

H2O&U SUMMER 2019

THE SPLASH

Swim Lessons Save Lives



H2O&U SWIM

AT THE
pool

We work all over the upstate & beyond and will come to your home or community pool!



GROUP SWIM LESSONS

Now offering group swim lessons at Brookside pool, located in Mauldin, SC.

Book online today at www.h2oanddu.com!

Summer is here and we could not be more ready to dive in and make a splash. But, before we do that there are few things we all need to keep in mind. Most importantly, how to make sure we are all staying safe and healthy. Keep reading for the tips and tricks to do just that.

H2O, It's Not Just For Swimming

Water, we bath in it, cook with it and have a ton of fun in it, but most importantly we drink it. Summer is here, and with record temperatures already hitting South Carolina, dehydration can be a real risk. This is especially true for infants and children. Follow the tips below to detect and avoid dehydration.

Signs of Dehydration may include: dizziness or light-headedness, headache, tiredness, dry mouth, lips and eyes, passing small amounts of urine infrequently (less than 3 or 4 times a day). If dehydration is suspected be sure to stop, cool off and drink plenty of water to rehydrate. Severe dehydration may require medical attention. If you at any time suspect that you or a loved one may be in danger due to dehydration please seek medical attention immediately.

How to Stay Hydrated?

Be sure to take care of yourself before an issue arises by drinking plenty of water. We recommend getting a reusable bottle so you will always have water on hand. Drink before you snack or eat to avoid filling up on food and forgetting about your fluids. Eat your fruits and veggies: a lot of your fluids will in fact come from what you eat, so eat right! Now that you know, sit back and drink up!



We have American Red Cross certified lifeguards that can come to you!

Let's Party

Do you have a pool or lake party planned this summer? If so make sure you have all your bases covered! You don't just need food, drinks and entertainment; you need a LIFEGUARD! Parties are meant to be fun, but no one is having fun if they are not safe. An American Red Cross certified lifeguard ensures your guests are under the watchful eye of a professional who can react to any emergency! Contact us today to reserve your lifeguard.

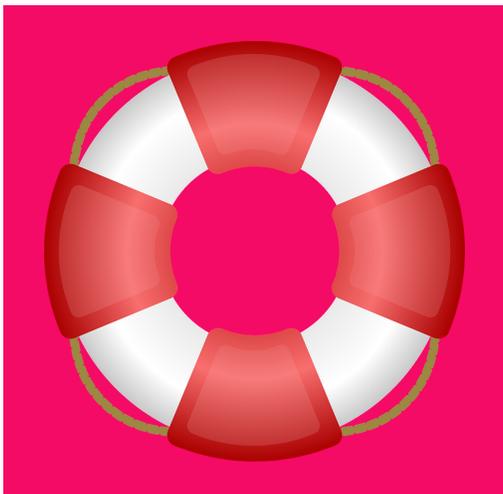


Safety First

The most important thing you can remember this summer is that safety trumps all. Did you know that according to the CDC drowning is the leading cause of death for children 1-4 years old and the second leading cause for those between 1-14 years old. Don't be another statistic. Follow these tips to help ensure the health and safety of your family!

- 1) Always be watching: Vigilance is your #1 defense against accidental drowning. Every distraction can be a hazard but your phone is one of the biggest! Make sure you keep your priorities straight and put down the phone, a few seconds of inattention can cause a lifetime of pain.
- 2) Ensure all water sources are properly guarded, including fences and childproof gates and door locks.
- 3) Always wear properly fitted PFD's when around water.
- 4) Take Swim Lessons: Everyone, young and old, needs to know this skill. Did you know that formal swim lessons reduce the risk of drowning by as much as 88%. Register for your swim lessons at www.h2oandu.com.
- 5) Learn CPR: While you can't prevent every emergency you can be prepared to react to them. Being CPR certified can help you do just that.

Now that you know how to stay safe, we hope you enjoy a long and relaxing summer by the pool!



Get Certified

Would you like to be American Red Cross CPR and/or lifeguard certified? H2O&U offers American Red Cross courses year round. Register for one of our upcoming courses or contact us to schedule a private course for your organization, business or group.

Follow us on



and more!