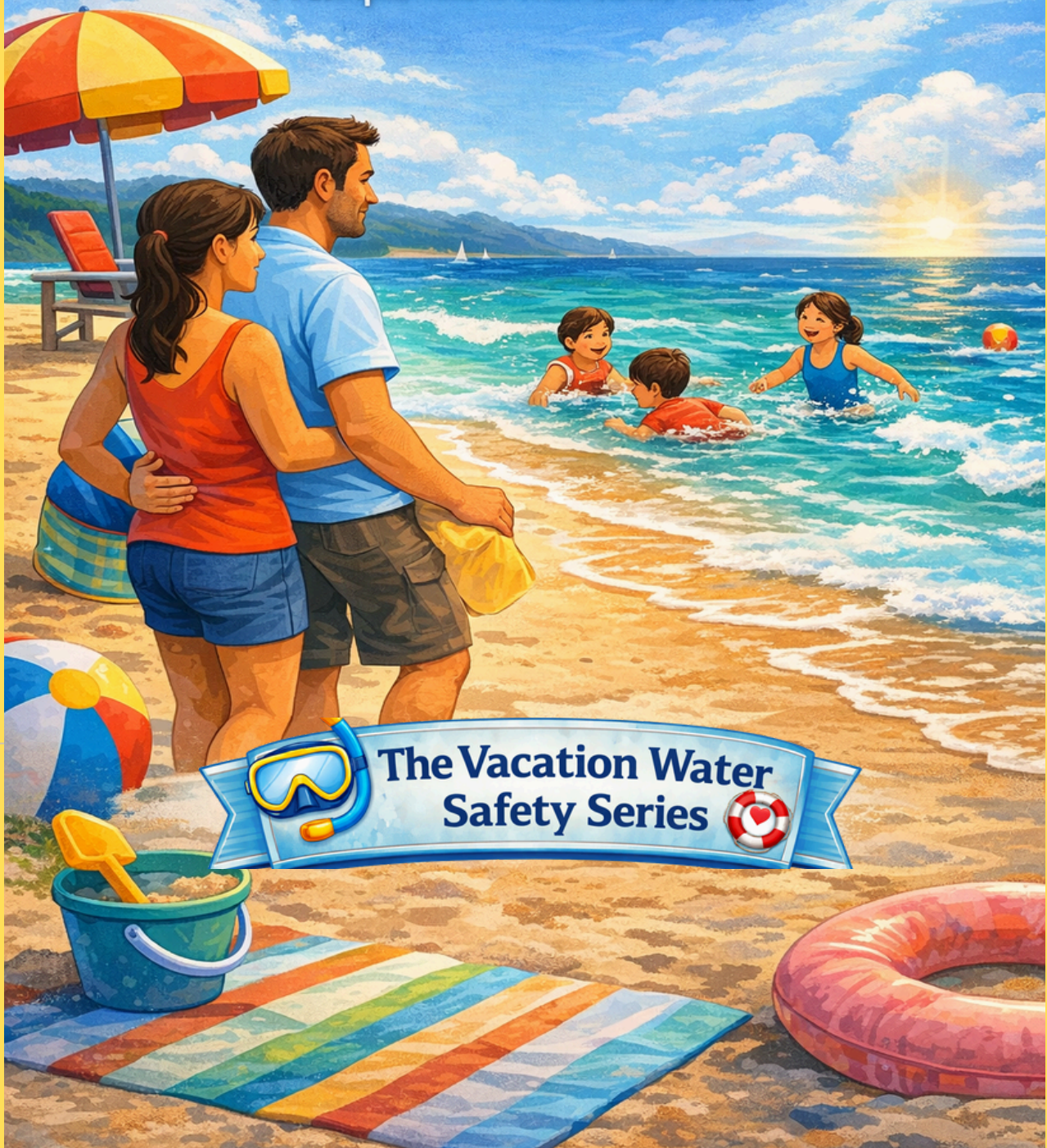


# Before You Leave for Vacation

**The 10-Second Rule Family Water Safety Guide**

A simple habit that saves lives



 **The Vacation Water  
Safety Series** 

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# VACATION

# Water Safety CHECKLIST

Be prepared and stay alert near water.



## VACATION Water Safety CHECKLIST

- Always watch children in and around water.
- Assign an adult "Water Watcher."
- Bring U.S. Coast Guard-approved life jackets.
- Secure home pools with a fence & self-latching gate.
- Teach kids to stay away from rip currents.
- Check local weather & surf conditions.
- Learn CPR & know the address of your location.
- If a child is missing, check the water **FIRST**.

## Follow the **10-Second Rule**:

Every **10** seconds, make sure someone is actively watching the water. Stay safe and enjoy your vacation!



# BEFORE YOU GO

**Each year families head out for spring breaks and vacations and spring or summer camps that are usually near a swimming pool or open water. And each year approximately 4,500 adults and children drown at beaches or in swimming pools and that is just in the United States.**

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**The Water will be beautiful...**

**...but it can also be very  
dangerous  
if you are not prepared.**

**Before you go  
PRAY.**



# Before you go you need to know

**When a swimmer is in distress they will yell out to you, splash around, and/or make noises, but a swimmer that is drowning, is quiet because they can't yell, or signal for help, and their signals will go unnoticed if they are not being watched.**

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**Drowning is silent.**

**There is no yelling.**

**No splashing.**



# Before you Go

## THE 10 SECOND RULE:

You and your family need to designate a watcher that will not be distracted while watching, and if at all possible someone that does know how to swim, or ask somebody nearby that does know how to swim and that you trust to be a watcher.

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# The 10-Second Rule

To keep kids safe around water



Find the non-swimmers.



Count to 10 seconds.



If you're not watching, switch.

Every 10 seconds, make sure someone is watching the water—ready to help!

**Every 10 seconds—  
look at the water.**



# Before you Go

Designated Watchers should watch like the pros by never using or talking on your phone or to others, or reading, or writing, or resting, or leaving the area for a quick bathroom break . If you have no one else to watch then take them with you. **Never leave them alone without proper supervision!**

# Distractions cause drownings.



**PHONE DOWN**

# Before you Go

Please know that **watchers can prevent drownings. It is very important to not distract them and to switch out with them for necessary breaks with other watchers. This also includes not distracting any Life Guards on duty unless you need help.**

**One adult watches  
the water at all times.**



# Before you Go

It is super easy **to assume** that when you are at a pool or beach that other people are watching you and your family and that they know how to swim. **Never assume.**

# ASK!

**Don't assume that people are watching you or that they will help you.**



**Because they may not know how to swim.**

**Our family follows  
the 10-second rule.**





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# Before you Go

If your family member or friend is a non-swimmer, a weak swimmer, or wearing any type of floatation device make sure to **stay with 10 feet of them no matter how deep or calm the water.**

**Stay within 10 feet  
of non-swimmers.**



# Before you Go

Always check the swimming pool before entering for “pool closed signs”, cloudy or dirty water, mishaps or floating objects in the water, depth and that it does have water, and that no unexpected guest are swimming.

# Check the pool **BEFORE** swimming.



**SECURE  
GATE**

**POOL  
ALARM**

**LIFERING**

Before You Go:

# EMERGENCY PLAN

- ✓ Find the nearest AED & first aid kit. 
- ✓ Learn how to use the pool safety equipment. 
- ✓ Review emergency numbers & hotel address. 
- ✓ Discuss pool rules & safety with your kids. 
- ✓ Set a family meeting spot they can go to for help.
- ✓ Assign a Water Watcher to actively supervise. 
- ✓ Know your surroundings & emergency exits.
- ✓ Know when & how to call for help.

Go over the plan together so everyone knows what to do in an emergency.

## Swimming Pool



# Before you Go

Invest in life jackets that fit each member of the family, learn how to put them on and take them off, and most importantly if you can't swim, or get tired, or may find yourself in a possible survival situation, then wear a **LIFE JACKET !**

**Life jackets  
save lives.**



# Before you Go

Know what the “warning flags,” mean, and how to spot rip currents, and weather conditions for your specific area that you are visiting, and be prepared for weather to change at a moments notice.

**OBEY WARNINGS!**

**Know the water  
conditions.**



**Learn CPR**  
**and be prepared**  
**for emergencies.**



**Before You Go:**

**Know about rip currents  
and how to escape them**

**RIP  
CURRENT**



**SWIM PARALLEL TO SHORE  
DON'T FIGHT THE CURRENT**

Before You Go:

# EMERGENCY PLAN

✓ Know your location & address.



✓ Save the local emergency number in your phone.



✓ Find the nearest lifeguard station.



✓ Learn which beach flags mean danger.

✓ Plan what to do if you get separated.



✓ Know how to call for help & what to say.

HELP!  
We're at ...  
(Beach Name...)

✓ Pack a first aid kit & rescue gear.



Go over the plan together so everyone knows what to do in an emergency.

# OPEN WATER



**Water is powerful.  
Respect it.**





**Unfortunately every vacation  
will not end the same.**



Lord, protect  
our family,  
and return us home safe.  
. Amen.

# Enjoy Your Vacation!



***“You Have the Power to Protect  
Your Family.”***

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