



## Keep Water Activities Fun and Safe

Males, especially boys and younger men, are risk-takers around water. In fact, they account for nearly eight in every ten drowning deaths in the U.S. Even though risky behavior around water can lead to disaster, you don't have to stay beached to stay safe. Just keep these tips in mind to help protect yourself and your family:

- **In the pool** – Always swim with another person, preferably where there is a lifeguard on duty. Keep young children away from drains, as they can create a dangerous suction. Get out of the water immediately if you notice thunder or lightning.
- **Around natural bodies of water** – In addition to pool precautions, remember to watch for dangerous waves and currents. Stay close to children and follow posted warning signs. Never dive into unfamiliar waters.
- **On a boat or personal watercraft** - Always wear a life jacket on a personal watercraft or small boat – an accident could leave you unable to swim. Make sure to have enough life jackets on board for all passengers. Don't go out during high winds or storms. Be aware of the risk of carbon monoxide poisoning around idling engines or boats without good cabin ventilation.
- **During any water sport** - Don't drink alcohol. Alcohol is involved in up to half of all water recreation deaths.
- **Watch children** - Home swimming pools are magnets for children. Surround your pool with a fence that's at least four feet high. Make sure there is no direct access from the house that bypasses the fence. Supervise children whenever they are around water, even if it is the water in a bathtub or hot tub. Children older than four years of age should be taught to swim.

Source: UnitedHealthcare



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).