



Water and Recreational Bathing Safety Toolkit

Prepared by

Alexa Natalicchio, MPH, CHES
Communications Manager
Office of Communications

Janelle-Marie D. Sonsiadek, BS
Public Health Representative Trainee
Public Health and Food Protection Program

Di Li, PhD
Environmental Scientist 3
Public Health and Food Protection Program

Danielle Clemons, MPH, HO
Environmental Scientist 4
Public Health and Food Protection Program



Table of Contents

| | |
|----|------------------------------------------------------------------|
| 2 | Post 1: F.L.O.A.T |
| 3 | Post 2: Life Jackets |
| 4 | Post 3: Drowning Fast Facts |
| 5 | Post 4: Swim Healthy Stay Healthy |
| 6 | Post 5: Keep Kids Healthy in the Water |
| 7 | Post 6: Tips to Prevent Drowning |
| 8 | Post 7: Avoid Drowning this Summer |
| 9 | Post 8: Swimming Lessons |
| 10 | Resource: Current Recognized Certifications and Agencies |
| 11 | Resource: Public Recreational Bathing Frequently Asked Questions |

Post 1

F.L.O.A.T.



[bit.ly/4dY37Dk](https://www.cdc.gov/drowning/about/index.html)

When you are ready to swim, don't forget F.L.O.A.T.! Drowning is preventable, it can happen in seconds and can be silent. Learn more: <https://www.cdc.gov/drowning/about/index.html> #HealthierNJ #HealthySwimming

As we prepare for our favorite summer activities like going to the beach or pool, it's important to know and practice water safety! Learn more: <https://nwsm.phta.org/> #HealthierNJ #HealthySwimming

Post 2

Life Jackets

Wear U.S. Coast Guard-Approved
Life Jackets

NJHealth
New Jersey Department of Health

Life Jacket Categories:

- INFANT**
users with a weight less than or equal to 33 lbs
- CHILD**
users with a weight over 33 lbs and less than or equal to 55 lbs
- YOUTH**
users with a weight over 55 lbs and less than or equal to 88 lbs
- ADULT**
users with a weight over than 88 lbs

Things to Know:

- The **best** life jacket is the one you will **wear**.
- Some styles of life jackets are **not** intended for **weak** or **non-swimmers** (**read the label** and **be honest**).
- When **worn correctly**, a foam-filled life jacket will **fit snugly**, and will **not** allow the life jacket to rise above the wearer's **chin** or **ears**.

Be water safe this summer!




[bit.ly/4dY37Dk](https://uscgboating.org/recreational-boaters/life-jacket-wear-wearing-your-life-jacket.php)

Wearing the correct life jacket for your weight can save a life! Life jackets should match the user's chest size and weight to properly work and help prevent drowning. Learn more: <https://uscgboating.org/recreational-boaters/life-jacket-wear-wearing-your-life-jacket.php> #HealthierNJ #HealthySwimming

Post 3

Drowning Fast Facts

Drowning Fast Facts

Drowning is the **process** of experiencing **respiratory impairment** from submersion or immersion in **liquid**.


Drowning is **not** always fatal.

Fatal drowning happens when the drowning results in **death**.

Nonfatal drowning happens when a person **survives** a drowning incident. It has a **range of outcomes**, from no injuries to very serious injuries such as brain damage or permanent disability.

When a **lifeguard** is on duty, **fatal** drowning cases **significantly decrease** by **81%**.

Drownings are **more common** among **males** and those **between ages 5 and 18**.



[bit.ly/4dY37Dk](https://www.nj.gov/health/ceohs/phfpp/prb/)

Drowning can happen in just a few minutes, and it can be fatal. Taking a few simple water safety steps this summer can help reduce the risk and save lives. Learn more: <https://www.nj.gov/health/ceohs/phfpp/prb/> #HealthierNJ #HealthySwimming

Post 4

Swim Healthy Stay Healthy




[bit.ly/4dY37Dk](https://www.cdc.gov/healthy-swimming/index.html#HealthierNJ)

#DYK that chlorine doesn't kill germs in pools instantly? While most are killed within minutes, some can live in a properly chlorinated pool for days! Protect yourself -- don't swallow the water you swim or play in. #healthyswimming <https://www.cdc.gov/healthy-swimming/index.html#HealthierNJ> #HealthySwimming

Sweat and dirt on your body can use up chlorine that kills germs in the pool. Shower before swimming to help keep chlorine levels up and everyone healthy! #healthyswimming <https://www.cdc.gov/healthy-swimming/index.html#HealthierNJ>

Post 5

Keep Kids Healthy in the Water



Keep kids healthy in the water

Even in well-maintained pools, some germs can **survive for days.**

Tips for caregivers:

- Keep kids out of water if sick with diarrhea.
- Don't let kids swallow the water.
- Take kids on bathroom breaks every hour.
- Change diapers away from the water.

Swim healthy. Stay healthy.

[bit.ly/4dY37Dk](https://www.cdc.gov/healthy-swimming/index.html)

Swimming with kids? Take a break every hour for bathroom trips or diaper checks. Always change diapers away from the water to help keep germs out. #healthyswimming <https://www.cdc.gov/healthy-swimming/index.html> #HealthierNJ #HealthySwimming

Post 6

Tips to Prevent Drowning



[bit.ly/4dY37Dk](https://www.cdc.gov/drowning/about/index.html)

Drowning is preventable! This summer, make sure to follow these tips to help prevent drowning. Learn more:
<https://www.cdc.gov/drowning/about/index.html> #HealthierNJ #Drowning

Post 7

Avoid Drowning this Summer



[bit.ly/4dY37Dk](https://www.cdc.gov/drowning/prevention/)

Watch kids closely when in or around water. Drowning happens quickly and quietly. Stay alert and avoid distracting activities like using your phone.

<https://www.cdc.gov/drowning/prevention/> #HealthierNJ
#HealthySwimming

Post 8

Swimming Lessons



[bit.ly/4dY37Dk](https://www.cdc.gov/drowning/prevention/)

Help keep swimmers safe. Learn how to recognize a swimmer in distress and how to respond including performing CPR.

<https://www.cdc.gov/drowning/prevention/> #HealthierNJ
#healthyandsafeswimming #HealthySwimming

Teach children basic swimming and water safety skills. Swim lessons can help reduce the risk of drowning. But even children who have had lessons still need close, constant supervision around water. Learn more:

<https://www.cdc.gov/drowning/about/index.html> #HealthierNJ #Drowning

Resource

Current Recognized Certifications and Agencies

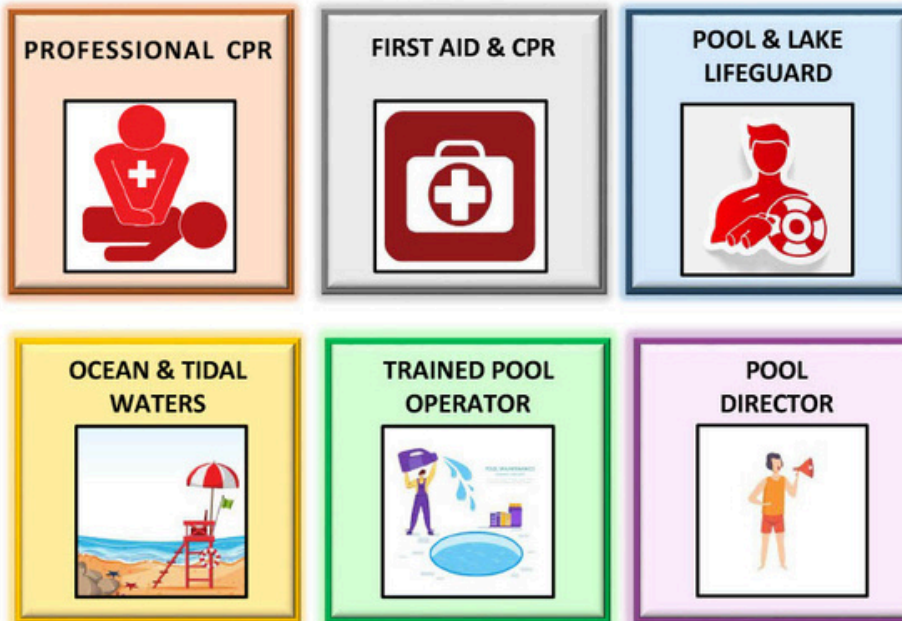


New Jersey Department of Health
PUBLIC HEALTH AND FOOD PROTECTION PROGRAM
<https://www.nj.gov/health/ceohs/sanitation-safety/>

CURRENT RECOGNIZED CERTIFICATIONS AND AGENCIES

Updated May 22, 2025

In this document:



PRIOR TO STARTING THE COURSE, PLEASE VERIFY THE NAME OF THE CERTIFICATION
MATCHES THE NAME ON THIS LIST!

bit.ly/43XSrQs

Resource

Public Recreational Bathing Frequently Asked Questions



NEW JERSEY DEPARTMENT OF HEALTH

PUBLIC HEALTH & FOOD PROTECTION PROGRAM

Public Recreational Bathing
Frequently Asked Questions

revised 2/12/2025

PLEASE EMAIL YOUR QUESTIONS TO prb@doh.nj.gov

bit.ly/3STpWOQ