DROWNING IS FAST, SILENT, AND PREVENTABLE

Keep your family safer with these

WATER SAFETY TIPS

COLIN HOLST

CONSTANT VISUAL SUPERVISION

LEARN TO SWIM

WEAR LIFE JACKETS

BLOCK ACCESS TO WATER

KEEP YOUR HOME SAFER

MISSING CHILD? CHECK WATER FIRST

STAY AWAY

PRACTICE DRAIN SAFETY

RULES

PRACTICE OPEN WATER SAFETY

LEARN CPR & REFRESH SKILLS

FIND MORE RESOURCES AT www.colinshope.org

COLIN'S HOPE

I'M A WATER WATCHER

WATER WATCHER PLEDGE

I WILL constantly watch children around water.
I WILL NOT become distracted.
I WILL be ON DUTY until relieved by another adult.

For more information, visit www.colinshope.org
Para información en español, visite www.colinshope.org/espanol

swim angelfish
global leaders in adaptive swim
www.swimangelfish.com

URGENT

Drowning is the NUMBER 1 cause of death for children ages 1-4.

HIGHEST RISK

STILL AT RISK

Drowning remains a leading cause of death for older children, teens, and adults.

5 ACTIONS
TO PREVENT DROWNING

1. ASSIGN AN ADULT TO CONSTANTLY WATCH CHILDREN AROUND WATER. STAY IN ARMS REACH.
2. LEARN TO FLOAT. LEARN BASIC SWIMMING SKILLS. NEVER SWIM ALONE.
3. WEAR U.S. COAST GUARD APPROVED LIFE JACKETS IN AND AROUND OPEN WATER, ON DOCKS, AND ON BOATS.
4. BLOCK ACCESS TO WATER. ENSURE MULTIPLE BARRIERS ARE IN PLACE.
5. LEARN CPR WITH RESCUE BREATHS

LEARN THE SIGNS OF DROWNING

autism anxiety physical delays motor sensory trauma discomfort

CALLING ALL PARENTS OF SWIMMERS WITH SPECIAL NEEDS

Ailene, Holden, and Cindy

Aquatic Education for drowning prevention is our number one priority at Swim Angelfish®.

Dive into these adaptive swim strategies to immediately improve safety.

1) **ASK** - Teach your child to ASK before getting in the bathtub and any body of water! This Ritual will improve safety and preparation prior to entering water.

2) **EDUCATE** - Inform Lifeguards of the FREE video 'Soft signs to approach your child differently' in the event of an emergency. (Access with the QR code below).

3) **WATCH** - 'Parent Tips For Swim Success' for strategies, tips and a FREE handout on how to support your swimmer and understand why they seek the water or avoid it. (Access with QR Code below)

4) **READ** - Our adaptive aquatics blogs include drowning prevention advice and safety tips. Check out the Life Jackets and Rescue Tube Safety Tips.

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Sincerely,

Ailene and Cindy
Co-Founders of Swim Angelfish
Global Leaders in Adaptive Aquatics

HOW TO BE A WATER WATCHER

- Let Children Know That You Are The Water Watcher
- Station Yourself Near The Water
- Wear The Water Watcher Badge
- Remain UNDISTRACTED While On Duty
- CLEARLY Transfer Duty To Another Adult After Your Shift
- BLOCK Access To All Water During Non-Swim Times

TAKE & SHARE THE WATER SAFETY QUIZ: www.colinshope.org/quiz

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COLIN'S HOPE
WWW.COLINSHOPE.ORG