

# Water Safety

**The Wimmera has beautiful weather for swimming in the summer months. Just a few little reminders of some rules that we make it safer for all that love the water on our hot days**

- Sun screen first Just because you're swimming and spend most of the time in water the rays still find you.  
Reapply about every 3 hours.
- Never swim when you have been drinking alcohol  
(Alcohol Impairs your Judgment)
- Never Swim Alone
- Never swim in water you don't know any thing about.  
(Currants and Submerged Objects )
- Food and Swimming don't mix.  
(Wait about an Hour After Eating before Swimming)
- Don't run around pools you might slip.
- Always respect others that are swimming.
- Only swim in areas that allow swimming.
- Its always good to know a bit of CPR.  
(Hoping you never have to use it)
- Water games are great but never go over board.
- Never swim at night.
- It's always good to have an observer on dry land to watch fellow swimmers.
- It's good to tell Mum &/ or Dad or Guardian what time you will be home when going swimming.
- The main thing is to be safe and have fun.
- Swimming lessons are available at the Horsham Aquatic Centre for all ages.

