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Water Safety (Recreational)


Playing in the water - whether swimming, boating or diving - can be fun. It can also be dangerous, especially for children. Being safe can help prevent injuries and drowning [<https://medlineplus.gov/drowning.html>] . To stay safe in the water:

- Avoid alcohol when swimming or boating
- Wear a life jacket whenever you're in a boat
- Don't swim alone, or in bad weather
- Learn CPR [<https://medlineplus.gov/cpr.html>]
- Learn to swim and teach your children to swim
- Supervise your children when they are in the water
- Prevent sunburns - use plenty of sunscreen


Start Here

- **Outdoor Water Safety** [<https://kidshealth.org/en/parents/water-safety-outdoors.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/water-safety-outdoors.html>]
- **Preventing Swimming-related Illnesses** [<https://www.cdc.gov/healthy-swimming/prevention/>]
(Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/healthy-swimming/es/prevention/como-prevenir-las-enfermedades-relacionadas-con-la-natacion-y-la-recreacion-en-el-agua.html>]
- **Water Safety** [<https://kidshealth.org/en/parents/water-safety.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/water-safety.html>]
- **Water Safety** [<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>]
(American Red Cross)

Related Issues

- **About Swimmer's Itch** [<https://www.cdc.gov/swimmers-itch/about/>] (Centers for Disease Control and Prevention)
- **Molluscum Contagiosum in Schools, Daycares, and Pools** [<https://www.cdc.gov/molluscum-contagiosum/special-environments/>] (Centers for Disease Control and Prevention)
- **Preventing Diarrheal Illnesses (Healthy Swimming)** [<https://www.cdc.gov/healthy-swimming/prevention/preventing-diarrheal-illnesses.html>] (Centers for Disease Control and Prevention)
- **Preventing Swimmer's Ear** [<https://www.cdc.gov/healthy-swimming/prevention/preventing-swimmers-ear.html>]
(Centers for Disease Control and Prevention)
- **Risky Drinking Can Put a Chill on Your Summer Fun** [<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/risky-drinking-can-put-chill-on-your-summer-fun>]  (National Institute on Alcohol Abuse and Alcoholism)
Also in Spanish [<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/beber-peligrosamente-puede-enfriar-la-diversion-del-verano>]
- **Scuba Diving Safety** [<https://familydoctor.org/scuba-diving-safety/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/buceo-seguro/?adfree=true>]

Specifics

- Preventing Hot Tub Rash [<https://www.cdc.gov/healthy-swimming/prevention/preventing-hot-tub-rash.html>] (Centers for Disease Control and Prevention)
- Staying Safe in the Water: Guard Against Germs While Swimming [<https://newsinhealth.nih.gov/2022/06/staying-safe-water>]  (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/mantenerse-seguro-en-el-agua>]

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Feasibility and Impact of 6-Month Rowing on Arm Lymphedema, Flexibility, and... [<https://www.ncbi.nlm.nih.gov/pubmed/40724054>]
- Article: Effect of baseline ferritin levels on post-exercise iron metabolism in male... [<https://www.ncbi.nlm.nih.gov/pubmed/40603565>]
- Article: An analysis of pacing profiles in sprint kayak racing using functional... [<https://www.ncbi.nlm.nih.gov/pubmed/40601604>]
- Water Safety (Recreational) -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Water+Sports%22%5Bmajr%3Anoexp%5D+OR+%28+%22Safety%22%5Bmajr%3Anoexp%5D+AND+%22Recreation%22%5Bmajr%3Anoexp%5D+%29+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American College of Emergency Physicians [<https://www.acep.org/>]
- Centers for Disease Control and Prevention [<https://www.cdc.gov/>]
Also in Spanish [<https://www.cdc.gov/spanish/>]

Children

- Beach Safety for Families: Safe Fun in the Sun, Sand, and Sea [<https://www.healthychildren.org/english/safety-prevention/at-play/pages/beach-safety-for-families-safe-fun-in-the-sun-sand-and-sea.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/safety-prevention/at-play/paginas/beach-safety-for-families-safe-fun-in-the-sun-sand-and-sea.aspx>]



MEDICAL ENCYCLOPEDIA

- Ear barotrauma [<https://medlineplus.gov/ency/article/001064.htm>]
- Swimming pool granuloma [<https://medlineplus.gov/ency/article/001357.htm>]

Related Health Topics

Barotrauma [<https://medlineplus.gov/barotrauma.html>]

Drowning [<https://medlineplus.gov/drowning.html>]

Safety [<https://medlineplus.gov/safety.html>]

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