

Water Safety Checklist For Caregivers

Designate a responsible person to supervise the water without distraction. Use something visual or tangible to identify the water supervisor like a hat or lanyard. Schedule water supervisors in intervals to ensure optimum attention to the water. Verbally acknowledge when handing swimmer off to adult. Stay within an arm's length of children or non-swimmers that are in or near water, even if using a flotation device. Only us a Coast Guard certified flotation device to support your non-swimmer. Be mindful of toys in or around the water and water features such as waterslides that would entice someone to bolt or enter the water. Model safe behaviors, review rules, point out shallow water vs deep, point out lifeguards, and review the role of the lifeguard, which is safety. Be mindful of child's interests and typical behaviors so that you can be best prepared. Plan for breaks to address overstimulation and personal needs such as sunscreen reapplication. Review this checklist with your family every **☑** 2 time you swim or go near a body of water.