

OUR FAMILY'S WATER SAFETY CHECKLIST

LEARN ABOUT WATER SAFETY

- ☐ Take the **Colin's Hope Water Safety Quiz**
- ☐ Get the **WAIT FOR A GROWN UP/ESPERAR A TU ADULTO** book and read it to your younger children
- ☐ Visit **www.colinshope.org** for **Water Safety Tips and Resources**



TALK ABOUT WATER SAFETY

- ☐ Determine and discuss the swimming abilities of each family member:
 - Can they put their face in the water and blow bubbles?
 - Can they float on their front and on their back?
 - Can they tread water?
 - Can they jump in, fully go under water, resurface, and safely get to the edge without assistance
- ☐ Make Family Water Safety Rules for:
 - Bath time
 - Pool time
 - Lakes, beaches, ponds, rivers, and creeks
 - Boating time
 - Visiting someone else's home where there is a pool or other accessible water
- ☐ Play, watch, and participate in online water safety activities together
- ☐ Help younger children learn and identify the adults and grown ups in your home

**BEST
DAY
EVER**

PRACTICE WATER SAFETY

- ☐ ALWAYS designate an undistracted **ADULT Water Guardian** to be on duty
- ☐ All family members **wear US Coast Guard-approved life jackets** on boats and in open water
- ☐ Get formal swimming lessons for all members of your family, including adults who cannot swim
- ☐ **Block access to all water sources** in and around your home like
 - Toilets
 - Buckets
 - Ponds
 - Kiddie Pools
 - Backyard Pools
 - Water Features
- ☐ **Be safer** around open water
- ☐ Get **CPR/First Aid certified** and refresh skills regularly



PREVENT DROWNING. Learn more: www.colinshope.org