



## Water Safety

Swimming is a fun way to cool off in the summer, as well as other water activities. It can also be dangerous if you aren't aware of how to keep yourself and others safe. The following tips will help you learn how to supervise others, properly eat before swimming, and prevent muscle cramps.

- **Use the buddy system.** Never go swimming alone. Swimming with a friend ensures that one of you will be able to help in the event that the other gets hurt.
- **Always supervise children.** Even if a lifeguard is present, children need to be watched closely by a responsible adult.
- **Prevent muscle cramps:**
  - ◇ Stay hydrated by drinking plenty of water (at least a half gallon each day).
  - ◇ Make sure your diet includes plenty of potassium and sodium.
  - ◇ Warm up for each swim with plenty of stretching, and train so that you gradually build up to an intense swim.



### Swimming After Eating

- Contrary to popular belief, you don't necessarily have to wait 30 minutes after eating before you go swimming.
- Eating before swimming is the same as eating before any form of exercise. You shouldn't eat a large meal immediately before exercising.
- It is beneficial to eat a small, healthy meal before any exercise, so you can efficiently burn calories, and have energy for your workout.

### Resources

[Red Cross Safety Tips](#)

[Swimming After Eating](#)

[Muscle Cramps](#)