



Swimming and playing in water can be lots of fun! There are also some risks, so we need to make sure we are looking after ourselves and the people around us. We've created a word search for you with some of our top safety tips for having a fun trip to the pool or beach.

- Never **dive** into shallow water.
- Lifeguards wear **yellow** shirts.
- **Tell** a lifeguard if you have a medical condition.
- Let a lifeguard know if you are nervous or scared of the **water**.
- The adults I came to the pool with should be **actively** looking after me.
- Don't **eat** for 1 hour before going swimming.
- **Wear** the correct swimwear.
- Don't spend too much time **under** water.
- Always go to the **toilet** before you swim.
- Don't **hold** your breath underwater for long.
- Always swim **between** the flags if you are at a patrolled beach.
- Have **fun**!

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Remember, children 16 and under can swim for free at Auckland Council pools. If you are under 11 then you will need a parent or caregiver actively looking after you. There may be a small fee for your parent or caregiver.

To find out more about free swimming and to find your nearest centre head to [aucklandleisure.co.nz/freeswimming](http://aucklandleisure.co.nz/freeswimming) or use the QR code to find out more.



**Tāmaki Turuki.  
Altogether Auckland.**

