

# MY SPLASH PARTY CHECKLIST

Water sports and recreation are great fun when everyone is safe. Use this checklist and have a terrific time!



## AM I READY?

- ☐ I wear sunscreen, even on cloudy days. (Apply SPF 15 or higher every 2 hours.)
- ☐ I wear a U.S. Coast Guard approved life jacket that fits me when I am near open water, on a boat or doing water sports.
- ☐ I do not trust air-filled water wings, toys, or inner tubes to keep me safe.
- ☐ I know how to swim.



## IS THIS A SAFE PLACE?

- ☐ At rivers, lakes and oceans, I only swim in places marked for swimming.
- ☐ I do not swim or go boating in bad weather. I check before I leave.
- ☐ Each time before I swim, I make sure there are no hazards such as jelly fish, large waves, or strong currents.
- ☐ If the water looks dirty or muddy, I don't go in.
- ☐ I only swim when my parents say it's okay.



## WHO IS WATCHING?

- ☐ I always swim with a buddy.
- ☐ I make sure a grown-up is watching me.



## DO I KNOW THE RULES?

- ☐ I know and obey water safety rules.
- ☐ I share and take turns. I walk. I never push or jump on others around water.
- ☐ I stay away from pool drains. If I have long hair, I tie it up at the pool.

- ☐ I never dive in rivers, lakes or oceans.
- ☐ I only dive when a grown-up has checked to be sure the water is at least 9 ft. deep and the bottom is clear.
- ☐ When I leave the pool area, I make sure the gate is latched.



## WATER EMERGENCIES

- ☐ If I get a cramp or I'm tired, I roll over and float to rest. Then I wave and call for help.
- ☐ If I get caught in a current, I don't fight it. I relax and swim parallel to shore until the current weakens and I can swim to shore another way.
- ☐ If my boat flips over, I hang onto the side and yell for help.
- ☐ If I'm cold, I get out of the water right away and warm up.
- ☐ If someone is in trouble, I tell the nearest grown-up. I can throw that person something that floats (like a noodle or life ring). But I never let that person get close enough to grab me.



## WATER AT HOME

- ☐ I help grown-ups empty bathtubs, buckets, and wading pools after use.
- ☐ I help make sure toilet lids are down and latched; and that bathroom and laundry room doors are closed.
- ☐ I help make sure gates and doors to a spa or pool are latched and no toys are left in the pool area.