

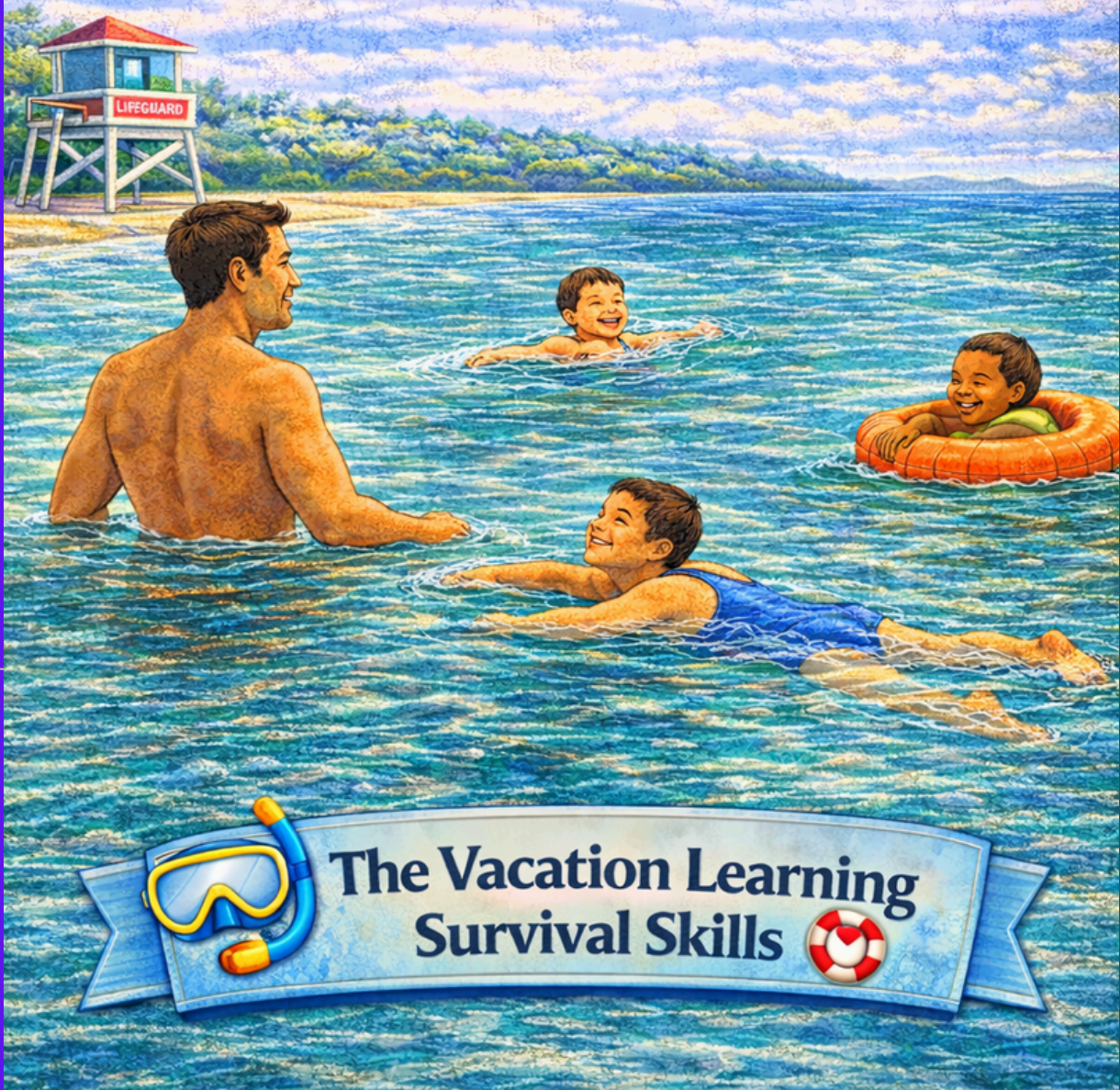


The Vacation Learning
Survival Skills



Before You Leave for Vacation:

**LEARN SWIMMING
SURVIVAL SKILLS**



The Vacation Learning
Survival Skills



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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

✓ 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.



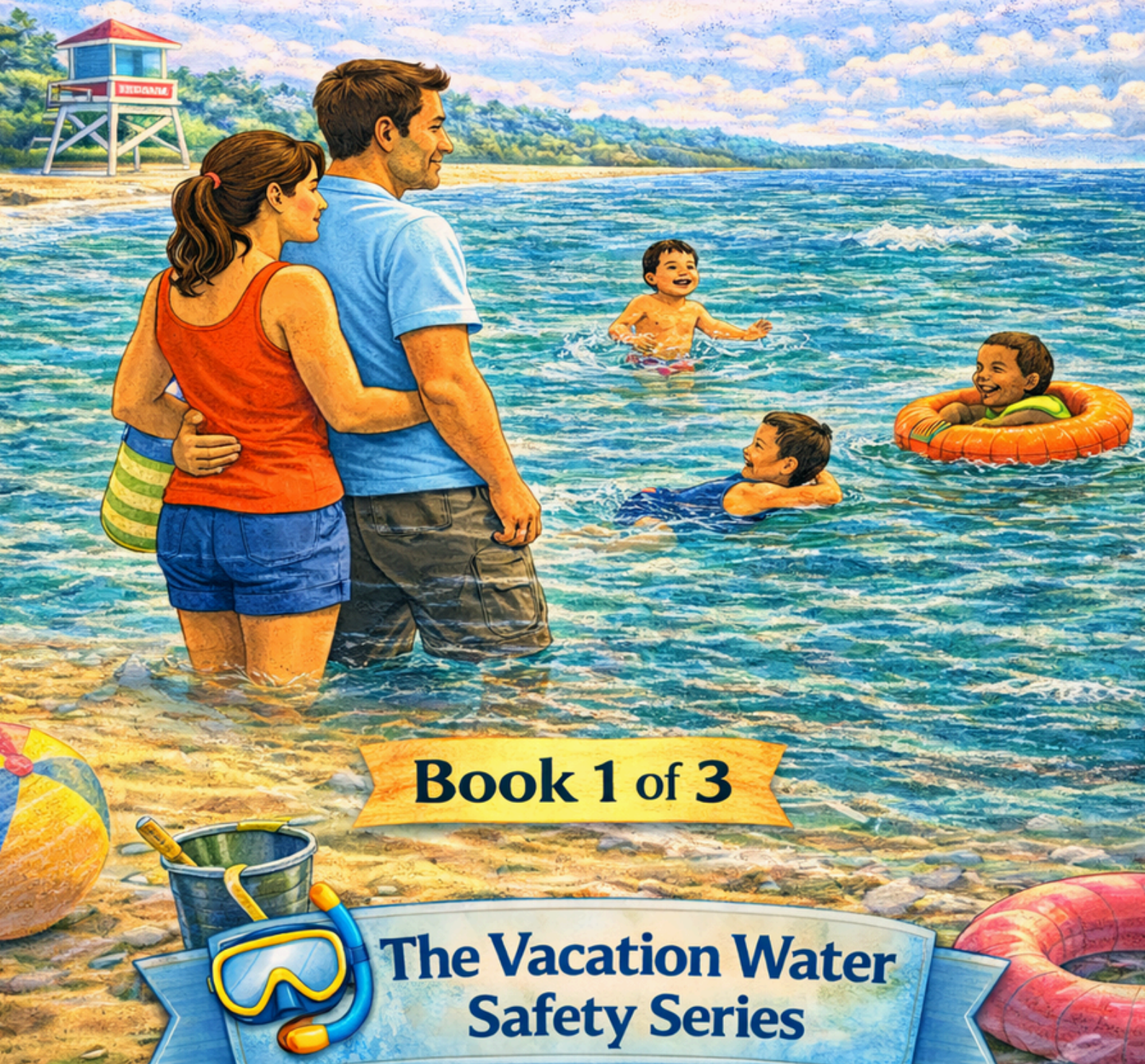


The Vacation Water Safety



Before You Leave for Vacation:

The 10-Second Rule Family Water Safety Guide



Book 1 of 3



**The Vacation Water
Safety Series**

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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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

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!**

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.**

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



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



BEFORE YOU GO

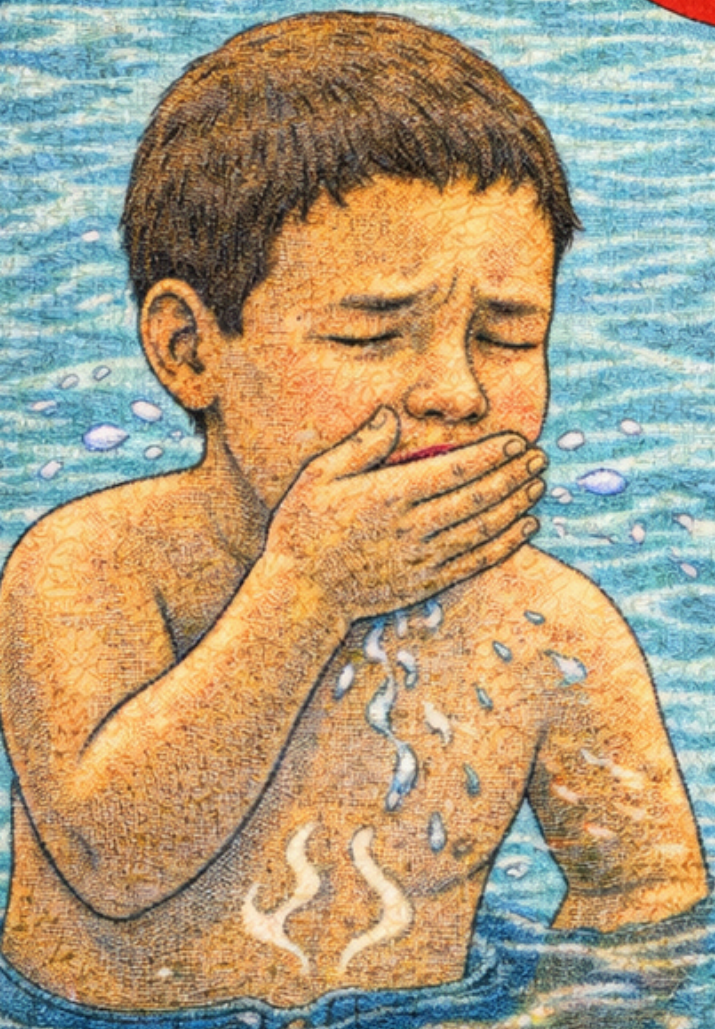
Know the location of the bathrooms
before you get in the water.



Before You Leave for Vacation: LEARN SWIMMING SURVIVAL SKILLS



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



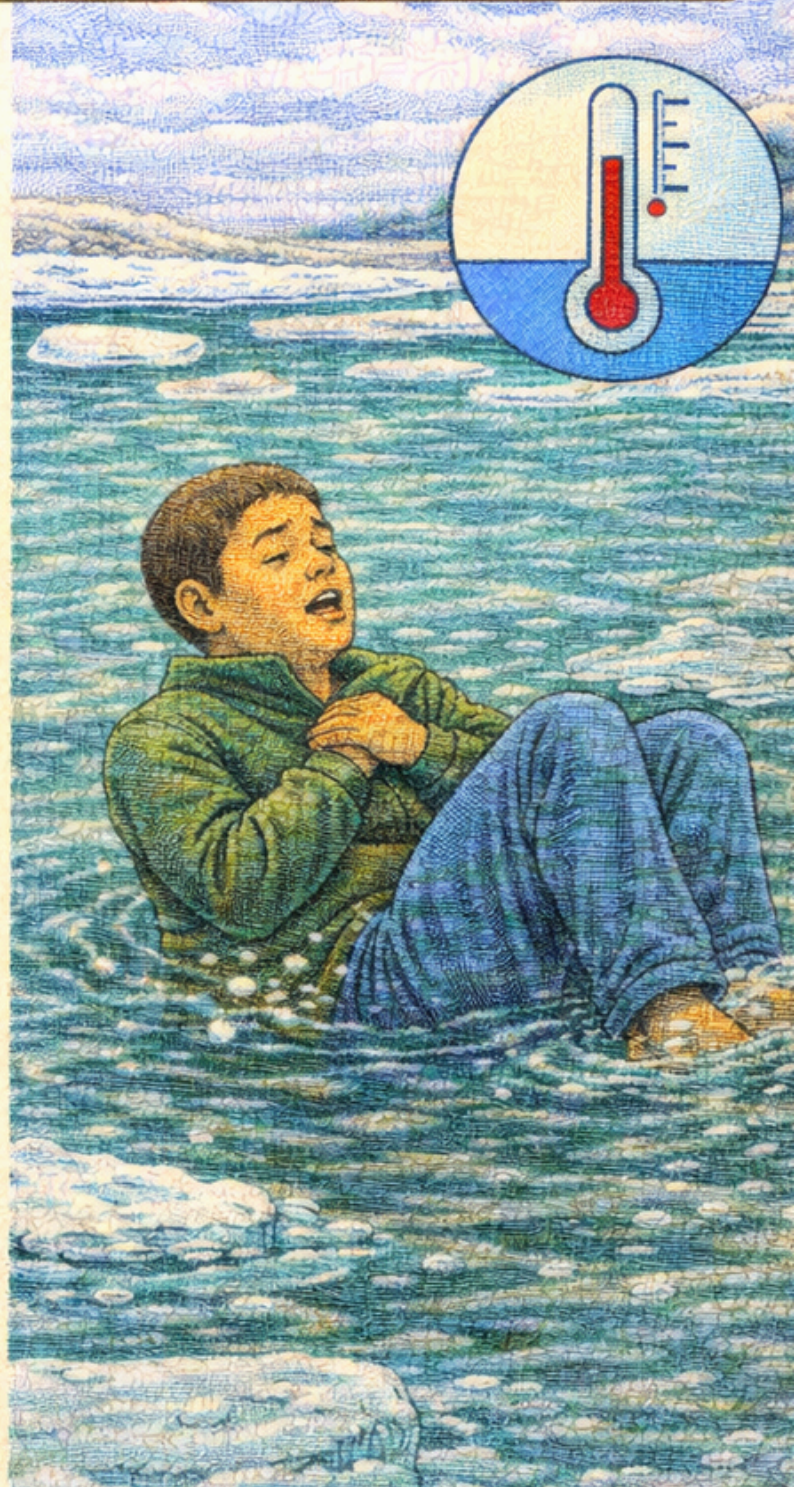
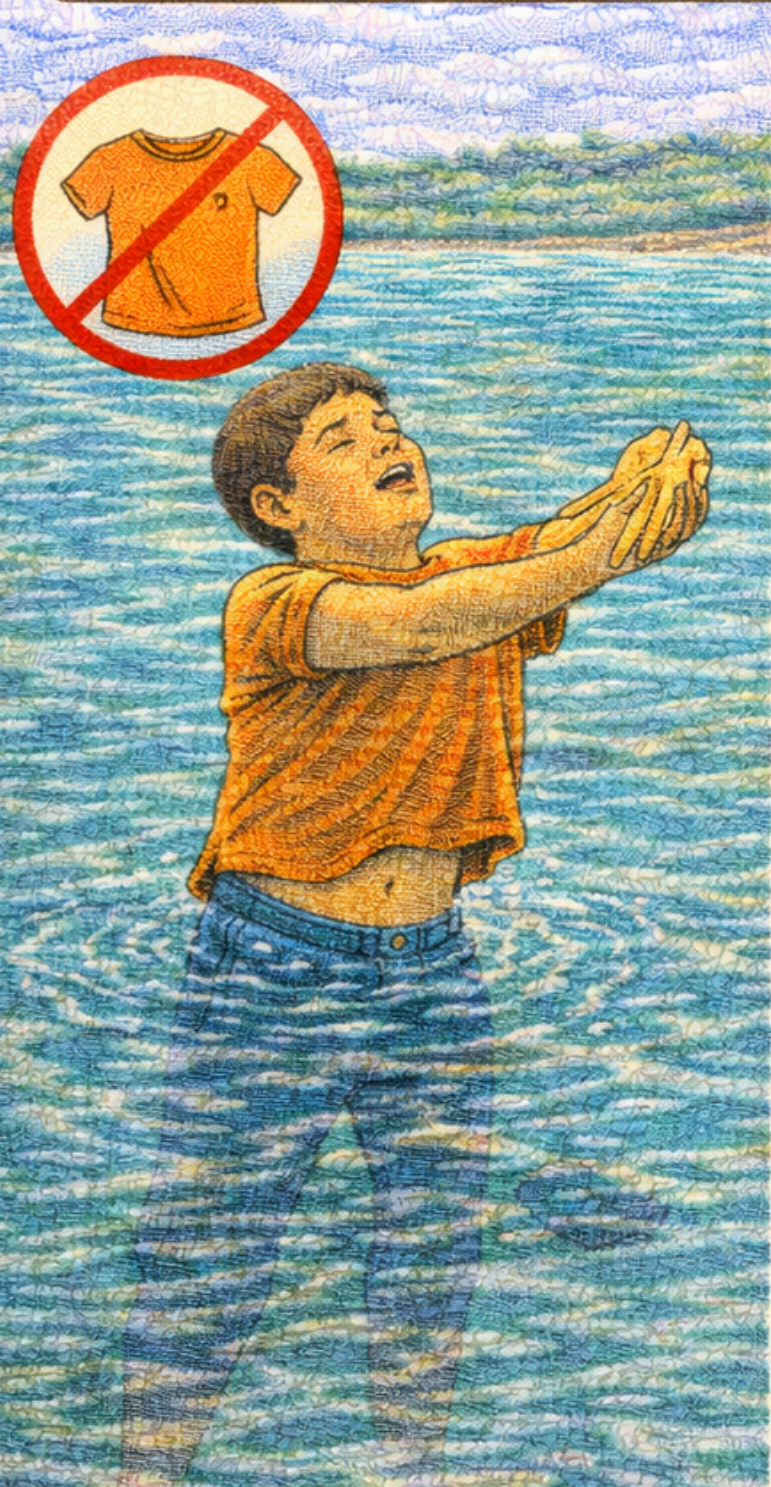
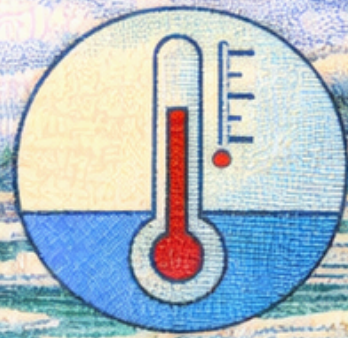
RESTROOMS

OUT OF ORDER



If you fall into water fully dressed then remove your clothes to decrease drag.

But if you fall in to cold water keep your clothes on until help arrives or you can get out quickly



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.



Make sure to have a rescue tube and safety equipment depending on your type of trip.



Know how to use your safety equipment before you go



Before you go on Vacation

KNOW HOW TO SWIM

Learn Basic Swimming Skills



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



If you can't swim
GET HELP!



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

Before you Go

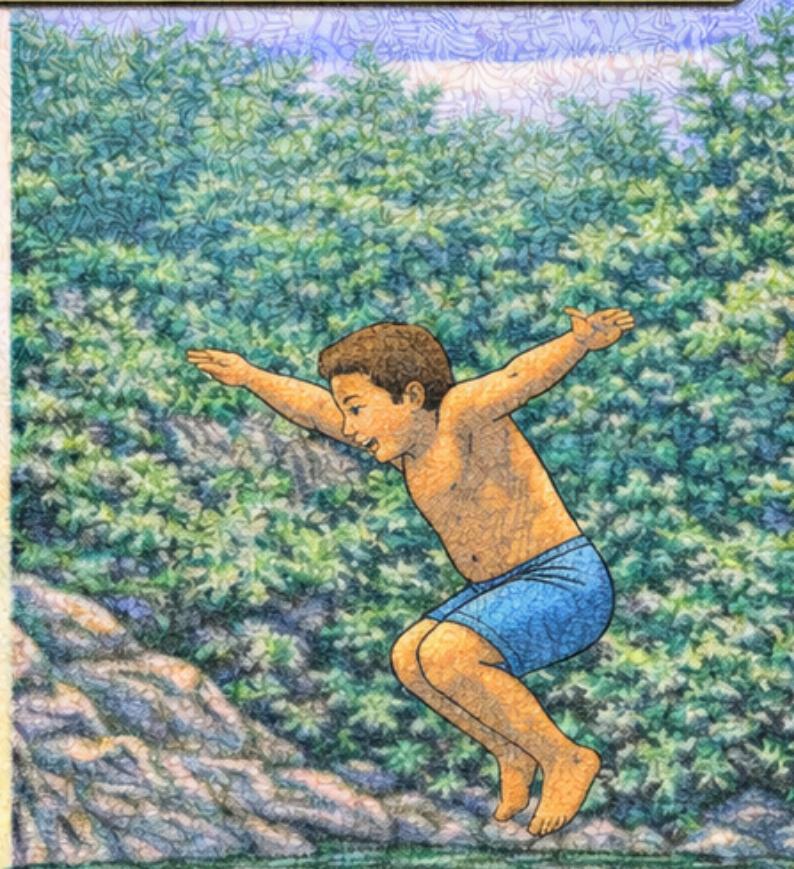
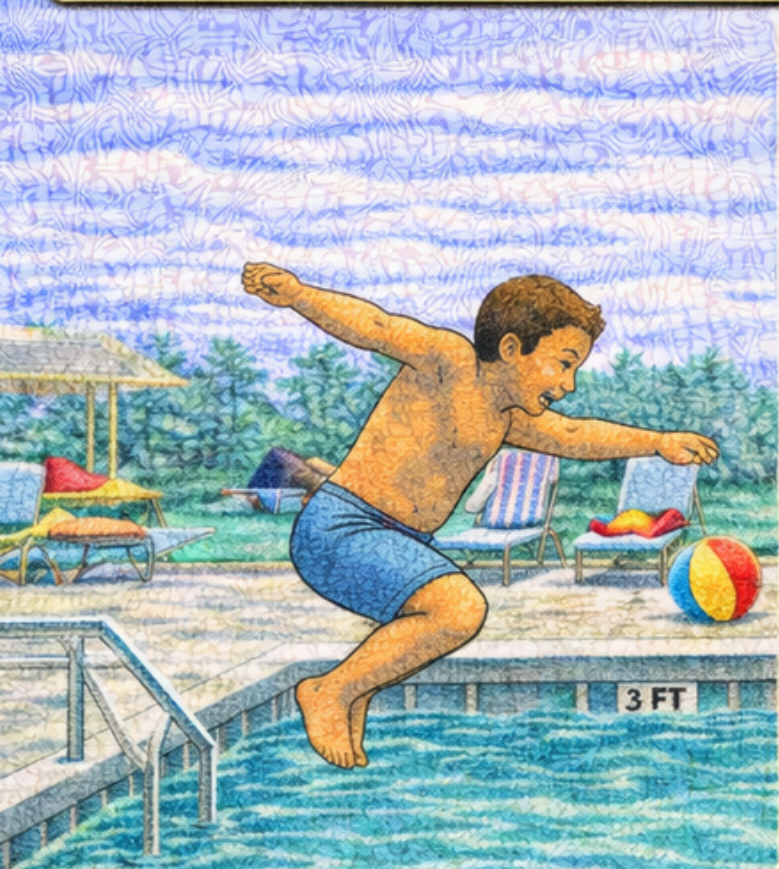
Invest in life jackets that fit each member of the family, learn how to put them on and take them off, and most importantly if you can't swim, or get tired, or may find yourself in a possible survival situation, then wear a

LIFE JACKET !

**Life jackets
save lives.**



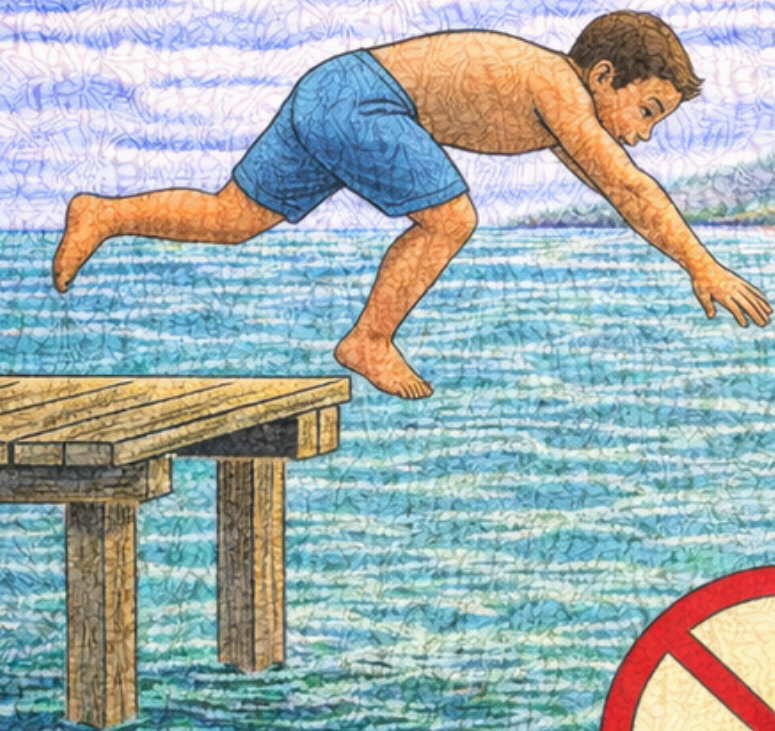
No jumping in shallow water



NO JUMPING



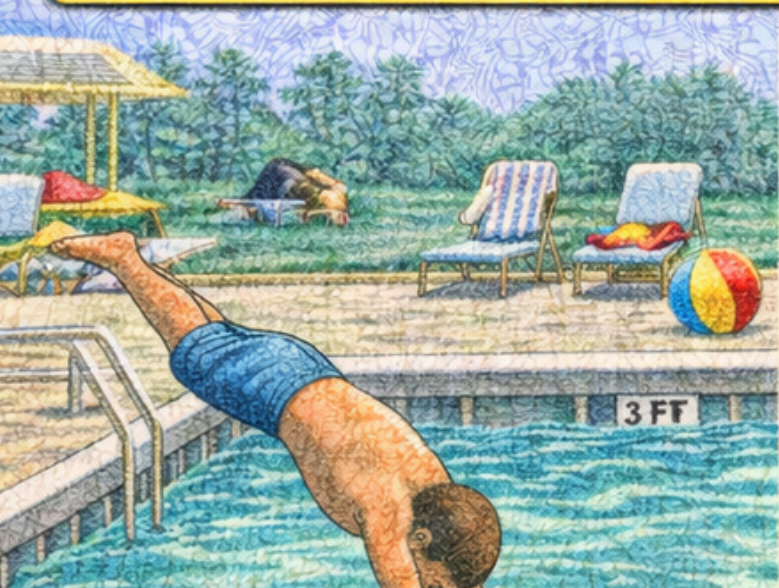
**Do not dive or jump
into any shallow water**



NO DIVING

Do not dive or jump into any shallow water

Especially in a swimming pool or
unknown water

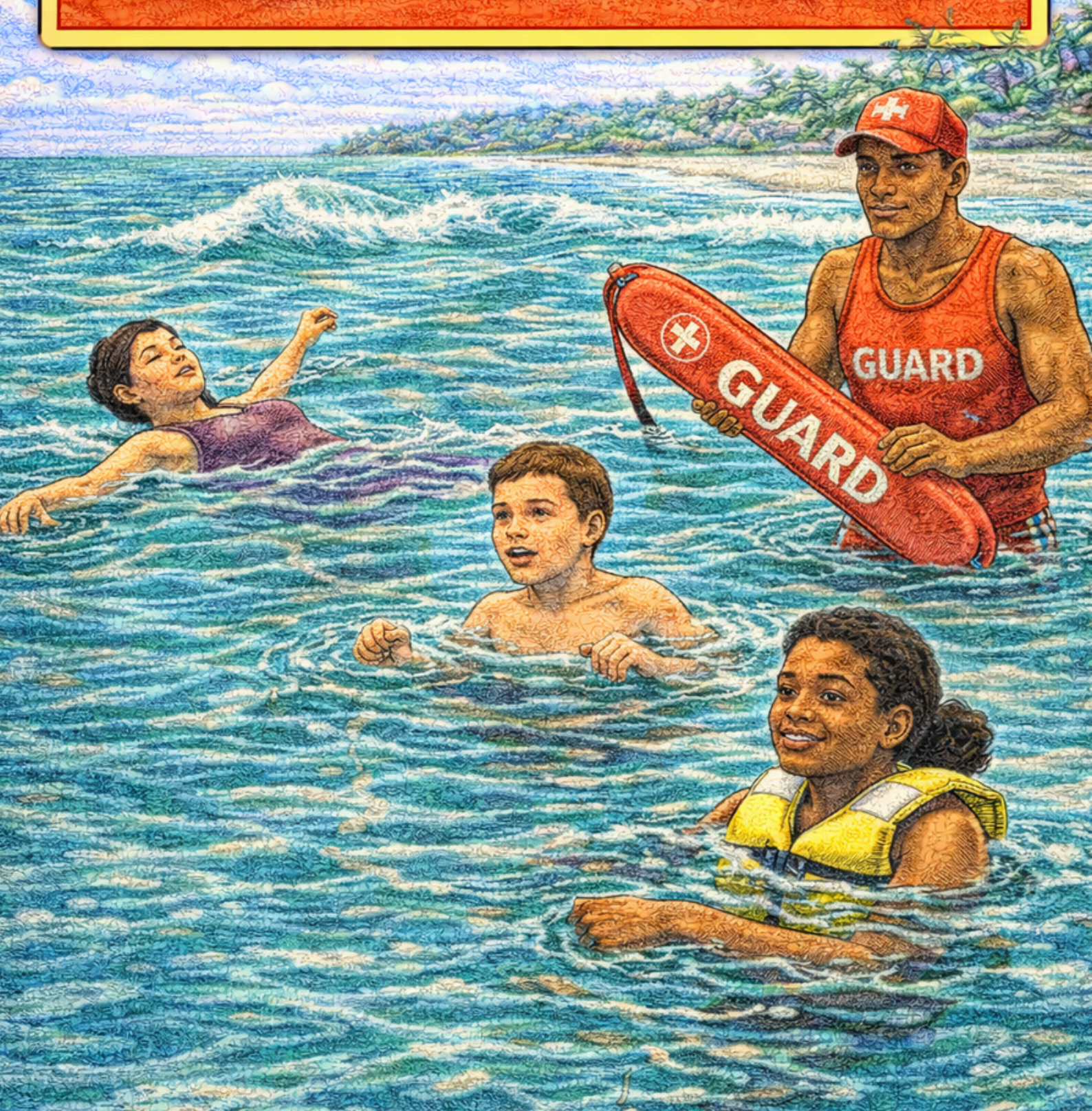


NO DIVING



Before You go on Vacation:

**LEARN BASIC
Swimming
SURVIVAL SKILLS**

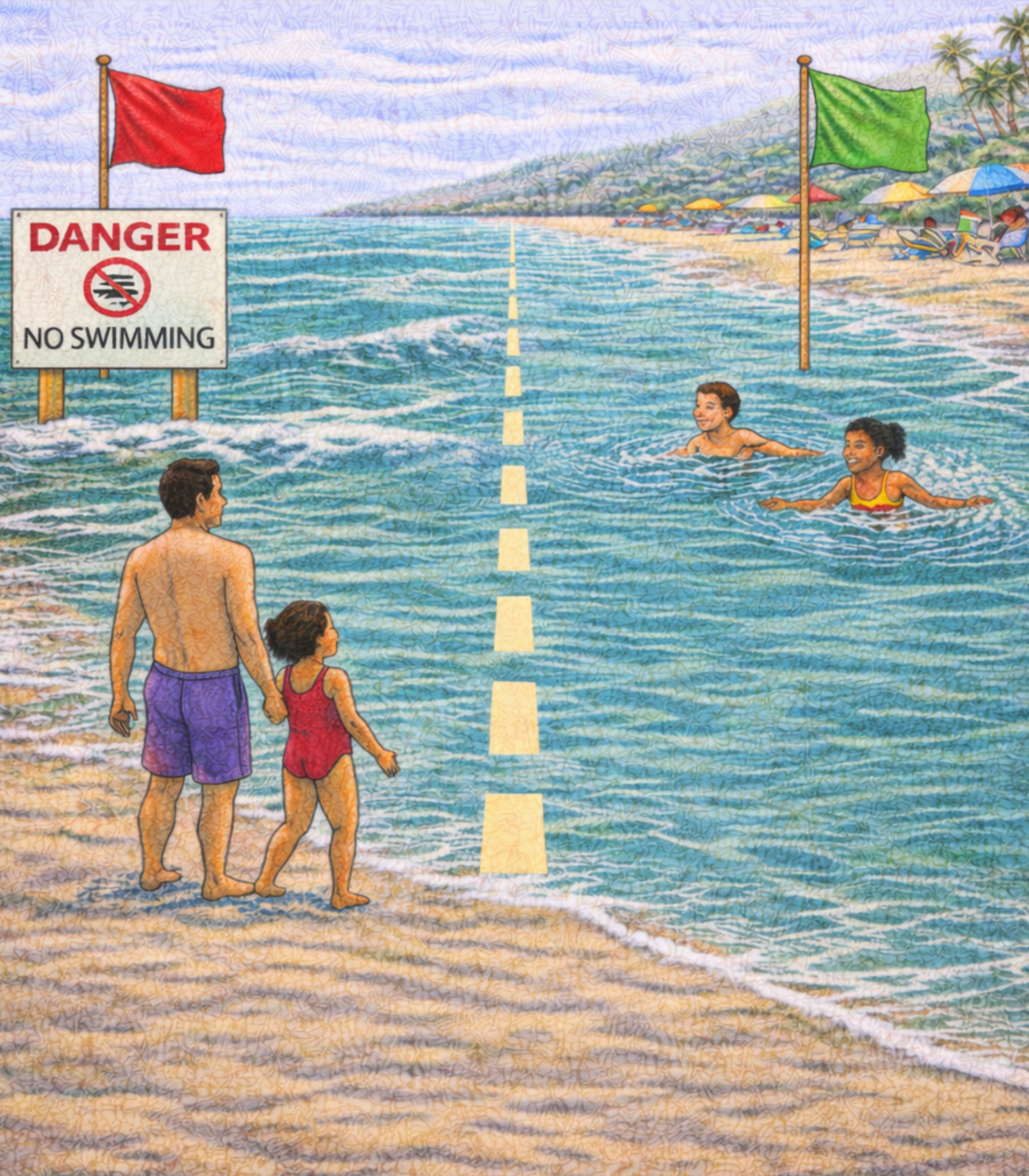


NO LIFEGUARD = HIGHER RISK

Always swim where lifeguards are present.



Know where to swim and where not to swim



Before You Go:

Know Your Beach Flags



Red Flag

HIGH HAZARD

Strong surf and powerful currents. Swimming is dangerous.

RIP CURRENT



Red Flag

HIGH HAZARD

Strong surf and powerful currents.



Double Red Flags

WATER CLOSED

The water is closed to the public.



Yellow Flag

MEDIUM HAZARD

Moderate surf and currents. Swim with caution.



Green Flag

LOW HAZARD

Calm conditions. Still stay alert and supervise children.



Red Over Black Flag

LIFEGUARD ZONE

This is the safest place to swim. Lifeguards are actively watching this area.

NO LIFEGUARD = HIGHER RISK

Always swim *where* lifeguards are present whenever possible.

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.

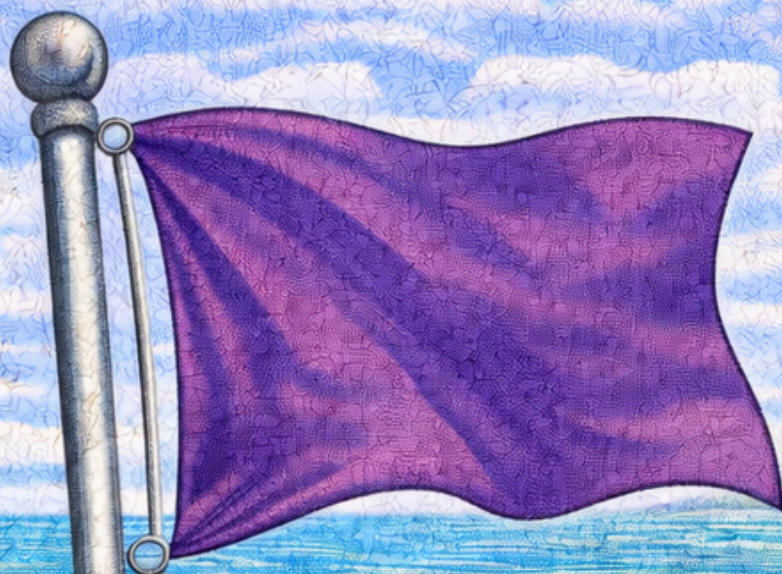
OBEY WARNINGS!



Green Flag

LOW HAZARD

Calm conditions. Still stay alert and supervise children.



 **Purple Flag**

MARINE LIFE WARNING

Dangerous sea life may be present.

Examples include:



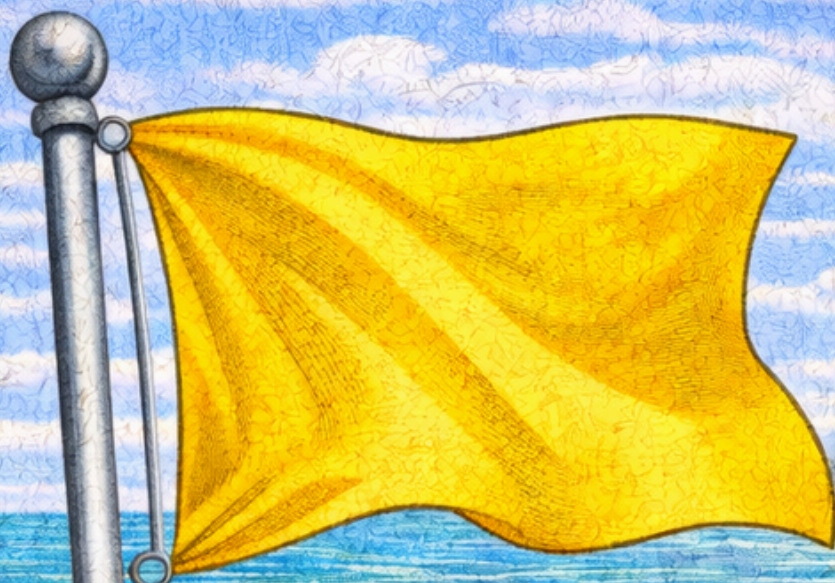
Jellyfish



Stingrays



Portuguese
Man-of-War



 **Yellow Flag**

MEDIUM HAZARD

Moderate surf and currents.

Swim with caution.



 **Red Flag**

HIGH HAZARD

Strong surf and powerful
currents.

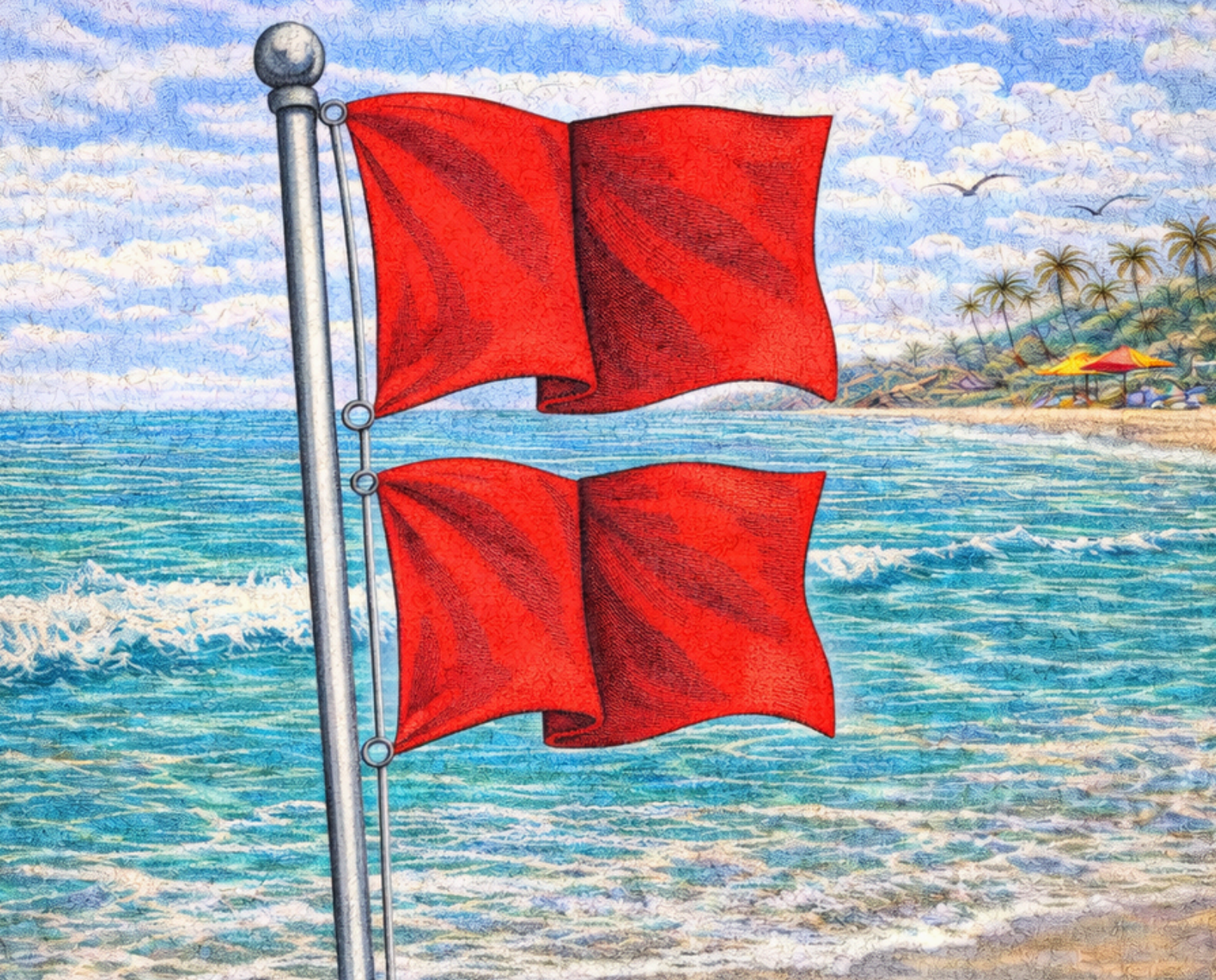
Swimming is dangerous.



 **Red Over Black
Flag**

LIFEGUARD ZONE

This is the safest place to swim.
Lifeguards are actively
watching this area.



Double Red Flags

WATER CLOSED

The water is closed to the public.

Entering the water
is prohibited.



WARNING
RIP CURRENT
IF CAUGHT,
TINY KIDZ GET
FOR HELP

Before You Go:

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

**RIP
CURRENT**

A man in blue shorts is swimming in the ocean, looking distressed. A white arrow points from the text 'RIP CURRENT' down to the water. Two large red arrows curve away from the center, pointing outwards, representing the rip current's flow.

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

Before You Go:

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

**RIP
CURRENT**

A man in blue shorts is swimming in the ocean. A large red arrow points from the shore towards him, and another large red arrow points away from him towards the horizon. A white arrow points down from the text 'RIP CURRENT' towards the man. The background shows a beach with palm trees and a cloudy sky.

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

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.



Enjoy Your Vacation!



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

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