

Swimming and Boating in Oceans, Lakes and Rivers Safety Checklist

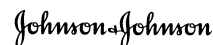
For Parents

- Never take your eyes off of children in the water — even for a moment! If you're in a group, appoint a designated water watcher, taking turns with other adults. Keep a telephone nearby in case of an emergency.
- While supervising, stay alert and avoid distractions like reading or the telephone.
- Always have your child wear a life jacket (also called personal flotation device or PFD) approved by the U.S. Coast Guard while on a boat, in or near an open body of water or when participating in water sports. The life jacket should fit snugly and not allow the child's chin or ears to slip through the neck opening.
- Don't rely on "water wings" or other inflatable toys. If your child can't swim, stay within an arm's reach.
- Teach children to swim after age 4. Teach children how to tread water, float and swim out of a cross-current ("riptide").
- Make sure kids swim in areas designated for swimming.
- Teach children not to dive into oceans, lakes or rivers because you never know how deep the water is or what might be hidden under the surface of the water.
- Do not let kids drive personal watercraft (such as jet skis).
- Learn infant and child CPR and rescue safety tips.
- Never drink alcoholic beverages while boating.
- Take a boating education course.
- Participate in a vessel safety check program every year offered for free by the U.S. Coast Guard Auxiliary or U.S. Power Squadrons (www.uscgboating.org).
- Install a carbon monoxide detector aboard your motorboat.



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