



LAKE-SIDE SAFETY GUIDE

CASTING HOPE FOR SAFER SWIMMERS

PLAYING ON THE BEACH OR LAKESIDE

- Dress your child in a brightly colored swimsuit so they are easy to spot both in and out of the water.
- Clean up and properly store all water toys when playtime is over.
- If you are staying at a lake home, ensure that all doors have working locks, including doggy doors.
- Designate a water guardian.

ON A BOAT, DOCK OR PIER

- Always wear a life jacket on a boat, dock or pier.
- Create a routine of walking on the dock or pier with your child. Never allow them to go alone, even if you are watching them.
- Keep a rope and throw ring tied to the dock and onboard a boat, so it's ready to use in a moment's notice.

SWIMMING IN THE WATER

- Wear a life jacket when swimming in treacherous open water.
- Be in the water with your child and stay within arm's reach.
- If you'd like to give your child a break from swimming and use an inflatable float, we recommend using one with a solid or mesh bottom that will not place your child in a vertical position, with their legs dangling in the water.

FOR MORE RESOURCES SCAN OR VISIT:

castwatersafety.org | [@castinghope_](https://www.instagram.com/castinghope_)

