



## PRACTICE WATER SAFETY

### CHOOSING SAFER BEHAVIORS AROUND WATER

**Complete this worksheet AFTER you have watched all of the course videos.** Read the scenarios below. Using your knowledge of water safety and the tips you have learned from this course, answer the questions to the best of your ability. Then, flip this page over to compare your answers.

**SCENARIO 1: Bathtub Water Safety:** It is bath time. Your 3-year-old and 1-year-old children are in the bathtub with water and toys. You have been expecting an important phone call all day and you hear your phone ring in another room. What are safer behaviors and choices in this situation?

**SCENARIO 2: Pool Water Safety:** You are visiting a lifeguarded pool with your friend and their kids. There are four children in your group ages 1, 3, 4, and 10. Your 4-year-old needs to go to the bathroom. What are safer behaviors and choices in this situation?

**SCENARIO 3: Beach Water Safety:** You are on vacation and arrive at a local beach. There are 2 choices - set up at a lifeguarded area and or set up at an open beach area without lifeguards. There is a yellow flag flying meaning "Medium Hazard." What could you do to enjoy a safer day?

**SCENARIO 4: Pond Water Safety:** You and your family arrive at a family member's home. There is a fishing pond on the property just behind the house. There are no barriers immediately surrounding the pond. What are some safer choices to make in this situation?

### **Safer Behaviors Around Bathtubs**

1. Gather all necessary items before you begin bath time including towels, a phone (for emergencies only), toys, and soaps.
2. Never leave a child or children unattended in a bathtub, even for a second.
3. Drain the bathtub entirely before you leave the bathroom.
4. If you have to leave the room for any reason and any amount of time, drain the bathtub and bring your child(ren) with you.
5. Have a phone with you in the room *for emergency purposes only*.

### **Safer Behaviors Around Pools**

1. Assign an ADULT Water Watcher from your group to be on duty and undistracted while children are in and around water. Take turns with all adults in short shifts.
2. Know every swimmer's abilities - even adults.
3. Keep weak and nonswimmers in US Coast-Guard approved life jackets until they are within arm's reach of adults, including during snack and break times.
4. Block access to water with appropriate barriers like doors and gates.

### **Safer Behaviors Around the Beach**

1. Set up close to a lifeguard stand.
2. No child should be near or in the water without an adult.
3. Learn how to spot a rip current
4. Ask the lifeguards if there have been any rip currents in your area.
5. Weak and non-swimmers should have easy access to US Coast Guard approved and properly fitting life jackets.
6. Talk about beach water safety as it is very different from swimming in a pool.
7. Make a list of water safety rules and talk about them together before your beach visit.

### **Safer Behaviors Around Ponds**

1. Have a conversation with your child(ren) about the dangers around ponds.
2. Make water safety rules about ponds and talk about them together before your visit.
3. Install simple child safety locks on all doors leading outside of the home.



**LEARN ABOUT WATER SAFETY.  
TALK ABOUT WATER SAFETY.  
PRACTICE WATER SAFETY.  
PREVENT DROWNING.**

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