



Water Safety and Swimming

Water Safety Books- Children's Books

Llama Llama Learns to Swim

By: Anna Dewdney

Froggy Learns to Swim

By: Jonathan London

Sergio Makes a Splash

By: Edel Rodrigues

Swimming Lessons

Suwannee County

- Billy Jernigan
386-362-3004

Gilchrist County

- Suwannee River Swim
352-535-5337

Columbia County

- Jared Allison Aquatic Complex
386-319-7226

While a day of playing in the pool can be fun, injuries and illnesses due to water-related activities increase during this time of year.

Waterproof Florida encourages layers of protection that include supervision, barriers and emergency preparedness. You can learn about the layers on the [WaterproofFL website](http://WaterproofFL.com).

In our community, swim lessons are being offered by:

Suwannee Parks & Recreation www.suwanneeparks.com Ph: 386-362-3004

Certification-Florida Statute 1003.225

Beginning with the 2022-2023 school year, each public school shall provide, to a parent who initially enrolls his or her child in the school, information on the important role water safety education courses and swimming lessons play in saving lives. The information must be provided electronically or in hard copy and must include local options for age-appropriate water safety courses and swimming lessons that result in a certificate indicating successful completion, including courses and lessons offered for free or at a reduced price. If the student is 18 years of age or older, or is under the age of 21 and is enrolling in adult education classes, the information must be provided to the student.



Tips on Water Safety

- **SUPERVISION** Learn to make water safety a priority, ensure that your family members are knowledgeable around the water, assign a “water watcher,” by having a responsible adult around to actively watch when a child or adult is in or around the water.
- **BARRIERS** A child should never enter the pool area unaccompanied. Barriers including gates, fences, walls, doors, and windows are recommended to aid in the assistance and protection of those who are at risk.
- **EMERGENCY PREPAREDNESS** In an emergency, it is critical to have a phone nearby to call 911 if needed. Know your location and know what type of emergency you are calling about. CPR and First Aid are also important to know.

