

WATER SAFETY

At Cloudcroft Municipal School, the safety and well-being of our students extend beyond the classroom. Living in or visiting communities with natural and recreational water sources--such as rivers, lakes, pools and reservoirs--require awareness of water safety practices for all ages. This guidance provides families with recommended steps to help children and youth develop life-saving water safety habits.

01.

AGE APPROPRIATE SWIM LESSONS

Learning to swim is one of the most effective ways to prevent drowning and water-related accidents. We encourage parents/guardians to consider enrolling their child in certified swimming lessons and water safety courses that match their age and skill level.

Age appropriate lessons include

1. Basic water adjustment, floating and breathing.
2. Treading water and learning strokes
3. Advanced swimming techniques and self-rescue
4. Responding to water hazards, CPR/first aid and lifeguard training



02.



Water Safety Practice

- Never swim alone
- Wear a life jacket when in deep or moving water
- Enter the water feet first
- Stay away from drains, pipes or underwater hazards
- Follow posted safety signs at pools, lakes, and rivers
- Avoid swimming in bad weather, strong currents or after dark
- Call for help if someone is in trouble. Only jump in if you are certified

03.

Tips for Water Safety at Home



- Model safe behavior - when swimming, boating, or recreating near water.
- Review rules regularly - to make water safety a part of family outings.
- Discuss scenarios - ask “What would you do if...?” questions.
- Create a home safety checklist - when discussing bathtubs, hot tubs, and outdoor play areas.
- Set expectations - to set standards around water use, and unsupervised settings.

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DISCLAIMER

Guidance provided by Cloudercroft Municipal Schools related to swimming lessons and water safety programs includes options that are not affiliated with the District. The District does not endorse, certify, or monitor any external providers. It is the sole responsibility of parents/guardians to evaluate and select appropriate programs for their children. The District assumes no responsibility or liability for outcomes related to participation in non-District water safety programs. Parents/guardians are solely responsible for evaluating the quality and safety of any program selected.



LOCAL SWIM LESSONS AND WATER SAFETY COURSES

ALAMOGORDO FAMILY RECREATIONAL CENTER
1100 Oregon Avenue
Alamogordo, NM 88310
575-439-4142

<https://www.ci.alamogordo.nm.us/720/Swim-Lessons>