

# WATER SAFETY CHECKLIST

At Big Blue Swim School, we focus on creating a safe and enjoyable environment for your little swimmers. By following this checklist, parents and caregivers can create safer environments for children and reduce water-related risks.

## AT HOME:

- Active Supervision – Always provide undistracted, close supervision when children are near water, including bathtubs, sinks, and backyard pools.
- Introduce Water Safety Early – Use bath time as an opportunity to teach children about safe water habits.
- Encourage Safe Water Play – Teach children to sit while bathing and avoid rough play in or near water.

## AT THE POOL:

- Designate a Water Watcher – An adult should actively supervise at all times, rotating responsibility as needed.
- Establish Pool Rules – Enforce no running, no diving in shallow water, and no unsupervised swimming.
- Teach Emergency Response – Review what to do in case of an emergency, including how to call for help and reach safety.
- Enroll in Swim Lessons – Formal swimming instruction can significantly reduce the risk of drowning.

## AT THE BEACH OR LAKE:

- Check Weather & Water Conditions – Be aware of currents, tides, and any posted warnings.
- Use Coast Guard-Approved Life Jackets – Non-swimmers and young children should always wear properly fitted life jackets.
- Maintain Close Supervision – Always keep children within arm's reach, especially in natural bodies of water where conditions can change rapidly.