

# SUMMER SAFETY WEEK BY LPB LEVEL

## Baby/Toddler

Discussion with parents about layers of protection and common hazards at home, on vacation, and more.

## All Students Levels 1-5

Teachers chat with kids about being safe around water and never swimming alone. We also talk about calling 9-1-1 and finding a grown-up if they see a swimmer in distress.

## Levels 3-5/Ages 3-5

Teachers have the same discussion as with lower levels and practice survival skills in the deep end, such as treading water, bobbing, and various floating techniques.

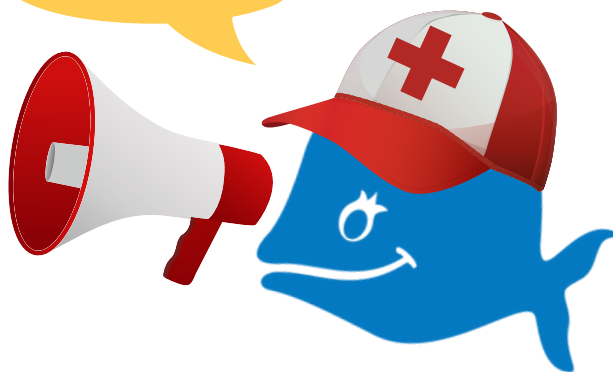
## Levels 3-5/Ages 6+

All of the above plus an opportunity to practice age-appropriate survival and rescue skills.



*Established in 1979, LPB is recognized throughout the swimming world as the leader in creating an aquatic classroom. With locations in Half Moon Bay, San Bruno, San Francisco, and Redwood City, La Petite Baleen specializes in swim lessons for all ages from infants to adults.*

MAY IS NATIONAL WATER SAFETY MONTH



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**DROWNING IS THE LEADING CAUSE OF ACCIDENTAL DEATH IN CHILDREN AGES 1-4**

*LEARNING TO SWIM CAN REDUCE THE RISK OF DROWNING BY 88%*



## La Petite Baleen Swim Schools SUMMER SAFETY WEEK

For more than 40 years, La Petite Baleen has taken safety around water very seriously. We believe everyone should learn how to swim, and that all adults should remain vigilant whenever children and water have the opportunity to cross paths.

At LPB, Summer Safety Week is not just about the fun and games associated with bobbing, life jackets and throwing the life ring. It's about instilling in our students and parents that:

- No one should ever swim alone
- Children should always be watched around water
- Life jackets should always be worn in or around moving water
- Parents and caregivers should know how to swim and learn CPR

## WATCHING THE WATER

- 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 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.



## 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



**DROWNING IS PREVENTABLE.  
LEARN THE 5 LAYERS OF PROTECTION AT  
NDPA.ORG**

## 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

- 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.
- Keep toilet lids shut and childproofed.
- All pools, hot tubs and ponds should have safety fences, covers, or nets.

## AROUND THE POOL

- All parents and caretakers should know how to swim and have current CPR certification.
- Teach kids how to call 9-1-1.
- Be extra vigilant around people whose swimming ability isn't known. Horseplay, pushing, and roughhousing can become dangerous quickly.