



# Water Watcher Safety Quiz



- Inflatable floaties are safe for children to use?**  
 True                       False
- Learning to swim is essential, what is the youngest age the YMCA offers lessons for?**  
 1 year old                       3 years old                       6 months                       2 years old
- Children should swim in a supervised area?**  
 True                       False
- Choose the best flotation device for a non-swimmer?**  
 Inflatable Tube                       Pool Noodle                       Kick board                       Properly fitted US Coast Guard approved lifejacket
- A Water Watcher will be safe around water by (circle ALL that apply):**
  - Following pool rules
  - Leave children unsupervised around water
  - Allow children to play the breath holding game
  - Limit distractions while supervising children
  - 6 years old and younger accompanied by an adult in the water at all times
- As a Water Watcher, I commit myself to keeping youth safe in and around water by limiting distractions, keeping my eyes on the water and being able to call 9-1-1 in case of an emergency.**

**Signature:**

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# My Child's Swim Ability



Before you and your family get in or around water, fill out these sheets and set safety and supervision expectations for all youth! Use this at the backyard pool, on vacation, at a neighbor's pool, or even at grandma's community center pool.

- Know your child's swimming ability
- Establish safety rules & boundaries
- Assign a Water Watcher—always have adult supervision

Share this with family, babysitters, and caregivers so everyone understands the importance of Safety Around Water! Let's keep swimming fun AND safe!

My child's name: \_\_\_\_\_

## WATER SAFETY



## SWIM LESSONS



### NON-SWIMMER

- NOT allowed in pool
- Allowed in pool with touch supervision in pool within arms reach
- Must have life vest on
- Full attention at all times/no phones, etc.

### GOOD SWIMMER

- Comfortable in pool
- Knows strokes
- Allowed in pool with touch supervision in pool within arms reach
- Allowed in pool with deck supervision and full attention at all times, even if lifeguard is present

### BEGINNER

- Knows how to roll over/float
- Must have life vest on
- Should not wear life vest
- Allowed in pool with you - touch supervision and less than arms reach away at all times
- Allowed in pool with deck supervision and full attention at all times, even if lifeguard is present

### SAFETY CHECKLIST

- |  |  |
|--|--|
| <input type="checkbox"/> All doors/windows with access to pool closed and locked       | <input type="checkbox"/> Never leave child unattended in or around water                   |
| <input type="checkbox"/> All gates to pool locked and never propped open               | <input type="checkbox"/> Establish a no adult, no swimming rule                            |
| <input type="checkbox"/> Remove all toys and objects in/around pool or near fence      | <input type="checkbox"/> Enroll your child in swim lessons and know their swimming ability |
| <input type="checkbox"/> Establish a designated water watcher whenever in/around water | <input type="checkbox"/> Make sure everyone wears a US Coast Guard approved lifejacket     |
| <input type="checkbox"/> Fully empty inflatable pools and put covers on hot tubs/spas  | <input type="checkbox"/> Learn CPR   |