> Ages: 6 months to 6 years	<u>Patriot Aquatics</u> Ages: 6 years and older 407-862-2207	<u>SwimKids USA</u> Age: Infant and older 352-394-3040
<u>InstaSwim Private at Home Swim Lessons</u> Ages: Preschool to High School 888-610-2656	<u>The Pool Safety Resource</u> Ages: 8 months and up 407-834-9182	<u>Trinity Prep Aquatics</u> Ages: 4years and older 321-282-2558
★ <u>J. Douglas William YMCA</u> Ages: Preschool thru Adults 407-321-8944	<u>Orlando Sportsplex</u> Ages: 6 months to 17 years 407-916-2442	<u>Tuskawilla Country Club</u> Ages: 4years and up 407-366-1851
	<u>Roth Family JCC of Greater Orlando</u> Ages: 6months thru adults 407-645-5933	<u>Wiz Park Pool Swim Lessons</u> Ages: Preschool thru High School 407-263-7177

★ *These providers may offer low cost, scholarships or free swim lessons. Estos proveedores pueden ofrecer clases a bajo costo, becas, o clases libre de costo.*

Additional resources/Recursos adicionales:

[DCF Water Safety for Kids](#)

[WaterSmartFL](#)

[American Red Cross Swimming Lessons for Kids](#)

[Florida Department of Health Safe Kids Florida](#)