

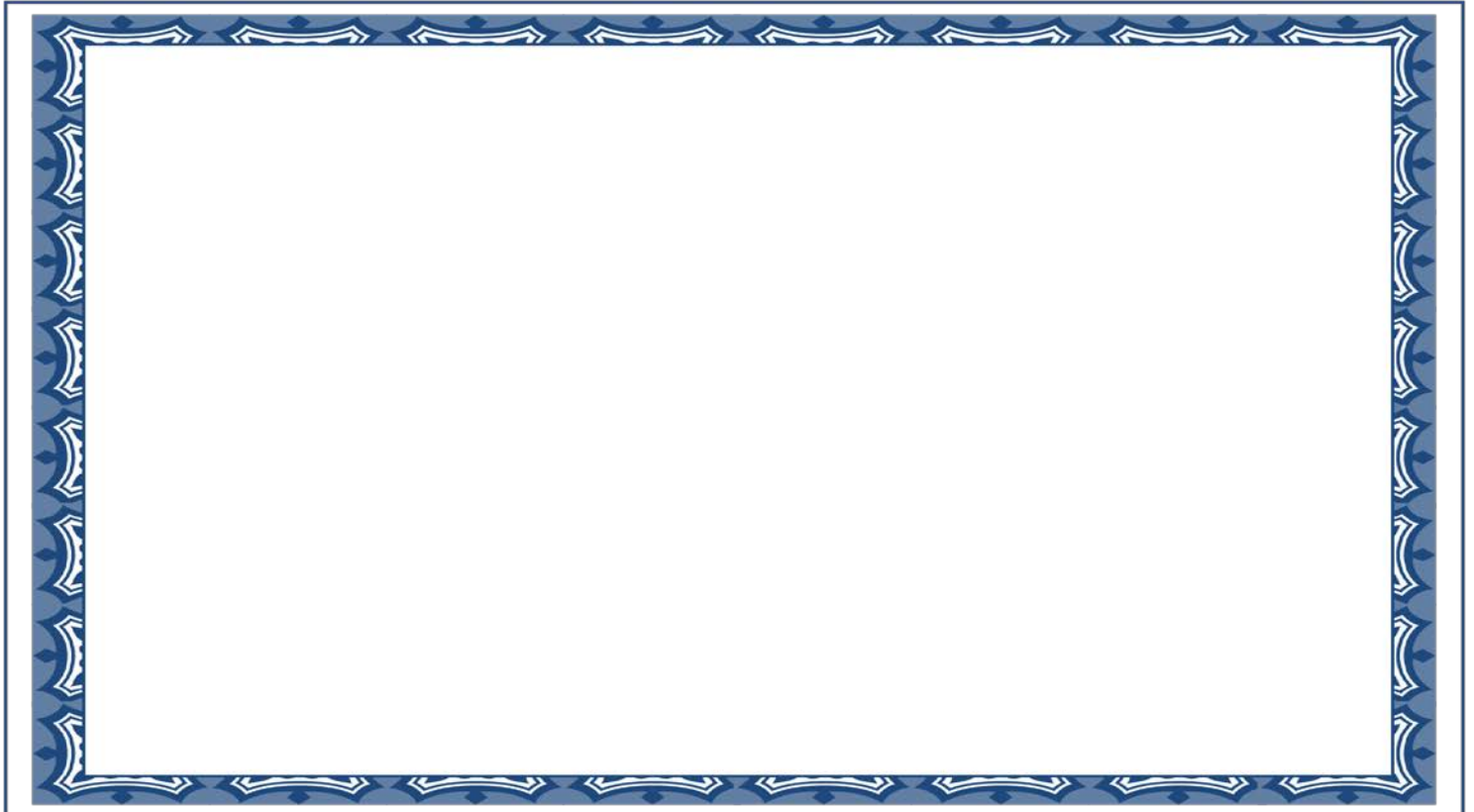
# Celebrate Healthy and Safe Swimming Week May 22-28, 2023

## 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, \_\_\_\_\_ 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.