

*Congratulations On Parenthood!*

# YOU WILL BE A GREAT LIFEGUARDIAN

S.A.F.E. helps you become your own lifeguardian to prevent water-related accidents.



## SUPERVISION

88% of young children who drown in bathtubs, toilets, pools or open water are under the supervision of a nearby adult. Distractions happen. And children are resourceful. That's why it's important to change habits around water.

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## ASSETS

Sometimes, supervision is not enough. Besides, parent-guardians are busy. Assets such as fences, alarms, life jackets, signs and new technology should be part of an important back-up plan.

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## FACILITIES

There are big differences between your house, other houses, a vacation facility or a recreational facility like a camp. In fact, no two bathtubs, hot tubs, pools or large bodies of water are the same.

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## EDUCATION

We know about swimming lessons but not water competency. We hear about CPR but not proper rescues. We love to enjoy water, but we don't practice how to be safe around it. And, we know that each child has unique needs.

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# Important Reminders

## SUPERVISION

- Always keep your eyes on a learning swimmer
- Stay an arm's length from a learning swimmer
- Lifeguards are not babysitters
- Do not use phones or alcohol with kids in water
- Nobody should swim alone, use a buddy system
- Cover toilets, empty buckets and kiddie pools
- Always stay with a child in a bathtub
- Always remove toys from a pool when done
- Use "baby" monitors during quiet/nap time
- If others watch your kids, tell them the rules

## ASSETS

- Use a 5' high 4-sided pool fence with self-locking gate
- Rotate designated Water Watchers every 1/2 hour
- Install child-proof door latches and alarms
- Consider floating or fixed pool alarms
- New AI virtual pool lifeguards are now available
- All learning swimmers should wear life jackets
- Wear life jackets on boats, kayaks, paddle boards
- Coast Guard approved life jackets, not floaties
- Have shepherd's crook or rescue tube near pool
- Post water safety signs near a pool, open water

## FACILITIES

- Inspect your pool and deck area for hazards
- Pool drains must be domed with small openings
- Assess other pools before your child uses them
- Never swim in an overcrowded pool or open water
- Open water facilities should have life jackets
- Do not swim in unprotected open water
- Lifeguards should be properly certified & trained
- Facilities should have an emergency action plan
- Aquatics facilities should post rules
- Camps must have safety plans for water activities

## EDUCATION

- Swimming ability does not prevent drowning
- Water competency matters more than swimming
- Know your limitations as a swimmer
- Always have a healthy respect for pools, open water
- Rescues should be "reach and throw, don't go"
- Learn lifesaving CPR and how to use an AED
- Every child develops at a different pace
- Educate kids to have a healthy respect for water
- Practice swimming, competency and rescues
- Support water safety education in schools

More information on water competency and other topics at [MeowMeowFoundation.org](https://www.MeowMeowFoundation.org)



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