



Pool safety checklist for kids

- Always swim with an adult watching you.
- Learn how to swim.
- Practice the Swim to Survive standard – roll into deep water, tread water for 1 minute, swim 50 metres.
- Never run, push or jump on others in the pool.
- Never dive into shallow water. Jump feet first instead!
- Stay away from pool drains.
- Do not swim during a thunderstorm or at night. It is not safe.
- Learn how to call 911 in case of an emergency. Know the address of the backyard pool.
- Learn where the emergency equipment is located and what it is used for.
- Set a good example for other swimmers by obeying safety rules.

Pool safety checklist for adults

- Never take your eyes off of swimmers in the pool – even for moment! If you're in a group, appoint one designated "pool supervisor" to watch the pool.
- While supervising, stay alert and avoid distractions like reading or the telephone.
- Don't rely on water wings or other inflatable toys. Pool toys are not a substitute for adult supervision. PFDs may be used to provide additional support to non-swimmers.
- Stay within arms reach of children who can't swim.
- Teach children to swim. Swimming lessons can help prepare your children for an unexpected fall into water. Lessons are available for children as young as 3 months old.
- Teach children the Swim to Survive standard – roll into deep water, tread water for 1 minute, swim 50 metres.
- Learn swimming and water rescue skills. Adult learn to swim lessons are available at your local pool. Lifesaving and first aid courses are also available for adults.
- Know how to call 911 in case of an emergency. Keep an emergency phone on the pool deck when the pool is in use.
- Keep gates to the pool area latched at all times.
- Ensure lifesaving equipment is by the pool and in good working condition.
- Remove pool toys from the pool when the pool is not in use. Children can easily fall into the water when reaching for these toys from the pool deck.
- Alcohol and swimming do not mix. Never allow swimmers into the pool when they have consumed alcohol.