

# The Community Page



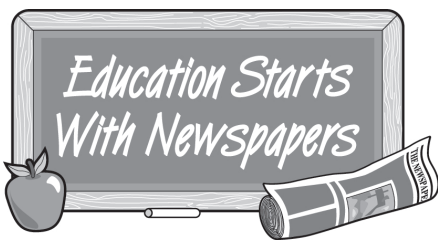
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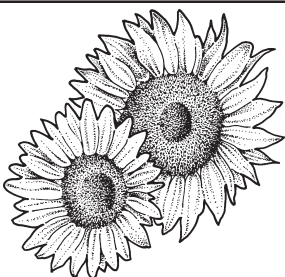


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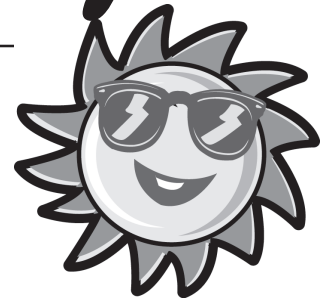
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## How to have Safe fun in the sun



### Tips for keeping your cool at the swimming pool

Almost 1,000 children ages 14 and under drown each year and drowning ranks as the leading cause of unintentional injury-related death among children ages 1 to 4. For every child that drowns, an additional four are hospitalized for almost drowning.



A boy dove off the diving board on Tuesday at Steever Water Park in Goodland. Children will flock to the water park this summer. It's important that they know how to stay safe while having fun. Photo by Rachel Miscall/The Goodland Daily News

#### Pool/Spa/Whirlpool Safety

- Never leave children alone in or near the water.
- Never rely on flotation devices to protect a child.
- Empty all wading pools immediately after use and store inside your home or upside down to avoid rainwater fill. Children can drown in as little as one inch of water.

- Make sure pools and spas are secure.
- Children should learn to swim.
- Do not assume your child is "drown-proof." Even though your child may have taken lessons and learned to swim, he or she still needs constant supervision.
- Adults and kids over age 13 should learn infant and child cardiopulmonary resuscitation. Adults who do not know how to swim should learn.
- Do not let children dive into water unless an adult is present and knows that the depth of the water is greater than nine feet.
- Never allow children to swim during lightning storms or other bad weather.
- Watch out for sunburn.
- Make sure children have warm, dry clothes to wear after swimming.

#### Natural Water Safety

- Always supervise children in or near water.

- Make sure your child wears a U.S. Coast Guard-approved personal flotation device when on a boat, near open bodies of water or when participating in water sports.
- Children ages 14 and under should never operate a personal water craft.
- Teach children always to swim with a buddy, never alone.
- Teach children not to run, push others under water, jump on others, dive or jump into shallow water.
- Never let a child go in the water before testing the temperature. If the water is too cold, it may affect the child's breathing or cause cramps.
- Be aware of the nature of the water. An open body of water that looks virtually motionless may have a strong undercurrent.
- Do not allow children to wade into water without protective footwear.
- Never allow children to swim dur-

ing lightning storms or other bad weather.

#### Sun Safety

- Apply sunscreen (SPF 15 or greater) 15 to 30 minutes before going out into the sun so it can penetrate and apply it frequently throughout the day. Remember that harmful ultraviolet rays can still reach through cloudy skies.
- Dress your child in light-colored fabrics that cover the child's exposed skin.
- Encourage children to drink frequently to avoid overheating or dehydration.
- Be especially careful in high altitudes where the sun's rays are stronger.

— Information provided by the Kansas Safe Kids Coalition

## Playing it safe on the playground

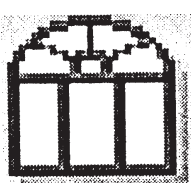


- Avoid asphalt, concrete, grass and soil surfaces under playground equipment.
- Acceptable loose-fill materials include round pea gravel, fine sand, shredded rubber and hardwood fiber mulch or chips.
- Always supervise children closely

- when using playground equipment.
- Remove hood and neck drawstrings from all children's outerwear to avoid strangulation.
- Familiarize yourself with neighborhood play areas.
- Ensure that children use age-appropriate playground equipment.



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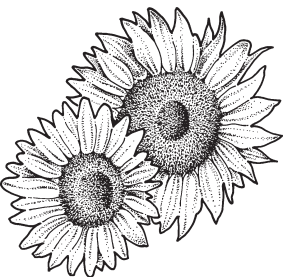
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