

## MY WATER SAFETY CHECKLIST

To help keep your children safer around water, review this checklist together. If a child is missing, check the water first. A safe pool is a fun pool so remember to keep your eyes on the kids . . . and have a terrific time!



### AM I READY?

- I wear sunscreen, even on cloudy days. (Apply SPF 15 or higher every 2 hours.)
- I wear a U.S. Coast Guard approved life jacket that fits me when I am near open water, on a boat or doing water sports.
- I do not trust air-filled water wings, toys, or inner tubes to keep me safe.
- I know how to swim.



### IS THIS A SAFE PLACE?

- At rivers, lakes and oceans, I only swim in places marked for swimming.
- I do not swim or go boating in bad weather. I check before I leave.
- Each time before I swim, I make sure there are no hazards such as jelly fish, large waves, or strong currents.
- If the water looks dirty or muddy, I don't go in.
- I only swim when my parents say it's okay.



### WHO IS WATCHING?

- I always swim with a buddy.
- I make sure a grown-up is with me and watching me. (Note: Do not make a child responsible to watch younger children or friends.)



### DO I KNOW THE RULES?

- I know and obey water safety rules.
- I share and take turns. I walk. I never push or jump on others around water.
- I stay away from pool drains. If I have long hair, I tie it up at the pool.

- I never dive in rivers, lakes or oceans.
- I only dive when a grown-up has checked to be sure the water is at least 9 ft. deep and the bottom is clear.
- When I leave the pool area, I make sure the gate is latched.



### WATER EMERGENCIES

- If I get a cramp or I'm tired, I roll over and float to rest. Then I wave and call for help.
- If I get caught in a current, I don't fight it. I relax and swim parallel to shore until the current weakens and I can swim to shore another way.
- If my boat flips over, I hang onto the side and yell for help.
- If I'm cold, I get out of the water right away and warm up.
- If someone is in trouble, I tell the nearest grown-up. I can throw that person something that floats (like a noodle or life ring). But I never let that person get close enough to grab me.



### WATER AT HOME

- I help grown-ups empty bathtubs, buckets, and wading pools after use.
- I help make sure toilet lids are down and latched; and that bathroom and laundry room doors are closed.
- I help make sure gates and doors to a spa or pool are latched and no toys are left in the pool area.