



PARENT & CAREGIVER RESOURCES

LEARN about water safety. TALK about water safety. PRACTICE water safety. PREVENT drowning.
Teach your children about water safety today.

Water Safety with Colin & Friends | For All Families

WHAT IS WATER SAFETY WITH COLIN & FRIENDS?

A comprehensive water safety education tool focusing on key rules that help prevent drowning and encourage children to make safer choices in and around water



Colin's Hope believes that water safety should be introduced at the earliest of ages and made entirely second-nature, just like staying away from hot stoves, helmets on bikes, and seat belts in cars.

Water Safety with Colin & Friends does that by giving you the tools and resources to create a safer culture around water using The Whole Hand Rules! With these SIMPLE behaviors, YOU can help to prevent drowning.

Drowning IS preventable! Teach your kids how at www.drowningispreventable.org

COLIN'S HOPE - OUR STORY

On June 13, 2008, Colin fatally drowned in a lifeguarded pool the day after he successfully completed swim lessons. Adult family and friends were present. Lifeguards were on duty. Colin still drowned in shallow water...quickly and silently.

After Colin died, his parents Jeff & Jana Holst learned that **drowning is the NUMBER ONE cause of death for children ages 1-4**. Yet, DROWNING IS PREVENTABLE. Colin's Hope was created with the hope that no other family would lose their child to something so preventable.

Our mission at Colin's Hope is to educate parents, caregivers, and children to prevent drowning. **Learn more about what we do at www.colinshope.org and TALK to children about water safety today.**



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TEACH YOUR CHILDREN ABOUT WATER SAFETY!



1 LEARN ABOUT WATER SAFETY!



THE WHOLE HAND RULES - WATCH THE VIDEO OR PRINT THE ACTIVITY

“Safe” means to make choices that keep our bodies from getting hurt. When we learn about water safety, we are talking about things that keep us from getting hurt in and around water. **NO ONE is drown proof, but everyone can be SAFER around water.** The Whole Hand Rules are five ways we can be safer.

2 TALK ABOUT WATER SAFETY



FAMILY WATER SAFETY RULES BOOKMARK - PRINT THE ACTIVITY

All sources of water are dangerous for kids, teens, and adults, even bathtubs. Identify water sources in your home and places you visit often so that you can make a list of rules with your kids. Rules may look different based on each family’s home and activities. Do you have a backyard pool? Do you visit lakes and beaches often? Does a family member or friend have a pond or creek near their property?



3 PRACTICE WATER SAFETY

Complete the Water Safety Checklist on the next page with your family!

4 PREVENT DROWNING

Continue talking about water safety before every outing or vacation. Be sure to order Water Watcher badges at www.colinshopestore.org.

OUR FAMILY'S WATER SAFETY CHECKLIST



LEARN ABOUT WATER SAFETY

- Take the **Colin's Hope Water Safety Quiz** and the **Water Watcher Pledge**
- Complete **WATER SAFETY WITH COLIN & FRIENDS** online Interactive Curriculum
- Visit **www.colinshope.org** for Water Safety Tips and Resources



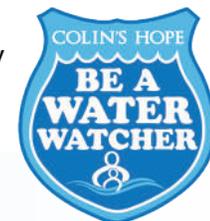
TALK ABOUT WATER SAFETY

- Determine and discuss the swimming abilities of each family member:
 - Can they put their face in the water comfortably without goggles and blow bubbles?
 - Can they float on their front, float on their back, and tread water while fully clothed?
 - Can they jump in, fully go under water, resurface, and safely get out in a range of environments like pools or lakes?
- Make Family Water Safety Rules for:
 - Bath time
 - Lakes, beaches, ponds, rivers, and creeks
 - Visiting someone else's home where there is a pool or other accessible water
 - Pool time
 - Boating time
- Help younger children learn and identify the adults and grown ups in your home

**BEST
DAY
EVER**

PRACTICE WATER SAFETY

- ALWAYS designate an undistracted ADULT Water Watcher to be on duty
- All family members wear US Coast Guard-approved life jackets on boats and in open water
- Get formal swimming lessons for all members of your family, including adults who cannot swim.
- Block access to all water sources in and around your home like
 - Toilets
 - Buckets
 - Ponds
 - Kiddie Pools
 - Backyard Pools
 - Water Features
- Be safer around open water
- Get CPR/First Aid certified and refresh skills regularly



PREVENT DROWNING. Learn more: www.colinshope.org

I AM SAFER

with THE WHOLE HAND RULES

This certificate is awarded to

On this _____ day of _____, _____



I PLEDGE TO

WAIT FOR A GROWN UP before going in or near water.
Make sure my GROWN UP IS WATCHING me while I'm in and around water.

LEARN TO SWIM.

WEAR A LIFE JACKET in open water and while learning to swim.
FOLLOW OPEN WATER SAFETY RULES.

Adults and caregivers: Become a Water Watcher at





DROWNING IS FAST. SILENT. PREVENTABLE.

*Learn about water safety. Talk about water safety. Practice water safety. Prevent Drowning.
For full interactive and downloadable lessons, visit www.drowningispreventable.org.*