

NATIONAL Water Safety



MONTH PLEDGE

I am a Safe Swimmer Pledge:

Name: _____

Email: _____

Phone: _____

To be a safe swimmer, I pledge:

- To never swim alone.
- To always dive feet first.
- To always obey the pool rules.
- To always wear sunscreen.
- To never play underwater breath holding games.
- To shower before getting in the pool.

Signature _____ Age: _____ Date: _____

