

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](https://www.redcross.org).