



## What swimming aids and equipment are suitable for young children on holidays?

For young children who are just getting the grips with the water, suitable swimming equipment is key. Lifeguards and rings, swim vests, rings, belts and boards are great tools to provide support and safety.

Text: Zuzana Němcová  
Photos: Canva

### **SWIMMING AIDS SHOULD ALWAYS BE PROPERLY FITTED AND APPROPRIATE FOR THE CHILD'S SIZE AND WEIGHT!**

Let's take a look at the basic swimming aids for children and what their uses are.

#### **➤ ARM BANDS AND ARM RINGS**

Arm bands and arm rings provide enough buoyancy to keep the child afloat. The arms are usually divided into two chambers, which increases safety in the event of one of the chambers being punctured.



**USES:** The armbands are ideal for children who already have basic water experience and need support while swimming. A child wearing the sleeves can move their arms and legs freely, allowing them to practice swimming strokes and gain confidence in the water. They are great for use in the pool and in natural waters.

**It is important to ensure that the sleeves are correctly fitted and well inflated to provide maximum safety!**

## **SWIMMING RING**

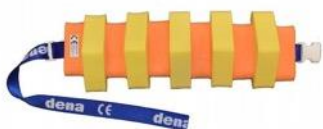
The swimming ring (or fish) is one of the best known and most common aids for children. Inflatable rings are available in different sizes and colours. Some circles are equipped with seats or leg holes, ensuring that the child does not sink into the water.



**USES:** A swimming circle is ideal for young children who are just starting out with water activities. It provides them with stability and support so they can move comfortably and safely in the water. The circle allows the child to get used to the water environment, practice kicking their feet, treading water while staying afloat.

**Adults should always be close to the child who is in the aid to ensure that the child stays safe and does not lose their balance.**

## **FLOATING BELT**



A floating belt, also called a "hedgehog", is a belt with foam blocks that is fastened around the child's waist. The belt is usually adjustable, allowing the size to be adjusted to the child's needs. The foam blocks provide enough buoyancy to help the child stay afloat.

**USES:** The flotation belt is great for children who are learning to swim and need support in maintaining proper body position on the water. The buoyancy belt is used to help children ease into the water once they have mastered water adaptation. It is used for treading water, practicing the correct floating position on the tummy and on the back.

The belt allows the child to move his/her arms and legs freely, which is important for the development of correct swimming techniques. It helps the child gain confidence and independence in the water.

**The belt should always be securely fastened and should be used under adult supervision.**

## ➤ KICKBOARD

A kickboard is a flat, usually a foam object that the child holds with his hands in front of him. Boards come in a variety of shapes and sizes and are designed to provide buoyancy and support while swimming.



**USES:** A swim board is an ideal aid for practicing kicking with the legs and improving leg strength and technique. The child can hold onto the board and concentrate on moving their feet without having to worry about keeping their balance above the water.

The board is also useful in teaching basic swimming manners (kraul and sign) and breathing. It can be used in various swimming games and exercises to make swimming fun and motivating.

## > FLOATING VEST



A floating vest is a protective device worn over the body to provide buoyancy support. The vest consists of foam or inflatable segments that ensure the child stays afloat. Swimming vests are usually equipped with safety buckles and adjustable straps that allow for a tight and secure fit.

**USES:** A swim vest is ideal for young children who are just getting to know the water and need a high level of safety and support. The vest allows children to move freely in the water without having to exert much effort to stay afloat. This provides them with confidence and comfort, which is important for their positive relationship with water activities.

Swimming vests are suitable for use in swimming pools, lakes and the sea. A swimming vest is also great for extended stays in the water as it provides comfortable and reliable support for the child throughout the activity.

**It is important to ensure that the vest is correctly fitted and tightly fastened to provide maximum safety.** Parents should always supervise children wearing swimming vests because although the vest provides buoyancy support, **it is not a substitute for personal supervision and safety precautions.**

## > SWIM GOGGLES

Swim goggles can help children feel more comfortable in the water by allowing them to see underwater and protecting their eyes from irritation. With goggles, children can open their eyes underwater, which helps them navigate better and increases their confidence in the water.

There are different types of swimming goggles that vary in shape, size and lens material to suit different needs and ages of children.

**USES:** Swim goggles are a great aid in teaching basic swimming skills such as diving head first, swimming underwater and finding objects at the bottom of the pool. A child with goggles can focus on proper breathing and movements without worrying about eye discomfort.



When choosing swimming goggles, it is important to ensure that they fit well and are comfortable so that the child can fully enjoy all their benefits. **Parents should regularly check that the goggles are sealing properly and are not damaged to ensure they are working effectively.**

Let's also not forget **protection from the sun and cold water**. Prolonged exposure to the sun can cause skin burns, so it is important to use swimming suits with UV protection, hats and waterproof sunscreen.

**Swimming aids help children stay afloat, however are not a substitute for personal adult supervision.**

**NEVER LEAVE YOUR CHILDREN UNATTENDED IN THE WATER!**

Keep up-to-date on children swimming on my [Instagram](#) and [Facebook](#) too. You can share posts with other parents or email me with any questions you have on the topic.

[Instagram - #malaveza plavani deti](#)

[Facebook - malaveza](#)

