

# Choose a Swim Instructor Who:

- Presents proof of current self-rescue program certifications.
- Provides strong parent testimonials.
- Offers an opportunity for you to observe another child's swim lesson.
- Provides significant educational resources regarding water safety and safe swim practices.
- Has a well established continuation lesson program.



## ASK YOUR POTENTIAL SWIM INSTRUCTOR:

Will these lessons teach my child to independently get to the surface for air?

Will they progress in weeks, not years?

# Safe & Effective Early Childhood Swim Lessons



## Look for Lessons That:

- Emphasize the safe and developmentally appropriate delivery of skills and survival before comfort and games in the water.
- Allow children to safely practice skills while fully clothed.
- Do NOT use flotation devices as instructional aids.
- Allow for frequent, individualized (1:1) lessons.
- Deliver visible results in weeks, not years.
- Implement safety protocols.

## Key Outcomes:

- Establishing breath control
- Learning to swim independently with eyes open and face in the water
- Rolling to a float and maintaining this floating position for a period of time



## WHY WATER SAFETY MATTERS NOW!



## CASTING HOPE FOR SAFER SWIMMERS

[castwatersafety.org](http://castwatersafety.org)

# A Toddler's Greatest Risk:

- Drowning is the leading cause of death for children 1-4.
- Drowning most often happens during non swim time, when children are fully clothed and not expected to be swimming.
- In most cases, drowning occurs when children were under direct supervision of one or more caregivers.

**A strong water safety strategy can greatly reduce your child's risk of a drowning related accident.**

## Safe Water Play



Water play keeps non-swimmers safer when 1:1 time with an adult in the pool is not possible. Please consider that water tables, slip 'n slides, sprinklers, and water squirters create a fun water experience for all ages.

**CONSTANT SUPERVISION IS ALWAYS REQUIRED  
IN AND AROUND ANY FORM OF WATER!**

# Poolside Safety

## Barriers

Safeguard your pool with fences, self-latching gates, door locks, and alarms.

## Routines

Create strong routines for entering the pool with adult permission.

## Engagement

Always be in the water with unskilled swimmers.

## Supervision

Designate an adult to actively supervise swimmers at ALL times.

## Play

Play with your child & keep them within arms' reach.

## Clean Up

Ensure barriers are in place & clean up all toys after swim time.

## Swim Aids

Accept that a child reliant on flotation aids is NOT an independent swimmer.

## Photos

Post & share photos later – do NOT divide your attention.



SCAN FOR MORE SAFETY  
TIPS & RESOURCES



## FOLLOW CAST & LEARN MORE!



CASTINGHOPE\_



CAST WATER SAFETY FOUNDATION

# Life Jackets: When, Where & Why?



## When & Where?

- On a boat, pier, or dock every single time!
- Near open water.
- During swim time in lakes, rivers, or oceans when the conditions are treacherous.
- Whenever it is NOT swim time, but a situation where your child would be in danger if they fell or jumped into the pool or open water alone!

## Why?

- It is the law for a child to wear a USCG approved life jacket on a moving vessel.
- It's impossible to supervise children constantly and drowning happens in seconds.
- They make swimming in treacherous open water much safer.
- Life jackets can save your child's life if they find themselves unexpectedly in water.

## Why Not?

- Life jackets and puddle jumpers are not learn to swim toys.
- Using these devices for play time at the pool creates dangerous swim postures and a false sense of security/perceived skill level for the child.

**Instead, adults are encouraged to get into the pool  
or calm open water with children.**