



City of Kerrville
701 Main Street
Kerrville, Texas 78028
(830) 257-8000
www.kerrvilletx.gov

PRESS RELEASE

FOR IMMEDIATE RELEASE

Contact: Stuart Cunyus, Public Information Officer
(830) 258-1116
stuart.cunyus@kerrvilletx.gov

Parks and Recreation Department provides tips for National Water Safety Month

Kerrville, Texas (May 13, 2021) – The Kerrville Parks and Recreation Department would like to provide some helpful tips to educate the community in water safety. May is National Water Safety Month, and as we prepare to get in the water to cool off this summer, we must also be vigilant and take special precautions to avoid any water related incidents.

Did you know drowning is the No. 1 cause of unintentional injury-related death for children under 5 years old, and a leading cause for children 15 and under. Water-related incidents can be prevented by following simple safety procedures:

- **Provide constant visual supervision** – Parents/responsible adults should always actively watch children around water. It does not take long for a child (or anyone) to become distressed in water. This includes the bathtub. A good rule of thumb for young children is to keep them within arm's reach and to focus only on the child and not distractions (phones, other people, etc.). Never assume that a child is safe in water

toys, including rings, floats, noodles and kickboards. The child could lose control and find themselves unable to reach safety.

- **Teach children how to be safe in and around the water** – Prevention starts with the self-accountability of the swimmer and parents of young children. Review common pool rules and explain why they are a rule. Comprehension of rules is easier when you understand the purpose for it as well. For example, running is not allowed at pools because it is a slip-and-fall hazard. In addition, if you have a residential pool, ensure that appropriate barriers are in place to prevent a child from falling in the pool.
- **Introduce your children to the lifeguards and explain what their job is** – Remember, lifeguards are not babysitters. They are trained to prevent and respond to aquatic emergencies. Children can be comforted to know that lifeguards are there to help, if needed, and also to enforce rules to keep everyone safe at the pool. Just be sure to visit with the lifeguards when they are down from stand so as to not distract them from surveillance of the water and guests. Aquatics management is more than happy to visit with pool guests and explain the services they provide.
- **Learn to swim** – Be proactive in regards to water safety and sign up for swim lessons if you or your child cannot swim. It's important to note that a certificate from passing swim lessons does not ensure against drowning. It does however help provide the tools, experience and knowledge base to be comfortable and safe in and around

water. Panic is one of the major causes of drowning and even a good swimmer can drown. Do not go in water if you do not know how to swim.

- **Wearing U.S Coast Guard approved life jackets** – Wear a U.S. Coast Guard-approved Personal Flotation Device (especially for weak or non-swimmers, on a boat, or in open water). It is imperative that the flotation device fits accurately.
- **Stay away from water drains** – The powerful suction from drains can trap someone underwater. Encourage children not to swim near or play with drain grates.
- **Learn C.P.R. and First-Aid skills** – Knowing critical lifesaving techniques can make a difference between life and death in the event of an incident.
- **Never swim alone** – It is good to always have someone supervising the area in case an emergency arises. It is also advised not to consume alcohol while swimming as it can impair judgement and motor skills.
- **Teach children to wait for an adult before entering the water** – Never let children in a body of water without some kind of supervision. If a child cannot swim, have him/her wear a personal flotation device, and an adult should enter the water with them to help ensure their safety is top priority.
- **Do not play breath-holding games** – This creates a higher risk of passing out underwater (shallow water blackout). Follow pool and facility rules.
- **Be careful when swimming in natural bodies of water** – Open water can be difficult to see through, and unseen objects may be present that can cause injury (enter feet

first). In addition, natural bodies of water can have a current that can be overwhelming and difficult to navigate. Know where you are swimming and swim only in designated areas. Make sure the body of water matches your skill level. A pool is different than a river, lake or ocean. Do not jump, dive or enter the water from bridges or dams in the Kerrville park system.

- **Take breaks when needed** – Swimming is great exercise and can cause you to get tired faster than expected. Eat snacks, stay hydrated and apply sunscreen often.
- **Anyone can be at risk of drowning** – Don't assume a child/adult who knows how to swim isn't at risk for drowning. Everyone should be supervised in the water, no matter what their swimming skills are.

The Parks and Recreation Department provides swim lessons starting at age 6 months and up. Private and group lessons are available now at the Olympic pool! Three sessions of group lessons will be offered this summer. This is a great way to introduce your infant or child to the water, learn basic swimming techniques, or even refine skills. You can visit the city's website at www.kerrilletx.gov/1579/Swim-Lessons for additional information regarding swim lessons or the activities going on this summer at the Olympic pool, or even events at your local parks! Stay safe and have fun as the days begin to get warmer!

For more information, contact the Parks and Recreation Department at (830) 257-7300, recreation@kerrilletx.gov, visit the city's website at www.kerrilletx.gov, or follow us on Facebook at City of Kerrville TX – City Hall or Instagram at cityofkerrville.



2021 Sessions

Session 1: June 1 - June 16
Registration Deadline: May 28

Session 2: June 15 - June 25
Registration Deadline: June 11

Session 3: July 6 - July 16
Registration Deadline: July 1

Olympic Pool

601 Olympic Drive

**Register online or over
the phone!**

**\$45
per session**



Learn to swim with Kerrville Aquatics! Classes are held Tues. - Fri.

Classes may change depending on demand.

Visit our website for class availability and level descriptions!

Morning Classes: 11 a.m. | Evening Classes: 6:30 p.m.

Ask about our fun Private and
Semi-Private Lessons! Availability
is limited.

Swim lessons follow the Jeff Ellis
Swimming Program.
Get Outdoors. Be Active. Play.

COVID-19 NOTICE: PROGRAMS ARE SUBJECT TO CANCELLATION

(830) 257-7300 | www.kerrvilletx.gov | recreation@kerrvilletx.gov

###