



Water Safety & Prevention

We believe that water safety education is the foundation of every child's swimming journey. Our mission is to empower families with the knowledge and skills needed to prevent water-related accidents and ensure that children are confident, safe and prepared in and around the water. Every family must have a **Water Safety Plan** consisting of layers of protection with the goal to put as many layers/barriers, as possible, between your child and the water. **Seconds Do Matter.**

CHECK THE WATER FIRST



If you ever cannot find a child, seconds matter. Check all water first. Never leave your child alone in or near water, including the bathtub - not even for a second.

SAFE POOL ENVIRONMENT



All water should be completely fenced on all four sides. Pay special attention to pet doors as children are small and smart enough to get through them. Install high locks with chimes on every door and window. Consider getting a pool water alarm, safety cover and/or backyard house cameras with motion sensors. Keep the pool water clean and water level high (as close as possible to the top) to make grabbing the edge easier. Do not leave chairs, ladders or other objects near or in the pool that would entice a child to want to climb the fence.

CPR



Learn to perform CPR on children and adults and remember to update those skills regularly. **GIVE BREATHS.**

DO NOT USE FLOTATION DEVICES FOR SWIMMING



Life jackets, puddle jumpers, and other flotation devices are not designed or U.S. Coast Guard approved for swimming. They're approved as Class III – Open Water Quick Rescue devices only. Using them for swimming increases the risk of drowning by creating a false sense of security and promoting a vertical posture which is detrimental to learning true swimming skills that could save their life. **Note: Always follow your local law regarding U.S. Coast Guard approved Life Jackets on all open water moving vessels. A Class III PFD without the back flap and with a leg strap is the safest life jacket for infants and toddlers.*

CONSTANT SUPERVISION



Constant Supervision is the only sure way to prevent drowning. However, supervision can break down. If you are near water (even if you do not plan to swim) delegate a responsible **ADULT** that can swim, as a 'water watcher' and switch off every 20 mins. Never assume someone else is watching your child. **IF EVERYONE IS WATCHING, NO ONE IS WATCHING.**

SKILL THE CHILD WATER SAFE SWIM SKILLS



Enroll your child in a swim program that first teaches water safety with survival swim skills. A swim program that uses real life swim scenarios in conjunction with water safety and survival swim skills will give the child the competence and confidence required to safely enjoy and succeed in the water environment. Teach your children from the time they can talk to **ALWAYS ASK PERMISSION BEFORE ENTERING ANY BODY OF WATER.**

BATHING SUIT COLORS



Dress your child in **BRIGHT** colors. Bright colors make it more likely to spot a child who is underwater. **DRESS BRIGHT. STAY IN SIGHT.**

QUESTIONS?

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Miss Julie has been teaching and educating infants, children, and families about the importance of water safety for 25 years. She's also a first responder, as an EMT and crazy lover of the nightshift ER life. She worked at Lodi Memorial Hospital for 11 years. Water safety continues to be one of her most favorite things and remains passionate about sharing everything she knows with others!



To learn more, visit: www.watersafeswim.com

