

AQUATICS



BACKYARD & BEYOND WATER SAFETY

Be **INFORMED**

- Drowning is a quick and silent killer.
- Backyard pools and spas need fences & alarms.
- Coast Guard approved life jackets save lives.
- Alcohol and water activities are a bad mix.

Be **ALERT**

- Danger zones are not only pools and spas, but also bathtubs, buckets, toilets, & lakes.
- Supervise with your eyes. Always be aware.
- Reach and throw...Don't Go!
- Remember: **Summer Sun, Water Fun; If Trouble Comes, Call 911.**

Be **PREPARED**

- Learn to swim at any age.
- Learn CPR for the family.
- Keep safety equipment nearby.

Take **ACTION**

Start a **Water Watcher** program.

Anytime and any place kids are swimming we recommend to designate a Water Watcher. At social gatherings, 10-15 minute shifts are recommended. The Water Watcher should not be distracted by conversations, cell phones, reading, etc. and must keep scanning above and below the water's surface. A badge is worn by the Water Watcher to identify this important role. **With any water emergency call 911 - don't delay.**

Think **CAT** (Free of...)

Conversation

Alcohol

Telephone



**CAMPUS
RECREATION**



rec.arizona.edu/aquatics

Source:
Water Watcher Program by Safe Kids Worldwide