**Instructions**

1. Print this page on white card stock.
2. Cut along the dashed line.
3. Fold the card in half.
4. Protect the card by laminating it or inserting it in a plastic sleeve.
5. Punch a hole on the circle at the top of the card.
6. Attach a lanyard or tie yarn or a ribbon through the hole so it can be worn around the neck.
7. Ensure that the designated water watcher wears the card so they are clearly identifiable to all.
   - Rotate water watchers in designated periods of time, such as every 15 minutes.
   - The water watcher should not stop watching the activity in the water until the card has been passed to the next water watcher.

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**As the water watcher, I will:**
- Watch in-water activity without distraction.
- Stop dangerous activity.
- Respond to emergencies.

**In an emergency, I will:**
- 🚭 Shout for help!
- 🕠 Rescue and remove the person using a reaching or throwing assist.
- ☏ Call emergency medical services (EMS).
- 🚑 Provide rescue breathing and CPR until EMS arrives.

Learn more at redcross.org/watersafety