COLOR A FUN AND SAFE DAY AT THE BEACH.
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

sdswimsafer.org

LEARN MORE ABOUT WATER SAFETY:

sdswimsafer.org
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.

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).

*Missing Child? Check Water First*
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.

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.

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

LEARN MORE ABOUT WATER SAFETY: SDSWIMSAFER.ORG