



**STOP
DROWNING
NOW**

Water Safety Checklist

At the Pool and Around the Home

This worksheet is designed to help families continue the conversation of water safety at home. Do you know that drowning is the leading cause of injury-related death among children between 1 and 4 years old? And it's the third leading cause of death among all children.

The **Stop Drowning Now** is a national 501 (c)(3) nonprofit organization with a mission to save lives through water safety education. By raising awareness of drowning risks, more families will not have to suffer the tragedy of a fatal or non-fatal drowning incident. Please visit our website for additional materials to help your family stay safer when in, on, or around water! *Drowning IS Preventable!*

SAFER WATER		
A responsible adult is designated as the 'Water Watcher' anytime children are in the pool, especially during parties or large gatherings.	<input type="radio"/> Yes	<input type="radio"/> No – A Water Watcher must be assigned to watch children in the pool. Constant supervision is key which means no cell phone or ipad use.
I know to never rely on water wings or other inflatable toys.	<input type="radio"/> Yes	<input type="radio"/> No – Inflatable flotation devices can give a false sense of security. One in five parents mistakenly think air-filled water wings can protect their child from drowning. Only use Coast Guard approved life jackets.
When using the pool, I remind people with long hair to tie it back securely in a bun or wear a swim cap.	<input type="radio"/> Yes	<input type="radio"/> No – Body entrapments and hair entrapments are preventable hazards.
I empty, turn over and deflate portable pools/inflatable pools when not in use.	<input type="radio"/> Yes	<input type="radio"/> No – Portable pools can present the same risks for drowning, especially for young children, as in-ground pools.
Buckets, wading pools, sinks and bathtubs should always be emptied of standing water.	<input type="radio"/> Yes	<input type="radio"/> No – A young child can drown in as little as two inches of water.
I remind my children and their friends that swimming around drains and suction fittings are dangerous behaviors.	<input type="radio"/> Yes	<input type="radio"/> No – A child could become entrapped. If drain cover is missing or broken, shut down the pool, spa, or hot tub until drain cover is replaced.
I remove toys from the pool when kids are finished swimming.	<input type="radio"/> Yes	<input type="radio"/> No – Removing toys will prevent children from trying to recover them when unsupervised.
My pool is properly fenced and complies with current regulations. When visiting a pool, I understand that a gate must never be propped open.	<input type="radio"/> Yes	<input type="radio"/> No – Installing barriers such as isolation fencing around a backyard pool and spa will reduce the risk of unauthorized access to the pool by young children.
I am aware that the water in common household items can be dangerous for young children.	<input type="radio"/> Yes	<input type="radio"/> No – A baby can drown in just two inches of water. A curious toddler can fall into a toilet, bucket or cooler.

(Continued on back)

For more information, please call (800) 555-5432.

SAFER KIDS		
I have educated my children about the rules of water safety.	<input type="radio"/> Yes	<input type="radio"/> No – Establish rules for your family and enforce them without fail. Teach children to always ask permission to go near water.
I am aware of which of my child’s friends and neighbors have pools.	<input type="radio"/> Yes	<input type="radio"/> No – Make sure your child will be supervised by an adult while visiting.
I am aware that swim lessons for my child under 4 years of age will decrease their likelihood of drowning by 88%. I am also aware that no amount of swim instruction makes my child “drown-proof.”	<input type="radio"/> Yes	<input type="radio"/> No – The American Academy of Pediatrics supports formal swimming lessons as early as one year of age.
I know that the use of alcohol will inhibit my ability to actively supervise children while swimming.	<input type="radio"/> Yes	<input type="radio"/> No – Alcohol impairs judgment. You must remain alert to ensure everyone’s safety.
My child is aware that they always need to swim with a supervising adult present.	<input type="radio"/> Yes	<input type="radio"/> No – Swimming alone is dangerous. Even kids with strong swimming abilities should not swim alone.
I am aware that I am still the primary supervisor for my child, even if a lifeguard is present.	<input type="radio"/> Yes	<input type="radio"/> No – A parent should always be the primary supervisor while their child is swimming.
I am aware of the dangers of leaving older children to supervise younger children when they are using the pool.	<input type="radio"/> Yes	<input type="radio"/> No – A responsible Water Watcher should always be supervising children.
I plan ahead. Before entering any type of water, I think about what might call me away. The phone, sunscreen, needing a towel, front door bell, getting a Band-Aid, etc.	<input type="radio"/> Yes	<input type="radio"/> No – Make a list of frequently needed items and be sure you have everything before the kids get in the water. If you forget an item, take your child with you to retrieve it.
When using the pool, I am always within arms reach of any child under five years old and those with weak swimming skills.	<input type="radio"/> Yes	<input type="radio"/> No – Always supervise your child around water. You should practice ‘touch supervision’ with any preschool aged child or those with weak swimming skills.
My children and the kids they play with are aware of pool rules and are reminded every time before they swim.	<input type="radio"/> Yes	<input type="radio"/> No – Kids should never run, push, jump on others or partake in breath holding competitions.

SAFER RESPONSE		
I know that if my child is missing, I should always check the pool first.	<input type="radio"/> Yes	<input type="radio"/> No – Survival depends on a quick rescue and restarting breathing as soon as possible.
Our family members have up-to-date CPR and first aid skills.	<input type="radio"/> Yes	<input type="radio"/> No – In the time it might take for lifeguards or paramedics to arrive, your CPR skills could save a life. CPR certification classes are readily available in most areas. Visit www.redcross.org to find a class in your area.
My family has a fully stocked first aid kit handy.	<input type="radio"/> Yes	<input type="radio"/> No – In emergency situations, a properly prepared first aid kit can literally mean the difference between life and death for you or your loved ones.
All emergency phone numbers have been programmed into each adult’s phone.	<input type="radio"/> Yes	<input type="radio"/> No – Seconds count when an emergency happens. Searching for phone numbers will waste precious time.
I know how to use rescue equipment located around the pool area.	<input type="radio"/> Yes	<input type="radio"/> No – Even non-pool owners should know how to properly use the rescue equipment—shepherd’s hook, safety ring and rope.
My babysitter/child care provider knows the rules for the pool and is CPR certified.	<input type="radio"/> Yes	<input type="radio"/> No – The American Red Cross offers an online training course.