

WATER SAFETY CHECKLIST

At OWA Swim School, we aim to create a safe and fun environment for your kiddos. By following this checklist, families can create safer environments for kids and reduce water-related accidents and risks.



AT HOME:

- ☐ **Active Supervision** — Undistracted and close supervision is best when children are near water including sinks, bathtubs, and backyard pools.
- ☐ **Introduce Water Safety Early** — Use bath time to set a routine before getting in the water. (ex. I clap 3 times before getting in)

AT THE POOL:

- ☐ **Designate a Water Watcher** — An adult should always be actively supervising at all times with no distractions. Responsibility can be rotated as needed.
- ☐ **Establish Pool Rules** — Enforce no running, diving in the shallow water, and no unsupervised swimming for anyone.
- ☐ **Teach Emergency Response** — Review what to do in case of an emergency like how to recognize someone in trouble, call for help, and reach safety.

AT THE BEACH OR LAKE:

- ☐ **Check Weather & Water Conditions** — Be aware of lightning, currents, tides, and other posted warnings before entering any body of water.
- ☐ **Wear Bright Swimwear & Coast Guard-Approved Life Jackets** — Bright swimwear is easily seen in an emergency. Non-swimmers and young kiddos should always wear a life jacket for precaution in large bodies of water.
- ☐ **Maintain Close Supervision** — Always keep kiddos close, especially in large bodies of water where conditions change rapidly.