



## Pool and Water Safety Parent Handout

**SOCIAL SKILLS OBJECTIVE:** Students will learn important safety precautions regarding water and ice. Instructors will read the book and do one of the following activities.

**BOOKS:** *Watch Out! Near Water* by Claire Llewellyn and Mike Gordon; *Beach Smart* by Joseph C. Wilson

**SOCIAL SKILLS EXPECTATIONS:** When discussing specific behaviors that impact relationships, ask: Who, What, Where, When, Why, and How in relation to behaviors.

**GAME:** Water Safety

**FOLLOW UP AT HOME:** Discuss with your child the following swimming and water safety procedures. Most important, no matter how long it takes make sure your child knows how to swim.

- Why is it important to only swim in designated areas supervised by lifeguards?
- Why is it important to always swim with a buddy and never swim alone?
- Why is it important to always ask permission to go near water?
- What is most important to wear if you are an inexperienced swimmer? **U.S. Coast Guard-approved life jackets**
- Why is it important for everyone to learn how to swim?
- If you have a pool in your back yard, what are some important things to remember?
- If a child is missing, why is it important to check the water first? **Seconds count in preventing death or disability.**
- Why is it important to have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit?
- Why is it important that everyone know how and when to call 911 when swimming?
- How does the Red Cross help people be safe with water? **They teach home pool safety, water safety, first-aid, and CPR/AED courses to learn how to prevent and respond to emergencies.**
- How can you protect your skin when out in the sun? **Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15. Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.**  
[http://kidshealth.org/parent/firstaid\\_safe/outdoor/water\\_safety.html#](http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html#)
- Why should you not eat or drink near a pool? **You might choke.**
- If you can't swim where should you go to get into the pool? **In the shallow end.**
- Why is it important to never run around a pool? **You can slip and fall which could cause serious injuries. You could also slip into the water and drown.**
- Why is it important to have an adult or life guard at the pool when you are swimming? **Just in case something happens and you need help.**



- Why is it important there is always someone who knows CPR when swimming? **Just in case someone drowns.**
- Why do you never dive into the shallow end of a pool? **You could break your neck, become paralyzed and drown.**
- Why is it important to have an adult with you if you are going off the diving board? **In case you get hurt.**
- Why is it important to never push people in the water? **They might not know how to swim and could drown.**
- Why do you never use electric devices near water? **You might get electrocuted.**

## Ice Thickness for Safety

Thickness of Clear or Blue Ice Only	Activity	Maximum Weight
0-3"	No activities	None
4-5"	Skating, Fishing	250 lbs.
6-7"	Snowmobile or ATV	1,100 lbs.
8-11"	Light Truck or Car	3,527 lbs.
12-14"	Medium Truck	7,937 lbs.