

# **Open Water Safety Checklist**

Tips for Families When Visiting Oceans, Lakes, and Rivers

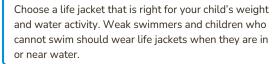


### Teach children how to swim and the basic knowledge of water



Enroll children into swim lessons at the appropriate time depending on their age, development level, and occurrence with water. Express that open water is very different from pool water. Hidden hazards in open water include low visibility, sudden drop-offs, uneven surfaces, and much

## ♦ Wear a U.S. Coast Guard-approved life jacket when in water



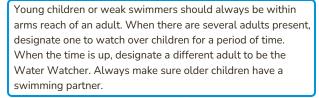


### Make sure children learn water survival skills

Children should be able to do these five things:

- 1. Step or jump into water over their head and return to the surface
- 2. Turn around in the water and orient to safety
- 3. Float or tread water
- 4. Combine breathing with forward movement in the water
- 5. Exit the water

# Choose a Water Watcher for children when they are in or around water











Look for posted signs about open water hazards. Also look for signs that say when lifeguards are present to ensure safety.

Use designated swimming areas when possible



#### Learn basic water rescue skills and CPR

It is important to know how to respond to an emergency without putting yourself at risk of drowning. Take a CPR class to become certified.



