



# Summer Swim Safety



## *What is Summer Safety Week?*

La Petite Baleen has been running our “Summer Safety Week” program for 20 years in an effort to refresh our students and parents with safety tips before the Summer months. The program includes age appropriate rescue, survival and safety skills for all bodies of water.

## *What are my kids learning?*

- Never swim alone (even a good swimmer never swims alone!)
- Never swim to a drowning person
- Get help/Call 911
- Throw something that floats
- Survival floating and treading
- Different bodies of water

# Parents!

## *Travel Tips:*

- When renting a vacation home/condo, ask about whether the swimming pool has a gate or safety feature before booking.
- Discuss what types of water your child will be swimming in (lakes, rivers, etc.).
- Remember that children may not swim quite as well on vacation as they do in lessons (colder water, deeper/darker water, etc.).
- Always wear life jackets when rafting or boating.

## *At Home:*

- Double check all bathrooms/toilets
- Never leave a child unattended in the bathtub (even for a minute!).
- Baby/wading pools, buckets, etc. in the yard should be drained immediately after use.
- Be certain that all pools, hot tubs and ponds have safety fences, covers or nets.

## *Reminders:*

- All parents and caretakers should have current CPR certification.
- Always apply sunscreen 30 minutes prior to swimming outdoors and reapply every hour.

# Parents!

## *Around the pool:*

- Remember, lifeguards should be considered an extra set of eyes...no one will watch your child as closely as YOU...especially at pool parties where adults are often easily distracted.
- Wear a “Water Watcher” bracelet or necklace as a physical reminder of who is in charge of watching the water. A simple rubber band around the wrist or a fun Hawaiian lei can do the trick. When the water watcher needs a break, they must find a replacement and “pass the baton” to another responsible adult.



## *Different Bodies of Water:*

- **Standing Water** is water that does not move. Some of these bodies of water can be colder (or warmer) than La Petite Baleen water. Some of them may be darker, deeper or shallower. It's important to discuss depth, clarity and temperature with your child before swimming in them. Examples of standing bodies of water include:
  - Lakes
  - Swimming Pools and Hot Tubs
  - Ponds
- **Moving Water** can be the most dangerous body of water. In addition to temperature, depth and clarity differences, moving water adds the element of power. Discuss how waves and currents work and how to stay in a safe zone. Life jackets are always recommended when swimming in moving bodies of water. Examples include:
  - Beach/Ocean
  - Rivers, creeks and streams
  - Whirlpool bathtubs and hot tubs

