

# Celebrate Healthy and Safe Swimming Week

## May 22-28, 2023

### 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, \_\_\_\_\_  
Write or sign your name

pledge to follow these  
guidelines for healthy and safe  
swimming.

Want to share your commitment to safe swimming? Take a picture of your pledge or you holding your pledge 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](http://www.swimhealthyVA.com)

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
*Protecting You and Your Environment*