



Living Safely

with disabilities and special health needs

Water Safety

- Tell an adult before I go near or enter the water.
- If there is something in the water I want, I can tell someone or ask someone to get it for me.
- I never climb a fence or unlock a lock around an area of water.
- I swim only in places where there are adults or a lifeguard watching the water.
- I need to make sure an adult can always see where I am.
- I should always swim with another person/friend. Swimming by myself can be dangerous. I never know what will happen.
- I never swim when I am tired. I never eat while swimming.
- When I am at a pool, I walk carefully around the pool area. I never run. The ground gets slippery and I can fall and get hurt. I never skate or ride my bicycle near water.
- I always follow water safety rules. These rules keep everyone safe. Some rules are keeping my hands to myself and not pushing other people near or in the water.

- I need to know how deep the water is before getting in. I do not go into deep water if I don't know how to swim. I make sure the water is deep enough before I jump or dive. I could hurt myself or someone else. I never dive in an above-ground pool.
- I never play near pool water drains.
- It is not safe to hold onto other swimmers, jump on them, or push on them. This could keep them from coming up for air and breathing.
- It is not safe to hold my breath for a long time. I don't play breath-holding games because they are dangerous.
- I always wear a life jacket when riding on boats or water craft vehicles like kayaks, and jet skis.
- I should only swim in an ocean, river, or lake if I ask permission. These areas can be very dangerous. The water may get deep suddenly. The water can be very cold, there may be high waves, and the water current can pull me under the water.
- The water in Jacuzzis and hot tubs is very hot. If I do go in, I stay in only a few minutes and I don't go near the drains.
- I wear sunscreen when I go outside.
- I drink extra water when it is hot outside.

Let's live safely together.

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Thank you to the Newmark Education students and staff and FilmAcademy360 production team.

Children's Specialized Hospital, an RWJBarnabas Health facility, is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges- from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to a full scope of developmental, behavioral, and mental health concerns.

This initiative was funded in part by an Inclusive Healthy Communities grant from the Division of Disability Services, New Jersey Department of Human Services.
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