fireflies

A Safety Newsletter For Kids

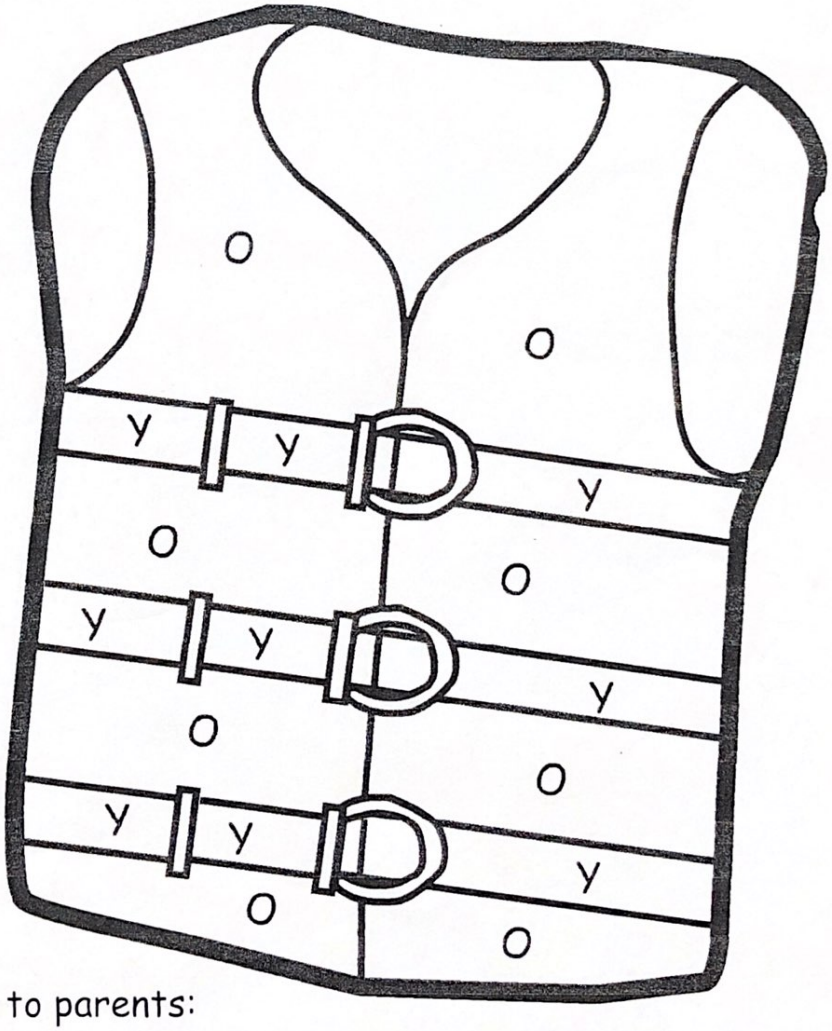
Produced by Your Local Fire Department & Northwest Fireflies

Life Jackets Are Cool!

Color the life jacket below. Use orange to color the areas marked O and yellow to color the areas marked Y.

Always wear your life jacket:

- On a boat
- On a dock
- At the lake
- At the river
- Near a pool
- At the beach



Naggy Gnat note to parents:

Always watch your children closely when they are in or near water

goldfish swim school®

www.goldfishswimschool.com

goldfish swim school®

Where the experience is golden.

Dear Parents:

Today, your child participated in a learning program from Goldfish Swim School – *Bubbles' Water Safety Program.* This water safety and drowning prevention program is based on the principles taught by the United States Swim School Association and the Safer 3 Water Safety Foundation.

The program was a fun 20 minute lesson that focused on:
• Introducing your child to the concept of water safety and taught them important skills that will keep them safe while enjoying water experiences.
• Provided materials and information to your child and you in efforts to prevent water related accidents.

The following are key concepts that we learned today and we encourage you to discuss with your child:
W: Wear your life jacket
- Be sure to make sure your child's life jacket is U.S. Coast Guard approved

A: Act
- Go for help and get an adult if someone is in trouble

T: Take swim lessons
E: Educate yourself on swim safety skills
- Tread water
- Roll onto your back (Sea Otter Float)
- Climb out of the pool (Elbow, Elbow, Tummy, Knee)
- Click Clack on the wall to get to a ladder

R: Respect- Play it cool and follow the rules
- Listen to the Lifeguard
- Use walking feet
- Always swim with an adult
- Keep your hands to yourself while swimming

Below are some ways you can help your child become more confident and comfortable the water:
- Sign up for swim lessons
- Participate in open swim events where you can help your child work on their skills and have fun at the same time
- Develop a safety plan for trips to the pool or when you will be around water
  A safety plan should include:
  - Applying sunscreen
  - Taking your child to the bathroom
  - Assuring adult supervision before swimming
  - Scheduling breaks for your child to rest, drink water, have a snack and reapply sunscreen
- Have conversations with your child about rules at the pool, listening to the lifeguards and never swimming alone or in bad weather

We hope this fun and educational program reinforced water-safety skills and introduced new ways for your family to stay safe while enjoying water experiences. We invite your family to Goldfish Swim School during an open swim to practice your water safety skills. Please use the free family swim pass in your take home kit and join us! Feel free to contact us if you have questions about the program or about water safety for your family.

Swimcerely,

The Goldfish Swim School of Dublin and Westerville