As pools open and we take to the water to cool off, Loudoun County Fire and Rescue Officials remind residents to be vigilant about pool and water safety.

According to the National Safety Council drownings are the second leading cause of preventable death through age 15. Follow these water safety tips and keep your family safe!

- Children should only swim when they are being **actively supervised** with no distractions!
- **Always have a way to call 9-1-1** and know your location should you need help!
- Obey the posted **rules**!
- Always swim with a **buddy**.
- Get out of the water right away if you hear **thunder or see lightning**.
- Stay out of water deeper than your swimming skills allow for.
- **Learn CPR!** Find a CPR class near you.
- A U.S. Coast guard approved **life jacket** should always be worn while boating or engaged in water sports such as tubing, jet skiing and paddleboarding.
- Pool toys such as inner tubes, water wings and inflatable rafts are not safe substitutes for approved life jackets.
- Avoid non-commercial items such as tree swings, ropes and similar items due to potential unsafe conditions.

For additional fire and life safety information, visit www.loudoun.gov/fire or follow us on social media.