



Family Water Safety Rules

Playing at the beach, a water park, by a lake, river or in a pool can be a real treat on a summer day.

Swimming is a lot of fun, but drowning is a real danger.

Even kids who know how to swim can drown, so let's agree to stay safe in the water.

- 1 Never swim alone – always have a buddy!
- 2 Never reach for toys floating on the water – let them float.
- 3 Always check how deep the water is – especially if you cannot see the bottom.
- 4 Refrain from rough play, never dunk or push a friend in.
- 5 Suit up! Always wear a life jacket while on a boat.
- 6 Obey signs, warning flags and lifeguards.
- 7 Don't swim near piers or rocks because currents can be strong near them.
- 8 Apply sunscreen to avoid sunburn and sunstroke.
- 9 Stay hydrated on really hot days.
- 10 If you see someone that needs help, yell for help and throw a flotation device to them. Do not try to save them yourself unless you are trained.

**I promise my family to follow
all water safety rules!**

Parent signature

Child signature

Date

