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FLORIDA HEALTH SPRING BREAK SAFETY SERIES

Water Safety Tips for the Beach, Pool or Waterway



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Tallahassee, Fla.— With spring break season winding down this April, the Florida Department of Health is providing our final 2016 spring break health and safety reminder to help residents and visitors stay safe. The department encourages everyone to practice water safety while enjoying the beach, pool or waterway.

“Florida is one of the most popular spring break destinations and we encourage everyone to practice safe and healthy habits,” said Interim State Surgeon General Dr. Celeste Philip. “It’s important to keep water safety tips in mind as we enjoy the beautiful beaches, pools and waterways now and throughout the year.”

The department reminds everyone to take the following precautions to safely enjoy recreational water activities.

- A responsible adult should always be 100 percent focused on supervising when a child is engaged in water activities or is near an unguarded body of water.
- Interruptions can occur at any time; an unexpected cell phone call, a meal on the stove or a lengthy conversation can distract from effective supervision.
- It is vital that physical barriers are put in place around home pools to prevent unsupervised access.
- Be sure to enroll children in swimming lessons when available.

Accidental drowning can occur in minutes, even in the shallowest body or pool of water. Every day, approximately 10 people die from drowning, two of which are children under 14 years of age. Drowning is the leading cause of injury death for children 1 to 4 years old.

While spending time at the pool, or on Florida’s many beaches or waterways, knowing how to prevent injuries can ensure a happy, healthy and safe spring break. Here are additional safety tips to help prevent drowning and injury during recreational water activities:

- Know local weather conditions and forecast before swimming or boating;
- Use life jackets appropriately;
- Use the ‘Buddy System’, always swim with a buddy;
- Learn how to conduct CPR;
- Take precautions to help prevent recreational water illness and report suspected illness through our [online reporting form](#); and
- Drink plenty of water throughout the day.

For more information on health and water safety, please visit [Waterproof FL](#) and our [drowning prevention](#) information page.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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