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NEWS RELEASE

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SHERIFF GOLDEN STRESSES SAFETY FIRST WHILE SWIMMING

Freehold: Sheriff Shaun Golden wants everyone to have an enjoyable summer season and is stressing safety first while swimming at a local or backyard pool, or at one of the beautiful beaches in Monmouth County. If the proper precautions are not taken, swimming can be dangerous, especially when it comes to children. According to the Centers for Disease Control and Prevention, drowning is the leading cause of injury related death for children ages 1 through 4.

“The Monmouth County Sheriff’s Office is committed to ensuring safety throughout the summer season,” said Sheriff Shaun Golden. “That’s why we are urging parents and guardians to review the following safety tips in an effort to make this summer enjoyable and most importantly, safe.”

- Teach your children how to dial 9-1-1 in case of emergencies. Children should be prepared to give their full name and explain slowly and clearly what happened.
- Never leave children unattended. Always provide adult supervision for your children in or around a body of water, including swimming pools, lakes and beaches. Children can drown in as little as two inches of water.
- Teach children to always swim with a partner.
- Air filled flotation devices do not replace adult supervision for children in the water. Flotation devices can give parents and children a false sense of security.
- Learn CPR at a certified program in your area.
- Always check the water depth before allowing children to enter the water.

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- Do not dive or jump in shallow water
- Learn to swim. Enroll yourself and/ or your children (age appropriate) in swimming classes.
- Always remember if you are caught in a rip current, swim parallel to the shore. Once you are out of the current, swim toward the shore.
- Always watch for dangerous waves and signs of rip current water that is discolored, unusually choppy, foamy or filled with debris.
- Always remember that currents are often unpredictable -they can move rapidly and quickly change direction. A strong water current can carry expert swimmers far from shore.

“Swimming is a great recreational activity and sport during the summer season,” said Sheriff Golden. “As the school year comes to an end and summer vacation begins, it’s vital these measures are taken in an effort to ensure safety.”

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