

LIVEWELL@HOME: WATER SAFETY TIPS

LiveWellSD.org/LiveWellatHome

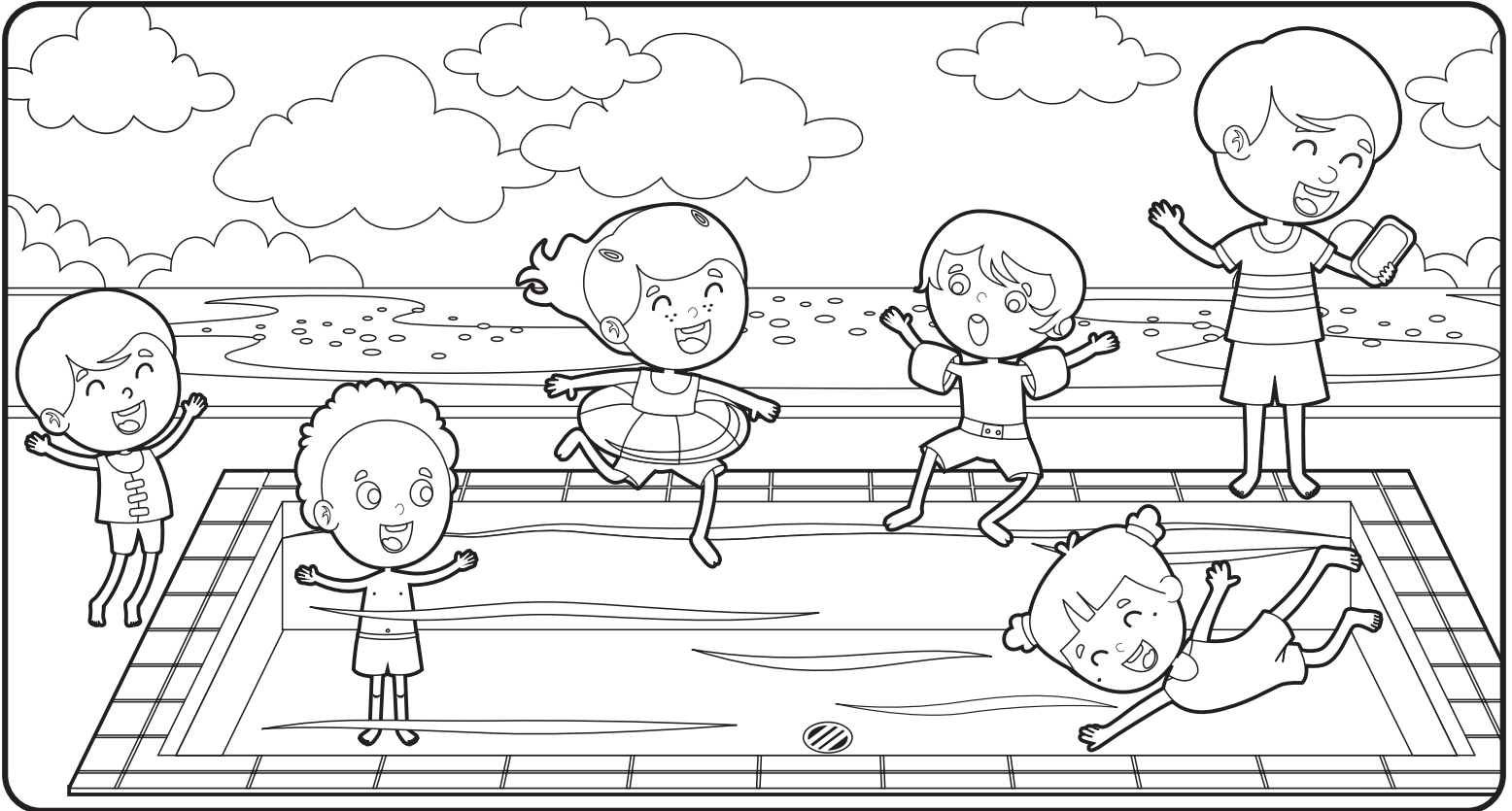
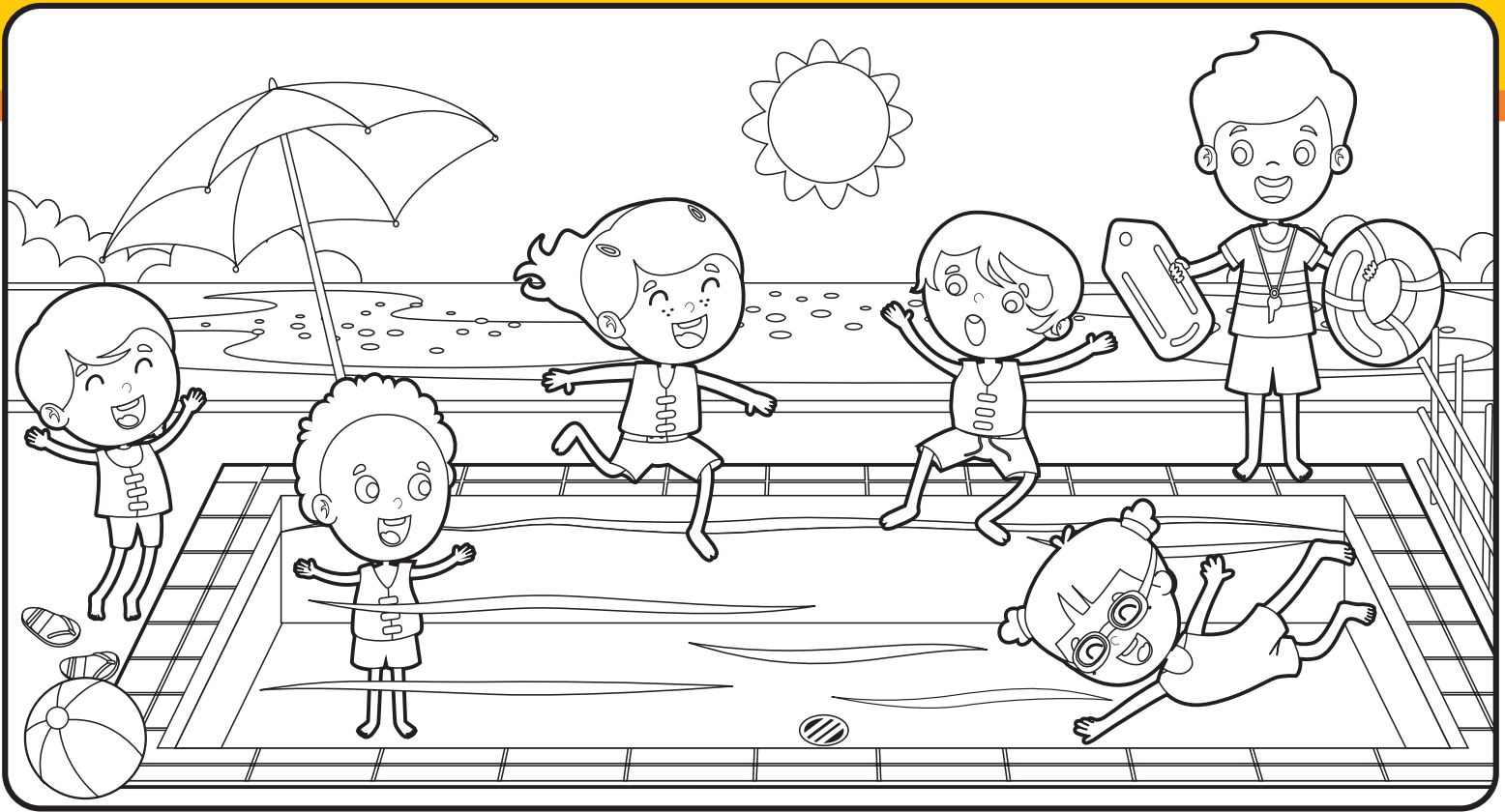
COLOR A FUN
AND SAFE DAY
AT THE BEACH.



**SDSWIM
SAFER**

LEARN MORE ABOUT WATER SAFETY:
SDSWIMSAFER.ORG

SPOT THE DIFFERENCE

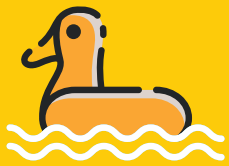


1. Clouds 2. Boy in pool without life jacket 3. Flip flops 4. Beach ball 5. Umbrella 6. Sun 7. Child wearing floaties 8. Goggles 9. Water watcher on duty 10. Gate 11. Girl wearing a tube floater



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CHILDREN ONE TO FOUR YEARS OLD ARE AT THE GREATEST RISK FOR DROWNING

This is preventable! Parents can create a safer place for their child to swim by learning how to reduce the risks that lead to drowning.



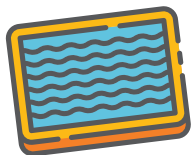
NEED SWIM LESSONS?

Scan this code for swim lessons and pools in your area!

1. LEARN THE LIFE SKILL OF SWIMMING



San Diegans have access to the ocean, lakes, and many public swimming pools. Swim lessons help children learn to be safe around the water. Find lessons at SDSwimSafer.org.



2. KEEP IT SAFE AT HOME

Home swimming pools are the most common way children ages 1-4 drown. Fencing around the pool, self-closing or self-latching gates, and pool alarms can save lives.

3. STAY SAFE AROUND POOL DRAINS



Pool drains can trap a small child due to the suction and strong currents of water they create. Tell children to stay away from pool drains or other outlets.

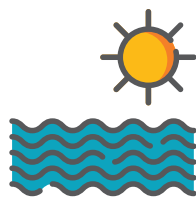


4. NEVER LEAVE YOUR CHILD ALONE IN A BATHTUB

Drowning can happen in less than 2 inches of water. Children under the age of one can drown in bathtubs, buckets, and toilets.

5. REDUCE RISK NEAR NATURAL WATER

Swim near a lifeguard when at the beach or lake. Do not swim alone, even if you are a good swimmer. Follow red flag warnings and other posted rules.



6. LIFE JACKETS SAVE LIVES

Children should wear life jackets while in and around natural water. When on a boat, wear a life jacket no matter your age or swimming ability.

7. ALWAYS KEEP YOUR EYES ON YOUR CHILD

Drowning is silent and can happen in as little as 30 seconds. Choose a "Water Watcher" to always watch children when in a group setting around pools or open water.



8. LEARN CPR RESCUE BREATHS

The current CPR guideline for drowning victims is 30 chest compressions (to pump the heart and move blood around the body) followed by 2 rescue breaths (to send oxygen to the lungs).

Cut out the Water Watcher card below to help designate an adult to be on Water Watcher duty.



LIVE WELL
SAN DIEGO



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WATER WATCHER PLEDGE

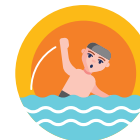
I WILL constantly watch children around water.

I WILL NOT become distracted.

I WILL BE ON DUTY until relieved by another responsible adult.



**CONSTANT VISUAL
SUPERVISION**



**LEARN TO
SWIM**



**WEAR
LIFE JACKETS**



**BLOCK ACCESS
TO WATER**



**KEEP YOUR
HOME SAFER**



**MISSING CHILD?
CHECK WATER FIRST**



**PRACTICE
DRAIN SAFETY**



**PRACTICE OPEN
WATER SAFETY**



**LEARN CPR WITH
RESCUE BREATHS**

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 know how to swim.
- ☐ 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.

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.
- ☐ When I leave the pool area, I make sure the gate is latched.

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IS THIS A SAFE PLACE?

- ☐ I only swim when my parents say it's okay.
- ☐ 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.)

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 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 pool noodle or life ring). But I never let that person get close enough to grab me.



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