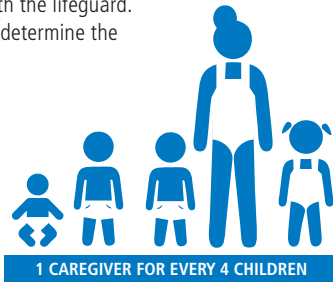

Know your Limits

People who don't know how to swim or who are weak swimmers should always wear a lifejacket and stay in shallow water. Know your own swimming ability and how many children you can safely and actively supervise at the pool.

- Non-swimmers and weak swimmers should wear a lifejacket at all times.
- Limit non-swimmers to shallow water.
- Wearing a lifejacket helps keep the child at the surface to assist you while supervising. If in doubt, check with the lifeguard. Lifeguards may perform a swimming test to determine the child's skill level. Age and swimming ability matter!
- If a child is in danger, make sure that you are not in danger as well. Know before you go – no matter what your age, know your limits.
- Understand your own swimming ability and how many children you can safely and actively supervise.



To Learn More About Caregiver Supervision

Please visit www.lifesaving.org.

The Lifesaving Society

The Lifesaving Society - Canada's lifeguarding experts works to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management, drowning research and lifesaving sport. Annually over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

To any further questions or to find out more please contact:

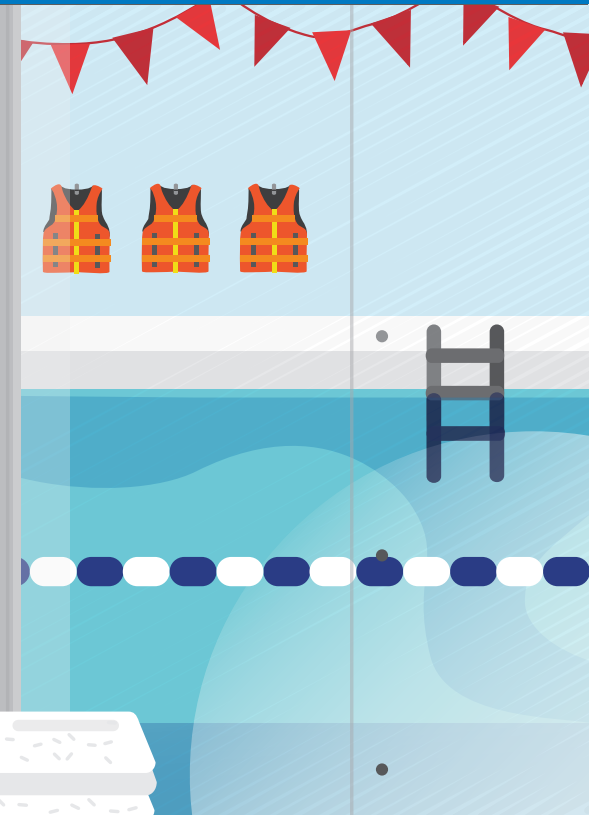
Lifesaving Society Alberta and Northwest Territories
Canada's Drowning Prevention Charity

Charitable Reg. No. 11912 9021 RR0001

13123 - 156 Street Edmonton, Alberta T5V 1V2

T: 780 415 1755 | F: 780 427 9334 | experts@lifesaving.org | www.lifesaving.org

YOUR FIRST 10 MINUTES AT THE POOL



POOL ADMISSION

Caregivers play a crucial role in keeping children safe when in, on and around the water. Supervision involves being able to touch, see and hear children. Caregivers can be parents, grandparents, teachers, coaches, day care supervisors, camp leaders, etc.

Your First Visit to the Pool

Safety is also very important during the first ten minutes at the pool. Children and youth are excited to get into the water and it is often busy in the lobby and change rooms. Ask about the facility, rules, change rooms and policies.

- Ask for an orientation to the pool.
- Become familiar with the change rooms and exits, access points to the pool, the number and types of pools (i.e. dive tank, lap pool, hot tub, wading pool), slides, water temperature and water depth.
- Check with the staff and inquire about the admission policy and supervision criteria and any swimming tests that may be required.
- Some pools have implemented a wristband procedure that is linked to age and swimming ability. This system allows staff to visually identify children at greater risk.



Have a Sense of Time

Time can go by quickly when you are busy. Children should be supervised in the change room until you are all ready to enter the pool. Many pools have family change rooms to allow caregivers to supervise children.

- Check your watch and the pool clocks often.
- All children must stay with you in the change room until everyone is ready to enter the pool.
- If a child is missing, check the pool first.
- Review rules posted in change rooms and on the pool deck.



Know the Pool Rules, Signs, and Hazards

Pools have rules, safety signage and lifeguards to help keep everyone safe. Take a moment to review them and minimize risk.

- Before entering the water become familiar with the pool rules, signs and lifeguards.
- Each pool may have different rules, signs and hazards.
- Assess all potential risks and hazards (water depth, running on the pool deck).
- Always enter the water feet first.
- Deep water is considered to be chest deep for anyone, especially children.



Active Supervision

Children must be actively supervised at all times. Caregivers play an important role in the safety of their child, even when lifeguards are on duty. Each pool may have different supervision policies.

- Children must be actively supervised at all times (including in the change rooms).
- A caregiver should always be able to see and hear their child. The absence or momentary lapse of adult supervision is a factor in most child drownings. Caregivers play a crucial role in the safety of their child, even when lifeguards are on duty.
- Lifeguards are not babysitters. Always actively supervise children.
- Be Prepared. Be Close. All of Your Attention. All of the Time.



What Does a Person in Trouble Look Like?

Drowning can happen quickly and silently. If you notice someone in trouble, call for help immediately and get a lifeguards attention.

- A person can drown quickly and silently in a matter of seconds.
 - A drowning person rarely calls for help or waves for help because it takes everything they have just to get a breath of air.
 - If you notice someone in distress, get the lifeguards attention, reach or throw a rescue or flotation device, and call 9-1-1 if needed. Better safe than sorry.
 - A person at a high risk of drowning may have a near-vertical body position, ineffective arm and leg movements and makes little or no forward progress in the water.
-