Celebrate Healthy and Safe Swimming Week May 22-28, 2017

HEALTHY AND SAFE SWIMMING PLEDGE

1) I will not swallow pool or lake water

2) I will not swim when I am sick

3) I will not run near the pool

4) I will not swim alone

5) I will stay away from drains in pools and hot tubs

I, _____ pledge to follow these
Write or sign your name
guidelines for healthy and safe swimming.

Draw a picture below showing how you will have fun swimming safely this summer!

Parents/Teachers—Want to share your child's or class's commitment to safe swimming? Take a picture of their pledges or the children holding their pledges and use the hashtag #swimhealthyVA to share it on social media! Search for #swimhealthyVA to check out other safe and healthy swimmers.

www.swimhealthyVA.com

VDH VIRGINIA DEPARTMENT OF HEALTH
Protecting You and Your Environment