

AQUA-TOTS[®] SWIM SCHOOL



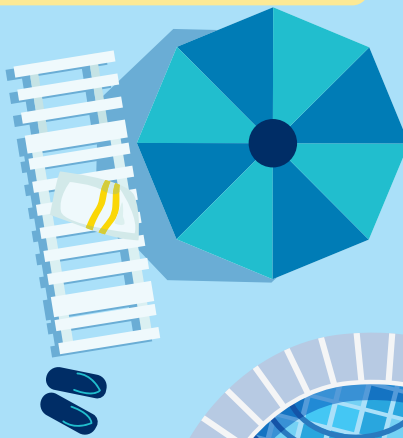
Safer Summer Checklist

The best summer memories start with safety!
Use this checklist to help keep your kiddos safer around water.

Outside the Home

SUPERVISION

- Assign a Water Watcher to supervise at all times
- Stay within arm's reach of non-swimmers
- Put away distractions such as electronic devices and reading material

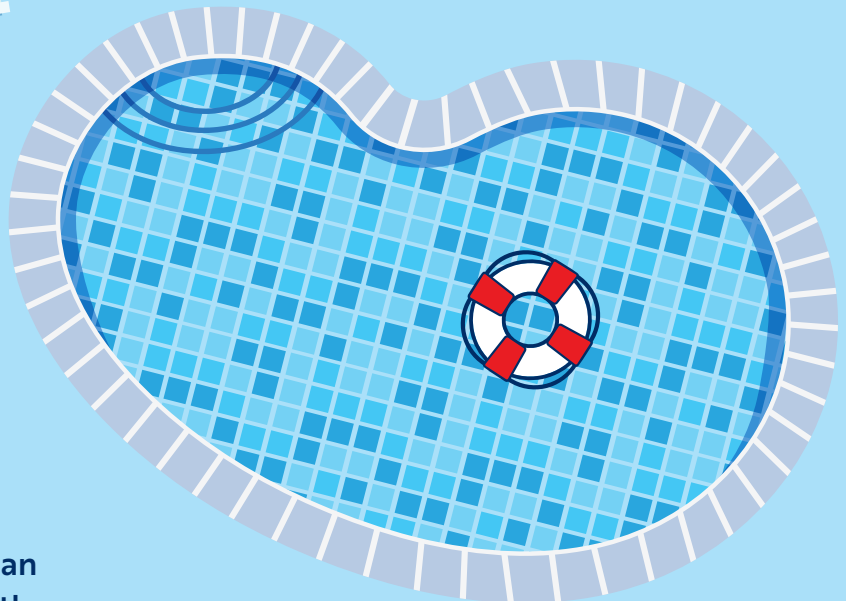


POOL RULES

- Point out all posted pool rules and safety guidelines
- Children may not enter the pool until an adult is ready to join them
- Children must always ask for permission before entering the pool
- If the adult is getting out of the water, everyone gets out

POOL TOYS

- Avoid using floaties, water wings, tubes, noodles or other toys as safety devices
- Remove all toys from the pool and surrounding areas when done playing
- Coast Guard approved life jackets should be used on open water



69% of children younger than 5 years were not expected to be at or in the pool at the time of a drowning incident.

The Consumer Product Safety Commission

POOL MAINTENANCE

- Install anti-entrapment covers for pools or spas so children do not get stuck
- Repair loose screws, tiles, etc. that may snag and catch bathing suits

OUTSIDE BARRIERS

- Install a four-sided pool fence
- Ensure all pool gates are self-closing and lock
- Install latches out of reach of children
- Set pool gate alarms to sound indoors
- Remove any items (chairs, tables, boxes, etc.) that may be used to climb over barriers

Inside the Home →

Inside the Home

INSIDE BARRIERS

- Put child locks & alarms on all doors leading outside
- Close/latch pet doors when not supervising
- Remove or keep out of reach standing water areas: buckets, sinks, pet bowls, etc.



BATHROOM

- Keep bathroom doors closed
- Keep toilet seats down and locked when not in use
- Stay within arm's reach of babies and children during baths
- Never leave a child unattended in the bath, even for a second
- Drain bathtub when bathtime is finished

Safety Essentials

EMERGENCY PREP

- Become CPR certified
- Keep a phone nearby for emergencies
- Have a stocked first aid kit close by
- Create & rehearse your family's emergency plan

SWIM LESSONS

- Start as early as 4 months old
- Stay enrolled year-round to progress in water safety skills
- Become a safe & confident swimmer by completing a trusted swim program



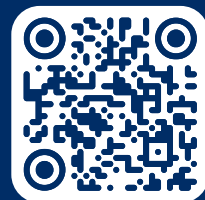
Participation in formal swim lessons can reduce the risk of drowning by 88% among children 1-4 years old.

National Institutes of Health

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SWIM SCHOOL

SAVING LIVES SINCE 1991



For more water safety tips, visit aqua-tots.com/blog