

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 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.
- I know how to swim.



IS THIS A SAFE PLACE?

- At rivers, lakes and oceans, I only swim in places marked for swimming.
- I do not swim or go boating in bad weather. I check before I leave.
- Each time before I swim, I make sure there are no hazards such as jelly fish, large waves, or strong currents.
- If the water looks dirty or muddy, I don't go in.
- I only swim when my parents say it's okay.



WHO IS WATCHING?

- I always swim with a buddy.
- 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.)



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. If I have long hair, I tie it up at the pool.

- I never dive in rivers, lakes or oceans.
- I only dive when a grown-up has checked to be sure the water is at least 9 ft. deep and the bottom is clear.
- When I leave the pool area, I make sure the gate is latched.



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 my boat flips over, I hang onto the side and yell for help.
- 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 noodle or life ring). But I never let that person get close enough to grab me.



WATER AT HOME

- I help grown-ups empty bathtubs, buckets, and wading pools after use.
- I help make sure toilet lids are down and latched; and that bathroom and laundry room doors are closed.
- I help make sure gates and doors to a spa or pool are latched and no toys are left in the pool area.

LIS MWEN AN POU SEKIRITE NAN DLO

Pou ede kenbe timoun ou yo anba plis pwoteksyon, nan dlo, revise kontwòl lis sa. Si ou pa ka jwen yon timoun, gade nan dlo a pou kòmanse. Yon pisin ki gen pwoteksyon se yon pisin kote moun pran plezi yo, donk, voye je wou sou timoun yo. Pase yon bon moman pou pran plezi.



ÈSKE MWEN PRÈ ?

- Mwen mete filt radyasyon, menm nan jou ki gen nyaj yo (Aplike SPF 15 oswa pi wo chak 2 zèdtan.)
- Mwen mete yon jilè sovtaj Gad Kòt Ameriken apwouve ki mezi mwen lè mwen pre dlo, lè m sou yon bato oswa lè m ap fè espò nan dlo.
- Mwen pa fè flotè yo, jwèt, oswa chanm kawoutyou yo konfyans pou yo kenbe m an sekirite.
- Mwen konn naje.



ÈSKE SE YON KOTE KI AN SEKIRITE ?

- Nan rivyè yo, lak ak oseyan yo, mwen naje sèlman nan kote ki make moun ka naje.
- Mwen pa naje oswa monte bato lè gen move tan. Mwen tyeke sa anvan m pati.
- Chak fwa anvan mwen al naje, mwen asire pa gan danje tankou mediz, gwo vag, oswa kouran ki fò.
- Si dlo a parèt sal oswa li gen labou, mwen pa rantre ladan l.
- Mwen naje sèlman lè paran mwen di mwen ka naje.



KILÈS K AP SIVEYE ?

- Mwen toujou naje ak yon zanmi.
- Mwen asire ke gen yon granmoun ki la avè-m epi kap siveye mwen. Atansyon. Pinga ou mande yon timoun pou li responsab lòt timoun ki pi piti pase-l oswa zanmi-l.



ÈSKE M KONNEN RÈG YO ?

- Mwen konnen epi mwen obeyi règ sou sekirite nan dlo.
- Mwen pataje epi mwen tann tou pa m. Mwen mache. Mwen pa janm pouse moun oswa vole sou lòt moun ki prè dlo.
- Mwen rete lwen fose drenaj pisin yo. Si cheve m long, mwen mare yo lè mwen nan pisin lan.

- Mwen pa janm plonje nan rivyè yo, lak yo oswa oseyan yo.
- Mwen plonje sèlman lè yon granmoun te tyeke pou asire dlo a gen yon pwofondè ki omwen 9 pye epi anba dlo a klè.
- Lè mwen kite zòn pisin lan, mwen asire baryè a fèmen.



IJANS NAN DLO

- Si mwen gen yon kramp oswa mwen fatige, mwen woule epi mwen flote sou dlo pou m ka repoze. Après mwen voye men m anlè epi mwen rele pou m ka jwenn èd.
- Si mwen pran nan yon kouran dlo, mwen pa gouden avèk li. Mwen rilaks epi mwen naje nan menm direksyon ak rivaj la jiskaske kouran dlo a febli epi mwen ka naje al sou rivaj la yon lòt fason.
- Si bato mwen an kapote, mwen kenbe bò bato a epi mwen rele pou m ka jwenn èd.
- Si mwen frèt, mwen soti nan dlo a toutsuit epi mwen chofe kò m.
- Si yon moun nan pwoblèm, mwen di granmoun ki pi pre m nan. Mwen ka voye nenpòt bagay ki flote bay moun nan (tankou yon flotè oswa yon bag sovtaj). Men mwen pa janm kite moun nan rive ase pre m pou l kenbe m.



DLO NAN KAY LA

- Mwen ede granmoun yo vide basen yo, bokit yo, ak patojwa yo aprè yo fin itilize yo.
- Mwen ede asire tèt twalèt yo desann epi fèmen; epi pòt pou rantre nan twalèt yo ak sal lesiv yo fèmen.
- Mwen ede asire baryè ak pòt spa ak pisin yo fèmen epi pa gen jwèt ki rete nan zòn pisin lan