



101 Critical Days of Summer



Safety Tip #9 – Water Park Safety



Wave pools, giant slides, and squirting fountains are a lot of fun. To stay safe, find out what each attraction is like before jumping in. Some wave pools can get rough, so it's a good idea to have an adult nearby.

Here are other water park safety tips:

Wear a life jacket if you don't know how to swim or if you're not a strong swimmer. Read all of the signs before going on a ride. Make sure you are tall enough, old enough, and don't have any of the medical conditions that are listed. If you have questions, check with a parent or ask the lifeguard.

Take a moment to read through the rules posted on the various attractions and rides at any water park so you know what to expect and how to be safe. They are in place to keep every visitor secure and happy.

A water park will also have lifeguards posted at any slides, pools or other attractions. Their duty is to protect the public, so always listen to them and follow any instructions they give you. Lifeguards will be trained in giving CPR to drowning victims, and other important first aid techniques, so if someone gets hurt or is in trouble in the water, stay out of the way and let the lifeguards do their job.

Each ride and water slide will have specific guidelines on how to position yourself, and some will require the use of a mat. Always ride exactly as you are told for your own protection. Riding in an improper manner can lead to injury, or expulsion from the park.

When you are at the park, you will likely be excited to get from one ride to another quickly, but remember to take it easy and not run. The ground will be wet most anywhere you go, and can be extremely slippery. Don't risk a serious fall, slow down and walk from place to place.

Always go down the water slide face up and feet first. This is the safe and correct way to ride.

Small children should be instructed to **Not** swallow park water. Chlorine and water pH readings are usually posted at large parks.

Zero depth pools are recommended for toddlers. These pools have water games, sprays, and fountains with no appreciable water depth.

Plastic swim diapers are required at many parks. Changing is often restricted to designated, sanitized changing areas.

Prescription eyeglasses and sunglasses are allowed in water areas if used with safety straps.

Health restrictions apply to some rides. Personnel with neck or back problems heart conditions, prone to motion sickness, or pregnant may not ride high speed or rapid descent rides.

No horseplay is a standard regulation in all parks.

If you must smoke, do so in designated areas away from the pools.

No running in or around the pools.

Bathing attire and ride surfaces may be incompatible. Denim that is stiff may not slide well on surfaces with low water flows. Metals buttons, belts, and other objects can mar the ride's surface. Nylon and spandex slide well on wet surfaces.

Some facilities provide life jackets at no charge. If you cannot swim, wear a Coast Guard - approved life jacket. Check others in your group as well.



But I Know How to Swim!

It's important to know your limits when it comes to playing in the water. You could develop a cramp (where a muscle in your body suddenly tenses up and caused pain) or other physical problem that makes it hard to swim. If you get a cramp, get out of the water for a while and give your muscles a rest.

Waves can knock you down or push you to the floor. Stay close to an adult or get out of the water when the waves get too rough. People also get into trouble when they start to panic or become too tired to swim. It is important to know your limits.

What to bring to the park

Bring a strong sun screen every time you go to a water park, or any time you will be out in the sun. Wear it at all times to protect your skin all day long. You may also want to bring sunglasses to shield your eyes from the UV rays the sun emits.

It is also a good idea to bring footwear that is designed for the water. The ground is likely to get very hot during the day, so keep your feet safe.

Many water parks will allow you to bring food and non-alcoholic beverages inside. Anything you bring should be in plastic containers, never in glass. It is far too easy to break glass and have it shatter in areas where people will be walking, and not everyone will have something on their feet. Also keep in mind that no water park allows alcohol-drinking and spending time in the water is a dangerous combination.

One More Time....

-  Please obey Certified Lifeguards at all times. They are staffed so that you may experience our rides to the utmost enjoyment while remaining safe.
-  Please read the rules! Every water park has a general set of security regulations for you to follow.
-  Read posted rules with your children to make sure they understand and know how to apply them while enjoying the water park.
-  Obey the posted rules on how to sit or lie on each particular slide in order to safely enjoy the water park.
-  Watch your children and ensure they are on appropriate water rides for their body weight and height.
-  There is a First Aid station on the grounds of the water park.
-  Remember to wear sunscreen-reapply every 2 hours with a minimum of 30 SPF.
-  Keep Hydrated! Drink at least half a cup of water every half hour to an hour- and make sure your kids do too!



Have a Great Big Safe Splash!!!

Your Risk Management Staff

This document was derived from multiple sources. Sources are available upon request in the 157 ARW/SE Office.