



## Water Safety Checklist for People Who Participate Independently in Aquatic Activities

The warmer weather makes people think of participating in more water type activities. People may enjoy fishing, boating, swimming or visiting a water park. While all of these activities are enjoyable, you must use caution and common sense when participating in these activities throughout the year. **This checklist is designed as a safety review for individuals who participate in, or have access to, aquatic activities of any kind independent of the staff who work with them.**

### STAFF SHALL REVIEW THIS INFORMATION WITH INDIVIDUALS ANNUALLY\*

**When I am going swimming I should:**

- Let someone know where I am going, who I am going with and how long I will be there
- Go swimming with another person
- Only swim when there is a lifeguard on duty
- Check to see how deep the water is where I plan to enter the water
- Leave the water and seek shelter if the weather becomes stormy
- Locate the nearest phone before I swim
- Follow all the posted rules
- Call for help if I need it

**When going fishing I should:**

- Let someone know where I am going, who I am going with and how long I will be there
- Go fishing with another person
- Bring my Fishing License with me
- Not fish from rocky or slippery areas
- Leave the water and seek shelter if the weather becomes stormy
- Follow all posted rules

**When I go on a commercial boat I should:**

- Let someone know where I am going, who I am going with and how long I will be there
- Go boating with another person
- Look for signs that will tell me where the life jackets are located
- Follow all posted rules
- Never lean over the railings

**When I use a pleasure boat craft (rowboat, fishing boat, speedboat, canoes, etc.) I should:**

- Let someone know where I am going, who I am going with and how long I will be there
- Go boating with another person
- Always wear a life jacket when I am in the boat
- Never stand up while the boat is in motion
- Leave the water and seek shelter if the weather becomes stormy

**When I want to use a Hot Tub I should:**

- Ask my Doctor if I can use a hot tub and follow my doctor's instructions
- Not use the Hot Tub if I am not feeling well
- Follow all posted rules
- Leave the Hot tub and seek shelter if the weather becomes stormy

**If I should have an injury or accident while at water activities I will:**

- Seek medical help
- Notify my staff member as soon as possible

**My Staff Person Has Reviewed This Information With Me \***

Signature of Individual: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Staff: \_\_\_\_\_

Date: \_\_\_\_\_

\*Place signed original in individual's file