



# SWIM SAFE ARIZONA!



Calling all Kids!

## 2016 Healthy Swimming Poster Contest!

Help protect Arizonans from becoming ill from swimming.

1. Arizona residents 17 years and younger are eligible to participate.
2. Poster submissions must suggest ways to swim healthy and avoid getting recreational water illnesses (RWIs). Examples:
  - a. Don't swallow pool water (it might have germs in it that can make you sick)
  - b. Don't swim if you're sick (you can spread germs through the water)
  - c. Keep pee and poop out of the pool (these have germs in them that can make everyone sick)
  - d. Wash your body before getting in the water (this helps keep germs and dirt out of the water)
3. Materials must be original. Posters that have any unoriginal material will be disqualified.
4. Posters must be on unlined regular paper 8 1/2" x 11" in size.
5. Mail posters to

**Brenna Garrett, Arizona Department of Health Services**  
**150 N. 18<sup>th</sup> Ave., Suite 140, Phoenix, AZ 85007**

6. Posters must be received by **Friday, July 1<sup>st</sup> 2016** to be eligible for prizes.
7. A completed entry form (found on the bottom of page) **MUST** be attached to each poster.
8. Judges reserve the right to disqualify any entry that does not conform to the rules.
9. **Prizes will be given out to winning posters.** A list of prizes will be located on the Arizona Department of Health's waterborne webpages: [www.azdhs.gov/waterborne](http://www.azdhs.gov/waterborne)
10. All posters become the property of ADHS and may be used in future promotional healthy swimming campaigns.

Questions? Please contact Brenna Garrett at [Brenna.Garrett@azdhs.gov](mailto:Brenna.Garrett@azdhs.gov) or 602-364-2967.

For more information about Healthy Swimming please visit the ADHS website at [www.azdhs.gov/waterborne](http://www.azdhs.gov/waterborne)

Submitter: First and Last Name

Age

Parent Name/Phone/Email

Camp/School/Facility Name

Teacher/Leader Name/Phone/Email