

WATER WATCHER CHECKLIST

— For Safe Kids —

- Never take your eyes off of children in the pool or any body of water—even for a moment!
- If you're in a group, appoint a designated "water watcher," taking turns with other adults.
- While supervising, avoid distractions like the telephone or reading.
- Maintain visual contact with the children and the water.
- Teach children to swim beginning at age four.
- Don't rely on water wings or other inflatable toys.
- If your child can't swim, stay within arm's reach.
- Use only U.S. Coast Guard-approved personal flotation devices.
- Tell children to stay away from drains and tie up long hair securely to avoid entanglement.
- Control unsupervised access to the pool/spa using multiple approved barriers.
- Look for life-saving equipment by the pool.
- Learn infant and child CPR. Call 202-BABY for classes near you.
- Make sure children swim within designated swimming areas of oceans, lakes and rivers.
- Never allow a child to dive in water less than nine feet deep.
- Never leave children alone in the bathtub. Even children in baby bath seats and rings must be within arm's reach every second.
- Keep toilet lids down, and doors to bathrooms and laundry rooms closed.



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