



MAKE YOUR PLAN

1) Collect Important Information to Keep In One Place

Collect important personal information about each family member
(any medical conditions, allergies, DOB, contact information)

Collect important information about care providers for each family member
(primary care doctor, pediatrician)

Collect important information for your home/apartment
(i.e. address, how many exits, any safety concerns- i.e. pools, balconies)

Home Address:

.....

Family Member 1:

Name:
DOB:
Allergies:
Medical Conditions:
Contact Info:
Primary Care Dr.

Family Member 2:

Name:
DOB:
Allergies:
Medical Conditions:
Contact Info:
Primary Care Dr.

Family Member 3:

Name:
DOB:
Allergies:
Medical Conditions:
Contact Info:
Primary Care Dr.

Family Member 4:

Name:
DOB:
Allergies:
Medical Conditions:
Contact Info:
Primary Care Dr.

Family Member 5:

Name:
DOB:
Allergies:
Medical Conditions:
Contact Info:
Primary Care Dr.

Family Member 6:

Name:
DOB:
Allergies:
Medical Conditions:
Contact Info:
Primary Care Dr.





MAKE A PLAN Pt. 2

2) Preventative Steps

Use the following checklist to begin developing prevention strategies with your family.

- Identify different places and bodies of water you might visit with your family
- Have a family discussion about important boundaries and guidelines for staying safe around water: including
 - Never Swim Alone
 - Wear a life jacket
 - Discuss the depth of the pool, spa, lake, river or beach area
 - Always ask a parent/caregivers permission before entering any body of water
 - Always follow pool/lake safety rules
 - Stay within view of a parent/caregiver while swimming and have a designated meeting place if you become separated
 - Take breaks often and hydrate
- Develop a fun signal that each member of the family can use to let you know they can see you and they are safe while swimming
- Identify barriers of protection need for water safety (i.e. locks on doors, gates around a pool, alarms)
- Purchase and have on hand a life jacket for each member of the family
- Create a small first aid kit to have on hand for the pool, lake or beach bag

Additional Prevention Strategies

- Get CPR certified- visit FWDPC.org/get-cpr-certified/ for a list of certification options
- Enroll children in formal swimming education- visit FWDPC.org to learn more about our water safety education classes and the opportunity to receive swim lessons for a free or reduced rate





3) Emergency Preparedness

Sometimes emergencies happen. Be prepared for a water safety emergency by having an important family discussion utilizing the following questions:

What do you do if you see someone not being water safe?

Tell an adult or lifeguard immediately,

What do you do if you see someone that appears to be in distress in the water?

YELL to the person to see if they are okay, the GO TELL an adult or lifeguard immediately if they do not respond. If they respond "I Need Help", then THROW a floatable object to the person in the water. A floatable object could be a life saving ring, noodle, empty ice chest, or a lifejacket. DON'T GO in the water yourself to try and save them. Remember to always lay on your tummy if you are reaching out over the water. Too many times the person in distress pulls the rescuer into the water.

Where should you go if there is an incident or emergency?

Determine a family meeting spot wherever you are swimming for every family member to go if they get separated from you, or there is an emergency.

Do you know how to dial 911?

Teach your children how to dial 911 if there is an emergency.

Final Note:

Make sure all family information is readily available to each member of the family in case of an emergency. Practice important water safety skills like dialing 911, putting on a life jacket, and acting out as a family what to do in case of an emergency. Drowning is 100% preventable with proper education and awareness.