



# LONE STAR

KEEP KIDS FROM DROWNING

# LIFESAVERS

## Safety Action Plan

**What types of water is your family around?** (*Backyard pools, Community pools, Hotel pools, Water parks, Lakes, Rivers, Oceans, Creeks, Drainage ditches, Wading pools, Bathtubs, Buckets, etc.*)

---

---

---

### Find the danger zones before you swim.

- |  |   |
|--|---|
| <input type="checkbox"/> Are their blind spots or distractions?  | <input type="checkbox"/> Can you see the bottom, or is it too murky to see drop-offs and debris?  |
| <input type="checkbox"/> Are their lifeguards on duty?   | <input type="checkbox"/> Are their unfenced pools in your neighborhood?                           |
| <input type="checkbox"/> Is the water surrounded by barriers like fences or are their ways children can get to the water unsupervised? | <input type="checkbox"/> Do you keep wading pools or rain buckets full of water on your property? |
| <input type="checkbox"/> Are their currents or undertow?   |   |

### Have you remembered to ...

- |  |  |
|--|--|
| <input type="checkbox"/> Get familiar with lakes and rivers before you swim?       | <input type="checkbox"/> Use life jackets?   |
| <input type="checkbox"/> Have a phone handy when you're around the water?          | <input type="checkbox"/> Know where the pools are in your neighborhood, and make sure children can't get to them unsupervised? |
| <input type="checkbox"/> Use secure doors, fences, and gates around your property? | <input type="checkbox"/> Have something with you to reach out to struggling swimmers   |

**What can you do to be a safer parent?** (*Can you swim? Could you perform CPR in a crisis? Do you understand how to properly supervise children around the water? Do you drink alcohol while swimming? Do you wear a life jacket in open water?)*

---

---

---

---

---

**What can you do to make your children safer?** *(Do they know how to swim and/or self-rescue in the water? If they can't swim, do they have a life jacket that fits? Have you talked with them about not going near the water alone? Do they know what to do if they see someone in trouble in the water?)*

---

---

---

**To-do list:**

**What helpful changes can you make now in your family?**

---

---

---

---

---

---

---

**What resources do you need help finding?**

---

---

---