

# SWIMMING SAFETY TIPS

- Before beginning any activity, talk with your medical doctor and your eye doctor. Some medical and eye conditions can be affected by bending, lifting, straining, or unusually rapid movement.
- If you swim laps, count the number of strokes it takes to cover the length of the pool. This will help you slow down as you approach the end of your lane.
- A pool with ropes separating the lanes can help you remain within your own lane and maintain your orientation within the swimming area.
- Lap swimming can be adapted by using lane markers. These can be brightly colored flotation devices or swim ropes with flotation markers.
- Water aerobics usually take place in a restricted area of the pool. Each participant is assigned a spot within the water aerobics area, which ensures a safer water exercise experience. You can also request a spot near the edge of the pool.

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## SWIMMING SAFETY TIPS *(cont.)*

- A brightly colored marker or an audio device, such as a radio or beeping transmitter, can be placed at the end of the lane on the wall to help with turns and orientation to the pool.
- Some swimmers with limited or no vision use a "tapper." This is a person trained to observe swimmers' strokes and "tap" the swimmer with a long pole to indicate the lane ending and the need to make a turn.

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