



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER SAFETY TOPICS

Learning to stay safe in and around water may begin at the Y, but it doesn't end there. Use this as a guide to talk about water safety with your family.

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*All of the following water safety topics and information provided on the next few pages comes from the YUSA swimming lesson program and in the YUSA Safety Around Water program. We provide both programs at Stateline Family YMCA.



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Water Safety Topics

SUPERVISION

Why is it important to have an adult present, supervising and watching you, when you are in the water?

An adult can make sure you are safe and help you if you are in trouble. Remember to always ask permission before going near any water.

If an adult is on the phone or reading a magazine, is he or she closely watching you?

No. The adult is distracted. Wait to enter the water until the adult can be attentive in case you need help quickly.

BACKYARD POOLS

What are some things you can do to keep yourself safe in your, or a friend's, backyard pool?

- Don't swim without permission or without adult supervision.
- Ask an adult for help if you want something in or around the pool.
- Keep your hands, fingers, feet and toes out of any openings in the pool, such as grates.
- Don't swim or play in hot tubs or whirlpools.

REACH OR THROW, DON'T GO

Why shouldn't you jump in to save a friend who is struggling in the water?

A panicked person in the water can grab you and pull you under.

What can you do to help your friend?

Use an object to reach out to your friend and pull him or her back to the shore, the bank, or the side of the pool. You can use anything long enough to extend your reach or help your friend float, such as a pool noodle.

CALL 911

When should you call 911?

Call 911 if you think a person is in trouble and there is no adult nearby.

What do you tell the 911 operator?

- Your first and last name
- The address of your location
- The telephone number you're calling from
- What happened and how many people are hurt



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POOL DRAINS

What do pool drains do?

Pool drains pull water into the filtration system so it can be cleaned and returned to the pool.

Why can pool drains be dangerous?

Swimmers can get stuck on a drain in deep water and may not be able to get to the surface.

What two rules should follow related to drains?

- Don't swim or play around pool drains.
- Don't swim in a pool that is missing drain covers.

HYPOXIC BLACKOUT

What is hypoxic blackout?

Holding your breath and swimming underwater for a long time can cause a person to black out or lose consciousness.

How can you prevent hypoxic blackout?

- Don't hold your breath and swim underwater for long distances.
- Don't play underwater breath holding games.
- When swimming short distances underwater, always have a buddy.

SUN SAFETY

What can happen if you are out in the sun too long (without any protection)?

- Sunburn
- Heatstroke
- Dehydration

What can provide protection from the sun?

- Sunscreen
- Hat
- Sunglasses
- T-shirt
- Drinking water

CPR

What is CPR?

Cardiopulmonary resuscitation (CPR) helps maintain vital blood flow to the heart and brain.

How can you tell if someone needs CPR?

If someone doesn't respond, check for breathing and a pulse. When you can't see, hear, or feel any signs of breathing and you can't find a pulse after 10 seconds, the person probably needs CPR. You should also call 911 or send someone to call 911.



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BOATING

What are some dangers of boating?

- The boat could capsize or collide with another boat.
- Drownings can occur when boaters do not wear lifejackets.

What are some things you can do to keep yourself safe in a boat?

- Always wear a United States Coast Guard-approved life jacket.
- Don't stand up in small boats.
- Don't overload the boat.
- Don't boat at night or in low-visibility conditions.

OPEN WATER

What are some dangers of open water?

- Swimmers can get caught in currents.
- It's harder to supervise swimmers.
- Cold water can make swimming & floating more difficult.

What are some things you can do to keep yourself safe in open water?

- Know how to swim.
- Never swim alone.
- Always swim near a lifeguard.
- Don't float where you can't swim.
- Don't fight the current. Go with the flow.
- Don't dive in head first.

LIFE JACKETS

When should life jackets be used?

Until you pass a swim test, you should wear a life jacket in the water. Everyone, even strong swimmers, should wear a life jacket when participating in water sports, boating, or watercraft activities. In case of an accident, a life jacket will help you float until help arrives.

What does a proper lifejacket have?

A proper lifejacket should have the United States Coast Guard's seal of approval on the inside of the jacket.

SAFE SWIM AREA

What could be dangerous in the pool?

- Broken Glass
- Cloudy water
- Diving into shallow water
- Swimming without an adult or lifeguard present
- Pool Drains

Remember, it's never safe to approach water without an adult with you. Always ask permission and look before you leap.