



The Vacation Learning How
to Swim Series



Before You Leave for Vacation:
LEARN HOW TO SWIM



The Vacation Learning
How to Swim



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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:

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.



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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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!

Don't distract the lifeguard
at the pool or the beach
or the water watchers



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.

Remember to take breaks to eat
and stay hydrated when in or near
water for long periods of time



BEFORE YOU GO

Know the location of the bathrooms
before you get in the water.



Do not drink pool or ocean water



Do not consume food and drinks before swimming

It may cause cramps, vomiting,
or a bathroom mishap



NO JUMPING

RESTROOMS

OUT OF ORDER



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



Because they may not know how to swim.

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!

Before you Go

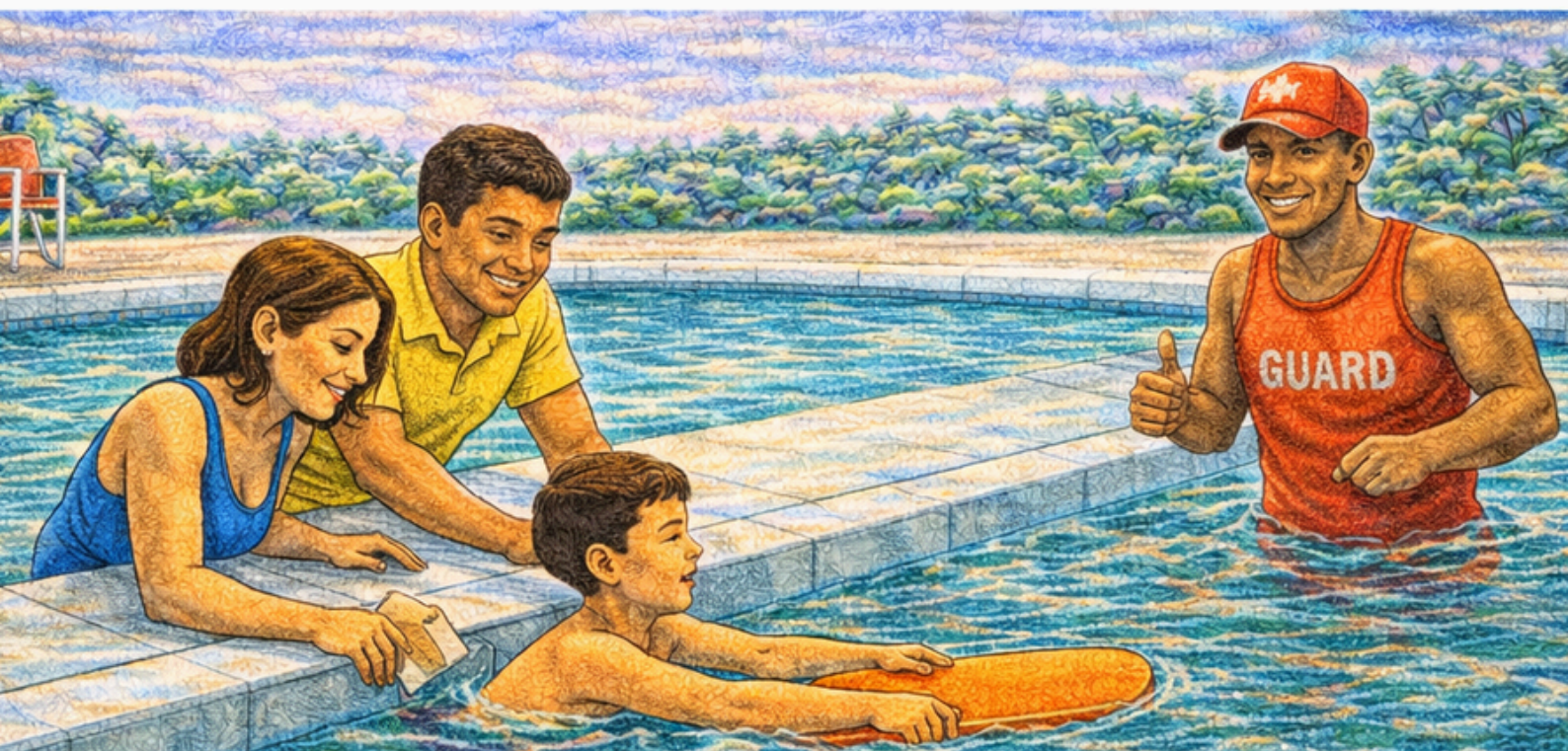
If your family member or friend is a non-swimmer, a weak swimmer, or wearing any type of floatation device make sure to **stay with 10 feet of them no matter how deep or calm the water.**

IF YOUR FLOAT CARRIES YOU AWAY,

Stay on your float until help arrives



Before You Leave for Vacation · **LEARN HOW TO SWIM**



Before You Go:

Know how to blow air out correctly



Before You Go:

Know how to stand back up



Know how to use your arms to pull water



Learn different ways to pull and push your body in water

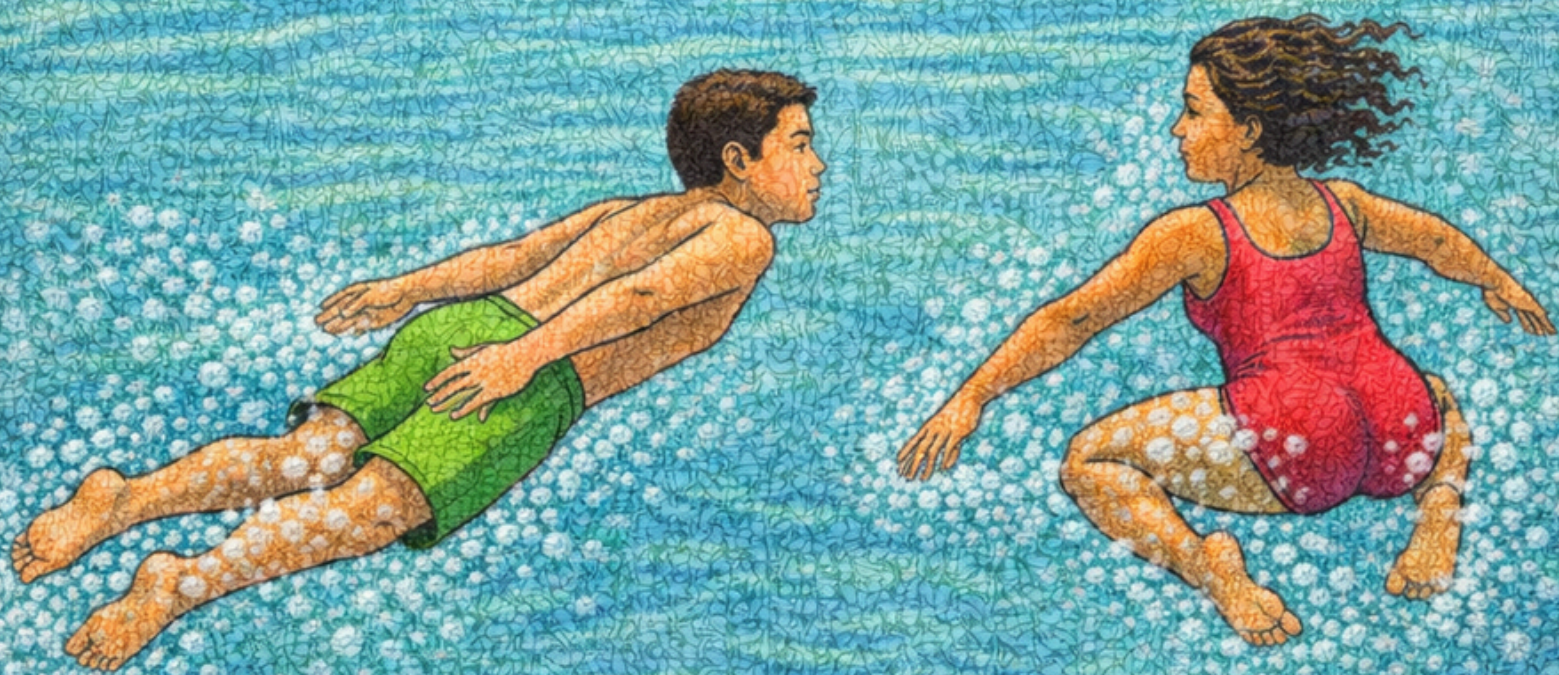
IF YOU FALL INTO WATER

Know how to surface the correct way.



Stay calm, look up, and exhale until you reach the surface

Know how to use your legs to kick



Learn different ways to kick your legs.

Before You Go:

Know how to float on your back



Before You Go:

Know how to tread water



Before You Go:

**Know how to float on your front
with your face down**



Before You Go:

**Especially when waves are breaking
over you, know how to float face
down**



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.**



NO LIFEGUARD = HIGHER RISK

Always swim where lifeguards are present.



If you can't swim
GET HELP!



Don't wait – call 911 and yell for help right away!

Before You Go:

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

**RIP
CURRENT**



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

**Water is powerful.
Respect it.**



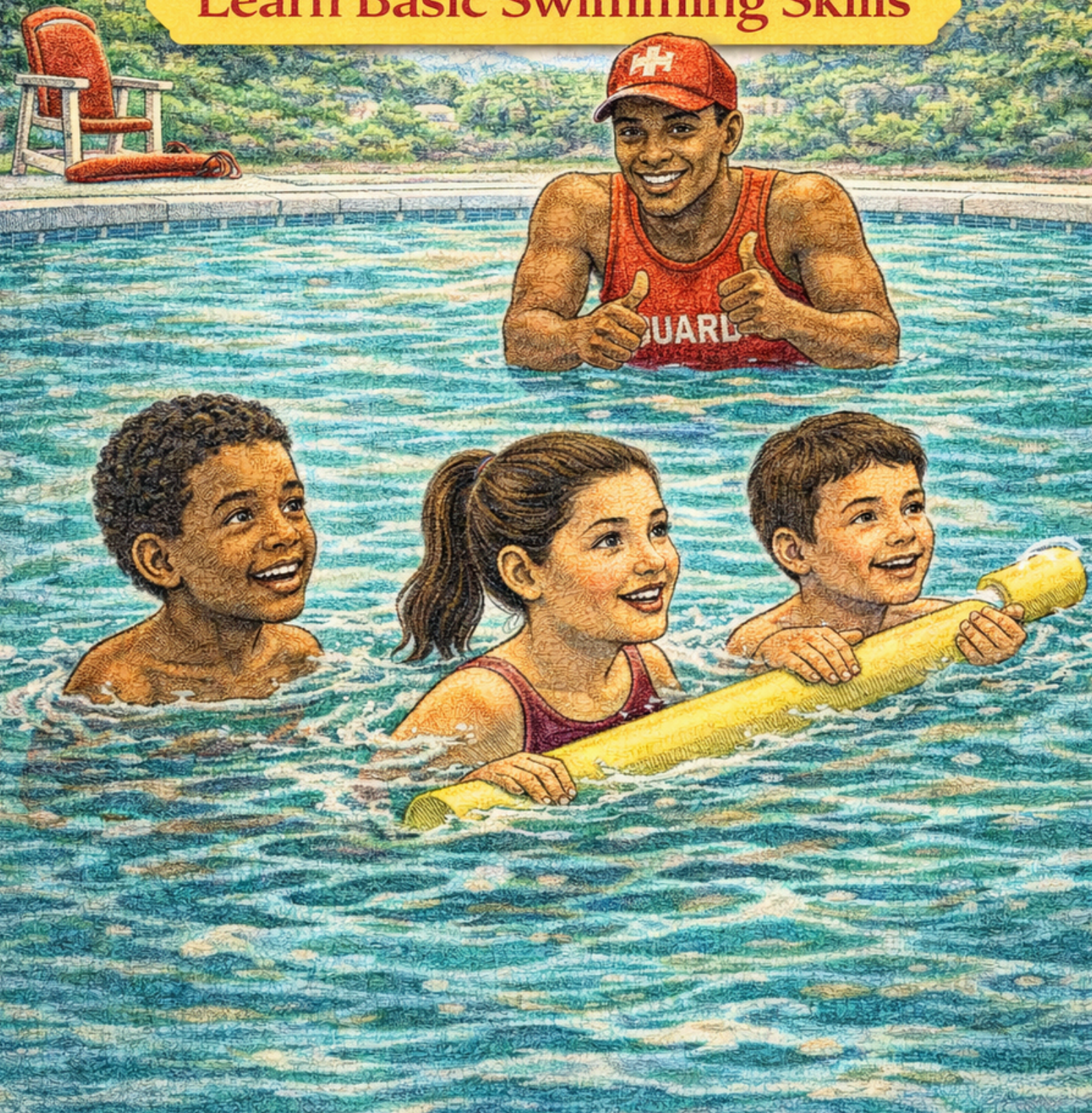


Lord, protect
our family,
and return us home safe.
. Amen.

Before you go on Vacation

KNOW HOW TO SWIM

Learn Basic Swimming Skills



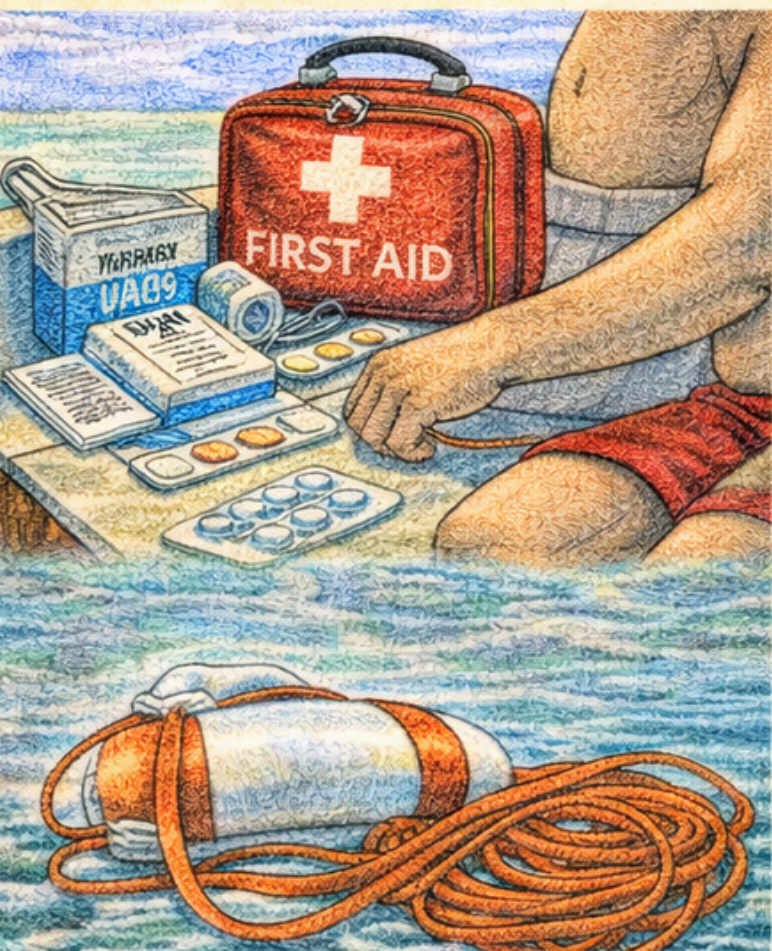
Before you Go

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 how to use your safety equipment before you go



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.



Enjoy Your Vacation!



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

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