

# Why can't my child wear flotation devices at the OVparks Community Pool?

***Give your child the best flotation device of all: Swimming skills!***

Water wings, swimmies, floaties, life jackets, swim suits with flotation devices inside them, etc., are flotation devices that assist a child to stay afloat in water. These flotation devices actually hinder young swimmers from learning the proper techniques to swim effectively. For this reason, the Orangevale Recreation & Park District does not allow these devices to be used in our public swimming pool. The following is a partial list of the reasons for this policy:

- Flotation devices teach children **incorrect** body position for swimming- head up and legs underneath
- Flotation devices hinder arm movement necessary for swimming
- Flotation devices give both parent and child a false sense of security and encourage poor swimmers to swim into unsafe conditions, such as deep water
- Flotation devices may slip off or be removed by the child where they cannot stand up, leaving the child without flotation in an area where they cannot swim
- Continued use of flotation devices by children can develop a dependency which is difficult to overcome later in life
- Flotation devices are **not recommended** by either the American Red Cross or the United States Coast Guard as a supplement to parental supervision in the water

We strongly suggest that anyone unsure of the child's swimming ability to register for swimming lessons. Swim lessons are offered here at the OVparks as well as other Recreation Departments in the area.

*If you have questions that were not answered, please feel free to call the District office at 916-988-4373. We hope you enjoy your swim experience at the OVparks Community Pool.*



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