

Longfellow's WHALE Tales

Water Habits Are Learned Early

Lesson 2

Swim as a Pair with a Lifeguard There

ABOUT THIS LESSON

This lesson takes a closer look at one of the key water safety rules: A person should never swim alone. Lifeguards, other capable adult water watchers and a water buddy are all part of the water safety team that will help participants stay safer in, on and around the water. The lesson also includes more information on the importance of learning to swim in order to help oneself be as safe as possible.

GUIDANCE FOR THE LEADER

Please refer to the section How to Lead Longfellow's WHALE Tales for full guidance on how to teach this lesson and the Longfellow's WHALE Tales Water Safety for Children program. Leaders are encouraged to follow the lesson plan provided. However, use of the course presentation and videos is optional. You should also adapt the language and activities as needed based on the age and learning level of participants, the teaching setting, local references and available time. In some cases, options are offered for activities based on these factors.

KEY TERMS

Lifeguard: A person trained in water safety, first aid and CPR; it is their job to help keep people safe at an aquatic facility by preventing and responding to water emergencies

Water buddy: Someone (often a friend or family member) who stays with you during water activities; water buddies help keep each other safer and can get help in case of a water emergency

Water watcher: A capable adult whose sole responsibility is to supervise children who are in, on or around water; they should have the skills, knowledge and ability to recognize and safely rescue someone in distress or can immediately alert someone nearby who does or can

TEACHING OBJECTIVES

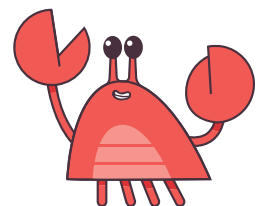
After completing this lesson, participants will be able to:

- Understand that staying safer in the water takes a team of lifeguards, capable adult water watchers, a water buddy and oneself.
- Explain the unique roles played by lifeguards and capable adult water watchers in the supervision of water activities.
- Know how to recognize a lifeguard.
- Explain what a water buddy is and how to be a good water buddy to others.
- Understand how to be a good participant in water activities to make the job of lifeguards and water watchers easier.
- Understand why it's important to learn how to swim.

MATERIALS, EQUIPMENT AND SUPPLIES

Review the lesson plan prior to leading it to determine which items you'll need for the options you choose. Materials may include:

- Course Presentation 2: Swim as a Pair with a Lifeguard There
- Poster: Swim as a Pair with a Lifeguard There
- Longfellow's WHALE Tales animated video: Swim as a Pair with a Lifeguard There
- Longfellow's WHALE Tales live action video: Lifeguard on Duty?
- Monitor or computer, projector and screen (for use with downloadable course presentation and videos)
- Printable Activity Cards: Better Together
- Dry erase board and marker or other method to record answers for all to see (newsprint and marker, chalk board and chalk, etc.)
- Sticker badges (one for each participant)
- Coloring Sheet: Swim as a Pair with a Lifeguard There (one for each participant)
- Activity Sheet 2-1 (one for each Level 1 participant)
- Activity Sheet 2-2 (one for each Level 2 participant)
- Caregiver Letter 2-1 (one for each participant)
- List of swim lesson locations, if available (one for each participant)



TOPIC: INTRODUCTION

Time: 1 to 5 minutes, depending on whether optional video is used



Leader's Note: If needed, start by introducing yourself to participants and allow them to introduce themselves.

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Course Presentation 2, Slide 1

- **Ask participants:** Has anyone ever heard the saying, “There’s safety in numbers”? Can anyone think of what this saying might mean?
 - *Answers should include:*
 - *To be safer, it’s better to be in a group, not to be alone.*
- **Tell participants:**
 - In this lesson, we’re going to learn more about why we say you should always “Swim as a Pair with a Lifeguard There.”



Level 1 Variation: As you restate the rule learned in Lesson 1, have participants repeat the rule using the same gestures taught: (Say as you make a swimming motion with your arms) **Swim as a** (hold up two fingers together) **pair with a** (hold a hand over your eyes as if you are scanning the distance then point forward) **lifeguard there.**

- More specifically, we are going to talk about the roles played by the very important people who make up your water safety team, including:
 - Lifeguards.
 - Other capable adult water watchers who are there to supervise you.
 - A water buddy.
 - Your own water smart self!

VIDEO



LEVEL



MATERIALS

Course Presentation 2, Slide 2

Dry erase board and marker or similar

- **Tell participants:** We are going to watch a short video.
- **Play animated video:** Swim as a Pair with a Lifeguard There



Leader's Note: After watching the video, pose the following questions and allow a few participants to provide answers. If desired, and as appropriate for your participants and setting, you can create a Notice and Wonder chart for all to see by making a column for each and writing down what the participants say. You can refer to this throughout the lesson as you cover topics where relevant.

- **Ask participants:**
 - Who can tell me one thing they noticed when watching the video?
 - *Allow two or three participants to answer.*
 - Who can tell me one thing they are wondering after watching the video?
 - *Allow two or three participants to answer.*
- **Tell participants:** As we go through this lesson and we learn more about this topic, think about what you saw in the video we just watched to help you in our discussions and activities.

TOPIC: WHO IS WATCHING YOU IN, ON AND AROUND THE WATER?

Time: 4 minutes

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Poster: Swim as a Pair with a Lifeguard There
OR
Course Presentation 2,
Slide 3

Dry erase board and
marker or similar



Leader's Note: Display the poster: Swim as a Pair with a Lifeguard There. As participants give answers to the discussion question that follows, write them down for all to see, as desired. If needed, offer prompts to encourage answers similar to those below.

- **Tell participants:** Let's talk more about the people on your water safety team, starting with the people who are there to supervise you while you are enjoying water activities.
- **Ask participants:** Can anyone tell me what it means for a water activity to be supervised?
 - *Answers may vary but should include things like:*
 - *There is someone in charge.*
 - *There is someone there to help keep you safer.*
 - *There is someone there who is making sure you follow the rules.*
 - *There is someone there who can help you in an emergency.*
- **Tell participants:**
 - An example of someone who supervises water activities is a lifeguard. It is a lifeguard's job to keep their eyes on the water at all times and to know how to prevent and respond to water emergencies. They also help you remember the rules of the aquatic facility.
 - It's also important to have other capable adult water watchers there to keep an eye on your safety when you are doing water activities and who gives you permission to do the water activity. This might be a parent, caregiver, teacher or camp counselor. Unlike lifeguards, who are responsible for everyone at an aquatic facility, this person is there just for you and your group.
 - It's best to have lifeguards and water watchers there when you do a water activity, but sometimes, you may be doing a water activity somewhere that does not have a lifeguard on duty. Examples would be a home pool or an unguarded designated swimming area.
 - If there are no lifeguards, you should have a capable adult water watcher there at all times to help prevent and respond to water emergencies. This person should:
 - Have water safety skills.
 - Know how to swim.
 - Know how to help in case of a water emergency.

- **Ask participants:** Looking at the poster, who in the picture is supervising the scene?
 - *Answers should include:*
 - *The lifeguard*
 - *The adults who have their eyes on the kids in the water*

TOPIC: MORE ABOUT THE ROLE OF A LIFEGUARD

TIME: 6 minutes



Leader's Note: For the next section of the lesson, there are two options for how participants are taught. Choose the one that works best for your setting, participant learning level and resources:

- Option A: Lifeguard on Duty? (Video and Brain Game)
- Option B: Meet Your Lifeguard (Share and Tell Discussion and Pop Quiz)

Option A: Lifeguard On Duty?

VIDEO



LEVEL



MATERIALS

Course Presentation 2,
Slide 4

- **Tell participants:** We are going to watch a short video to learn more about the special role of a lifeguard.
- **Play live action video:** Lifeguard on Duty?
- **Tell participants:**
 - That video was a pretty silly and fun way to learn more about what makes a lifeguard such an important person at an aquatic facility.
- **Ask participants:** Does anyone have any questions about what we just watched before we talk about it some more?
 - *Answer any questions.*

BRAIN GAME



LEVEL



MATERIALS

Course Presentation 2,
Slide 5

- **Tell participants:**
 - By enforcing the rules, making sure people stay in the designated swim area and being ready to give expert help in an emergency, lifeguards really do help keep things safer when you are swimming.
 - Because lifeguards play such an important role, they have certain types of clothes and equipment that help them stand out in a crowd.
 - In the video, the kids recognized the real lifeguard in part because of how she looked.
- **Say to participants:** Let's look at a photo of the real lifeguard from the video together. See if you can guess why the different parts of the uniform are so important.



Leader's Note: If needed, offer prompts to encourage answers similar to those below.

- **Ask participants:** How about the shirt and shorts the lifeguard is wearing? Do you have a guess why she's wearing what she's wearing?
 - *Answers should include:*
 - *The clothes are marked in a certain way so you know who the lifeguard is.*
 - *The lifeguard can swim easily in what they are wearing if they need to rescue someone.*
- **Ask participants:** Why do you think the lifeguard is wearing sunglasses and a visor?
 - *Answer: to see more easily if it's sunny outside.*
- **Ask participants:** What about the whistle?
 - *Answer: to be able to get people's attention.*
- **Ask participants:** And how about the lifeguard's hip pack and rescue tube?
 - *Answers should include:*
 - *The hip pack holds important things the lifeguard might need, like first aid equipment.*
 - *The rescue tube helps if the lifeguard needs to go in the water to rescue someone.*
- **Tell participants:** Great job! It really does take a lot of training *and* some special equipment for a lifeguard to be able to do their job.
- **Ask participants:** Would anyone in this group like to be a lifeguard someday? Why or why not?
 - *Answers will vary. Allow time for responses.*
- **Tell participants:** If you are interested, when you are 11 years old you can see about joining an American Red Cross Junior Lifeguarding program. This will help you learn skills that will make it possible to become certified as a full lifeguard when you are a few years older.

Option B: Meet Your Lifeguard

SHARE AND TELL DISCUSSION







LEVEL



MATERIALS




None

- **Tell participants:**
 - Let's talk more about why a lifeguard is such an important person to have around.
 - It is a lifeguard's job to be responsible for the safety of the people who visit an aquatic facility.
 - Lifeguards enforce the rules and make sure people stay in the designated swim area.
 - Lifeguards also:
 - Have special training to teach them how to spot dangerous situations or behaviors to help them prevent accidents from happening.
 - Have special training and equipment they can use to help rescue a person from the water.
 - Know first aid and can give something called CPR if someone is not breathing or their heart has stopped beating because of drowning or another reason.

	<ul style="list-style-type: none"> You might notice that some lifeguards are adults, but some are teenagers. A teen who is a lifeguard has the same important training as an adult lifeguard. <ul style="list-style-type: none"> Ask participants: Would you like to be a lifeguard someday? Why or why not? <ul style="list-style-type: none"> <i>Answers will vary. Allow time for responses.</i> Tell participants: If you are interested, when you are 11 years old you can see about joining an American Red Cross Junior Lifeguarding program. This will help you learn skills that will make it possible to become certified as a full lifeguard when you are a few years older.
<p>POP QUIZ</p>  <p>LEVEL</p>   <p>MATERIALS</p> <p>Course Presentation 2, Slides 6–8</p>	<ul style="list-style-type: none"> Tell participants: <ul style="list-style-type: none"> Because lifeguards play such an important role in helping keep people safe, they have certain types of clothes and equipment that help them stand out in a crowd. It's time for a pop quiz to see if you can spot the lifeguard or their equipment in these images. <div style="border: 1px solid red; padding: 5px; margin: 10px 0;">  Leader's Note: The images for the pop quiz are included in the course presentation. </div> <ul style="list-style-type: none"> Ask participants question 1: Who in these pictures do you think is the lifeguard on duty? <ul style="list-style-type: none"> <i>Answer: Image A.</i> Tell participants: A lifeguard on duty will be wearing a bathing suit or other uniform that often has a cross symbol or the word “lifeguard” or “guard” on it. They also may be wearing a visor and sunglasses to help them see when it's bright out. Because of this uniform, they are easy to spot, and they are ready to jump in the water if needed. Ask participants question 2: Which pieces of equipment might a lifeguard have with them? There are 3 correct answers. <ul style="list-style-type: none"> <i>Answer: Images B, D, E</i> Tell participants: A whistle is used to help lifeguards get people's attention, a rescue tube may be used if a lifeguard needs to rescue someone who is having trouble in the water and hip pack has first aid items in it. Ask participants question 3: Where might you find a lifeguard sitting or standing while watching the water? There are 2 correct answers. <ul style="list-style-type: none"> <i>Answer: Images B, C</i> Tell participants: A lifeguard is often found sitting in special lifeguard chair, often with an umbrella or awning for shade. Sometimes, they also may be found standing under an umbrella facing the water or walking along the water's edge with their eyes on the water. You won't find a lifeguard who is on duty in a chair that's reclined or facing away from the water.

TOPIC: HAVING A WATER BUDDY

Time: 10 minutes

<p>GET UP AND MOVE</p>  <p>LEVEL</p> <p>LEVEL 1 LEVEL 2</p> <p>MATERIALS</p> <p>Printable Activity Cards: Better Together</p>	<ul style="list-style-type: none">■ Tell participants: We're going to play a fun game to give ourselves a little break and find a partner you can work with for the rest of the lesson. It's called "Better Together" and your goal will be to find a match for what's on the card I am going to give you.■ Set up activity: Distribute one card to each participant, with one half of a popular pair printed on it.■ Tell participants:<ul style="list-style-type: none">● Don't tell anybody what is printed on the card I gave you yet.● When I say start, get up and mingle around the room and see if you can find the person with something on their card that goes well with what's on your card. When you find your match, sit down next to each other.● Ready? Everyone stand up and start! <div style="border: 1px solid red; padding: 5px;"><p> Leader's Note: Once participants have all paired up, allow them to continue working with their partner for the rest of the lesson as "activity buddies." If there is an uneven number of kids, include one trio of objects: Goggles, a snorkel and fins.</p></div>
<p>SHARE AND TELL DISCUSSION</p>  <p>LEVEL</p> <p>LEVEL 1 LEVEL 2</p> <p>MATERIALS</p> <p>Course Presentation 2, Slide 9</p> <p>Poster: Swim as a Pair with a Lifeguard There OR Course Presentation 2, Slide 10</p> <p>Dry erase board and markers or similar</p>	<ul style="list-style-type: none">■ Tell participants:<ul style="list-style-type: none">● Like the great pairs you just made, pairing up with a buddy when you are in, on or around the water makes things better and more fun. It's another way to be safer too!● If you go swimming as part of a group, such as at a summer camp or as part of another organized activity, you may hear this called the buddy system.● Even if you are not asked to use the buddy system, it's water smart to have your own buddy system with the friends or family members you're with whenever you are planning to do a water activity.■ Ask participants: Let's look at the poster again. Who in the picture are the water buddies?<ul style="list-style-type: none">● Answers should include:<ul style="list-style-type: none">○ <i>The kids are buddies for each other.</i>○ <i>The parent and child are buddies for each other.</i>■ Tell participants:<ul style="list-style-type: none">● A water buddy is often a friend or someone similar in age. But it could also be an adult you know if they go into the water with you.● I'm going to give you about a minute now to talk with your activity buddy. See if together you can think of reasons why you should always do water activities with a water buddy.



Leader's Note: As participants give answers, write them down for all to see, if desired. If needed, offer prompts to encourage answers similar to those below.

- **Ask participants:** Who would like to share what you and your partner came up with?
 - *Answers should include:*
 - *A buddy is someone to play with.*
 - *You look out for each other.*
 - *A buddy helps you remember and follow the rules.*
 - *If you get hurt or are having trouble in the water, your buddy can get the attention of the lifeguard or another adult water watcher to help you.*

TOPIC: YOUR ROLE ON YOUR WATER SAFETY TEAM

Time: 5 minutes

Being a Good Member of Your Water Safety Team

BRAIN GAME



LEVEL



MATERIALS

None

- **Tell participants:**
 - We've now learned about the roles played by lifeguards, capable adult water watchers and your water buddy on your water safety team.
 - You also play an important role.
 - Being water smart and a safety champion means helping make the job of the lifeguards and water watchers easier. It also means being a good water buddy yourself.
- **Say to participants:**
 - We're going to play a game of thumbs up, or thumbs down to explore this more. Again, you'll work with your activity buddy. As I describe each situation, decide together whether to give me a thumbs up if you should do what I say and a thumbs down if you shouldn't.
 - First situation: You are swimming with your buddy and the lifeguards blow their whistle for everyone to get out of the water. You can't see any reason why, so you and your buddy decide to stay put and see if the lifeguards change their mind. Thumbs up or thumbs down?
 - *Answer: Thumbs down.*
 - Thumbs down is the water smart choice. Instead, you can be a good water safety team member by listening to and responding quickly to directions from lifeguards and other water watchers.
 - OK, next: You want to go in the deep end of the water, but your buddy says they are too tired right now. You're a little disappointed but suggest playing in the shallow end instead. Thumbs up or thumbs down?
 - *Answer: Thumbs up.*

- Thumbs up is the water smart choice, and it's also a way to be a good water buddy yourself by suggesting a break when you realize your buddy needs one. You can also be a good water buddy by helping your partner to remember the rules.
 - Final situation: You and your buddy are at a lake, wishing you had a raft to float on. You see one of the lifeguards' rescue boards by their chair and think maybe you can borrow that. You run over to the lifeguard and try to get their attention to ask permission to take it. Thumbs up or thumbs down?
 - *Answer: Thumbs down.*
 - Thumbs down is the water smart answer! To be a good participant in water activities, never distract the lifeguard unless you really need help, and definitely don't ask to use their safety equipment for play.
- **Tell participants:** Great job everyone!

The Importance of Learning How to Swim

SHARE AND TELL DISCUSSION



LEVEL



MATERIALS

Dry erase board and marker or similar

■ **Tell participants:**

- You may remember we also talked about another really important thing you can do to be water smart: learn how to swim.



Leader's Note: As participants give answers, write them down for all to see, if desired. If needed, offer prompts to encourage answers similar to those below.

■ **Ask participants:** What are some reasons it's a good idea to know how to swim?

- *Answers will vary but may include:*
 - *To be safer in the water*
 - *To be able to have more fun in the water*
 - *To be able to go in water that is over your head*
 - *To be able to stay afloat*
 - *To be able to help yourself get back on land if you fall in the water*
 - *To be able to jump off the diving board*
 - *To be able to become a lifeguard someday, join a swim team, grow up to be a dolphin trainer, learn how to SCUBA dive...*



Leader's Note: If you are teaching this lesson at a camp or aquatic facility where participants will also be taking swim lessons, you can talk about some of the direct benefits of learning to swim, for example, being allowed to go in the deep end or "past the ropes," being able to use boats or paddleboards, and so on.

■ **Tell participants:**

- You don't need to know how to do every kind of swim stroke or how to be fast. But you'll have a lot more fun in the water and feel safer too if you know how to do some basic things like:
 - Safely enter water that is over your head and come back to the surface.
 - Float on your back and tread water.
 - Rotate in a full circle in the water.
 - Move forward through the water.
 - Safely get out of the water.
- Knowing how to do these basic skills is part of being water capable and water smart. And once you learn how to swim, it's a skill you'll have for life!
- Of course, it's also water smart to understand that different types of settings might require some different skills. For example, in a pool, the water is usually calm and clear, but in an ocean the water changes all the time because of the waves and something called tides. This can make swimming in the ocean more challenging. This is why we say to know your limits, too.



Leader's Note: If information is available and you didn't already share information during Lesson 1: Do Your Part, Be Water Smart, you can share details about local swim programs or the Learn-to-Swim program at your facility for participants to take home.

TOPIC: WRAP-UP

Time: 3 minutes

SHARE AND TELL DISCUSSION



LEVEL




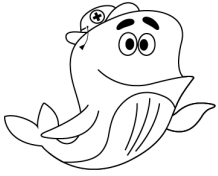
MATERIALS

Sticker badge

■ **Tell participants:**

- In today's lesson, we learned more about the roles played by the people who are there to help keep us safer in the water: our water safety team.
 - From lifeguards and a capable adult water watcher to a water buddy, it's important to stick with your team—and to never swim alone—to keep your water activities safer and more fun.
 - You also play an important role by following the rules, listening to those in charge, being a good water buddy to others and learning to swim if you get the chance.
- **Ask participants:** Does anyone have any questions about what we learned today?
- *Answer any questions.*













<p>Coloring Sheet: Swim as a Pair with a Lifeguard There</p> <p>Activity Sheet 2-1 or 2-2</p> <p>Caregiver Letter 2-1</p> <p>List of swim lesson locations, if available</p>	<p>■ Tell participants:</p> <ul style="list-style-type: none"> ● You've all earned a safety champion badge to add to your collection. ● If you have Internet access at home, you can also view and share videos about what we learned today by following the link on the activity sheet I am going to hand out. <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p> Leader's Note: Hand out a sticker badge to each participant along with the coloring sheet, activity sheet, caregiver letter and the list of swim lesson locations, if available.</p> <p>If this is the final lesson you will be teaching in Longfellow's WHALE Tales, allow time to do the Closing Ceremony at the end of this lesson to celebrate what participants have learned. You can find this in the Closing Ceremony section of Longfellow's WHALE Tales.</p> </div>
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ACTIVITY CARDS: BETTER TOGETHER

Directions: Cut out the cards and give one to each participant. You'll only need enough cards for the number of participants you have. Be sure to include both halves of each pair. If you have an odd number of participants, use the famous trio: flippers, snorkel and goggles.



COOKIES 	LOOK FOR:  MILK	MILK 	LOOK FOR:  COOKIES
SALT 	LOOK FOR:  PEPPER	PEPPER 	LOOK FOR:  SALT
SOUP 	LOOK FOR:  CRACKERS	CRACKERS 	LOOK FOR:  SOUP

ICE CREAM



LOOK FOR:



CONE

CONE



LOOK FOR:



ICE CREAM

BASEBALL GLOVE



LOOK FOR:



BASEBALL

BASEBALL



LOOK FOR:



**BASEBALL
GLOVE**

PARTY HORN



LOOK FOR:



PARTY HAT

PARTY HAT



LOOK FOR:



PARTY HORN

TOOTHBRUSH



LOOK FOR:



TOOTHPASTE

TOOTHPASTE



LOOK FOR:



TOOTHBRUSH

FLOWER



LOOK FOR:



WATERING CAN

WATERING CAN



LOOK FOR:



FLOWER

CHICKEN



LOOK FOR:



EGG

EGG



LOOK FOR:



CHICKEN

SPAGHETTI



LOOK FOR:



MEATBALL

MEATBALL



LOOK FOR:



SPAGHETTI

PAINT



LOOK FOR:



PAINT BRUSH

PAINT BRUSH



LOOK FOR:



PAINT

MACARONI



LOOK FOR:



CHEESE

CHEESE



LOOK FOR:



MACARONI

KEY



LOOK FOR:



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LOOK FOR:



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LOOK FOR:



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CHIPS



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SOCCER BALL

FLIPPERS



LOOK FOR:



**GOGGLES
AND SNORKEL**

GOGGLES

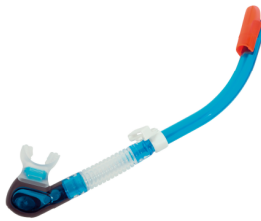


LOOK FOR:



**FLIPPERS
AND SNORKEL**

SNORKEL

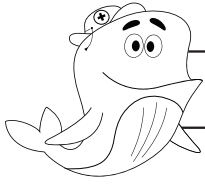


LOOK FOR:



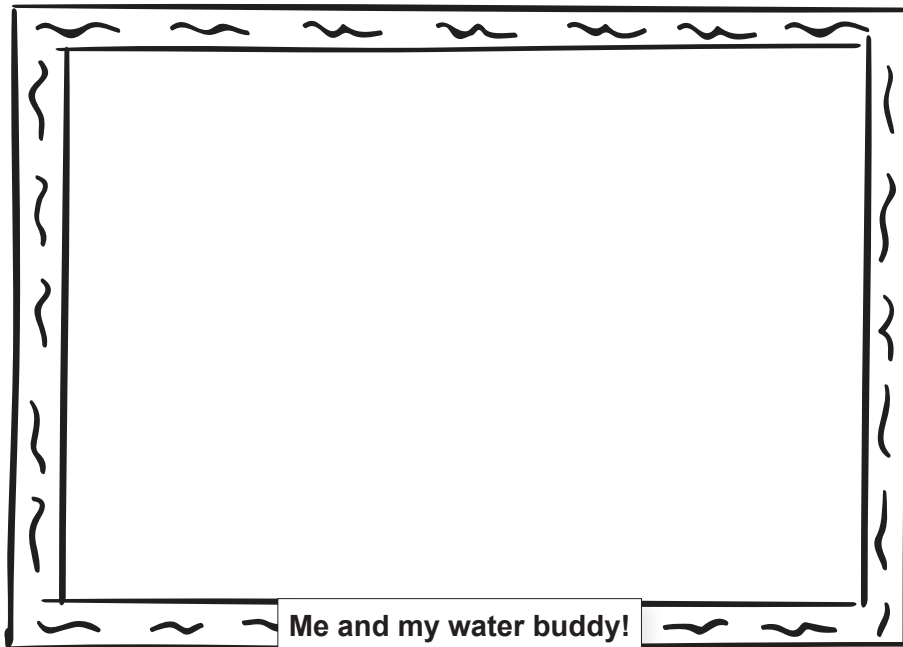
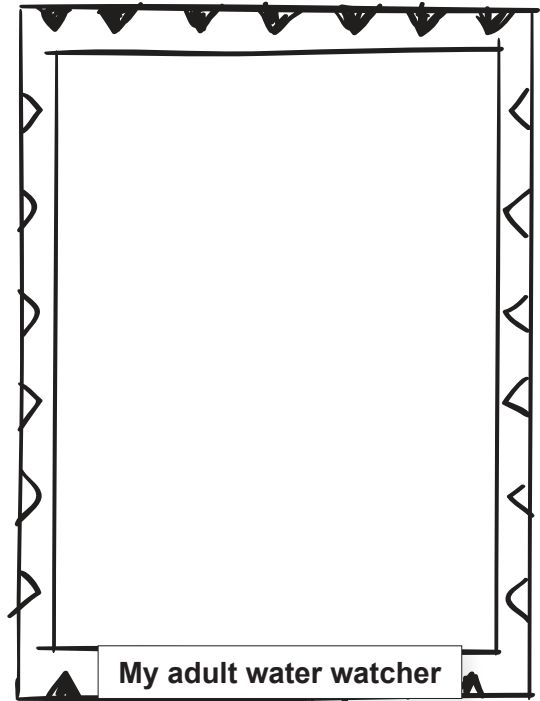
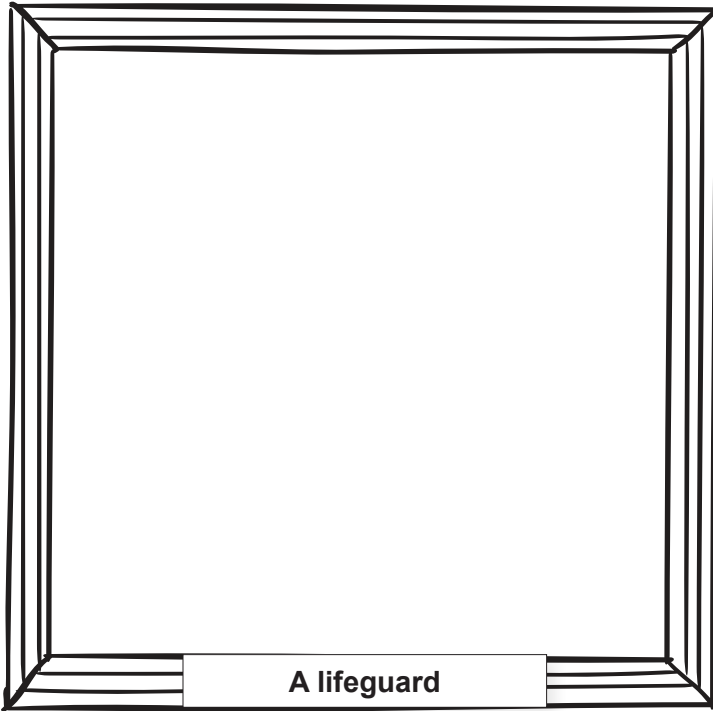
**FLIPPERS
AND GOGGLES**

Name: _____



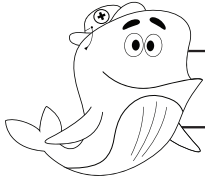
My Water Safety Team

Draw and color the people who are on your water safety team in the space provided.



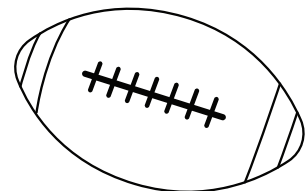
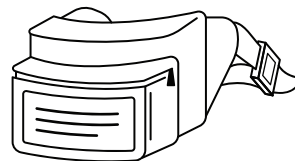
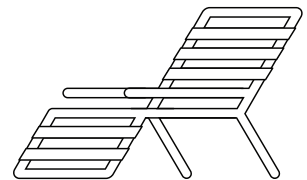
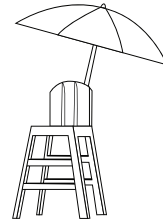
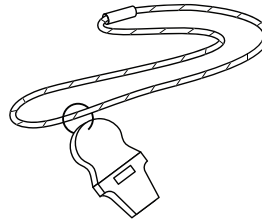
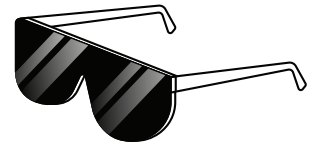
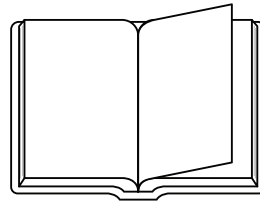
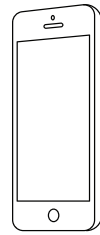
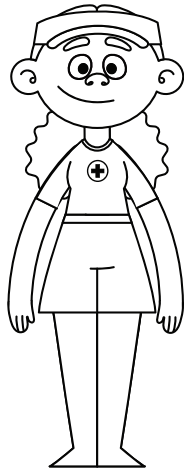
Learn more at [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).

Name: _____

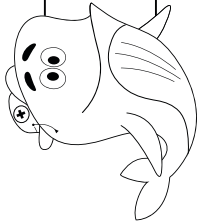


Ready for Lifeguard Duty!

It's a sunny day at the pool. Help the lifeguard get ready for duty! Cut out the pictures from the right side of the page along the dotted lines. Then paste the things the lifeguard will need while on the job into the boxes below the lifeguard's picture.



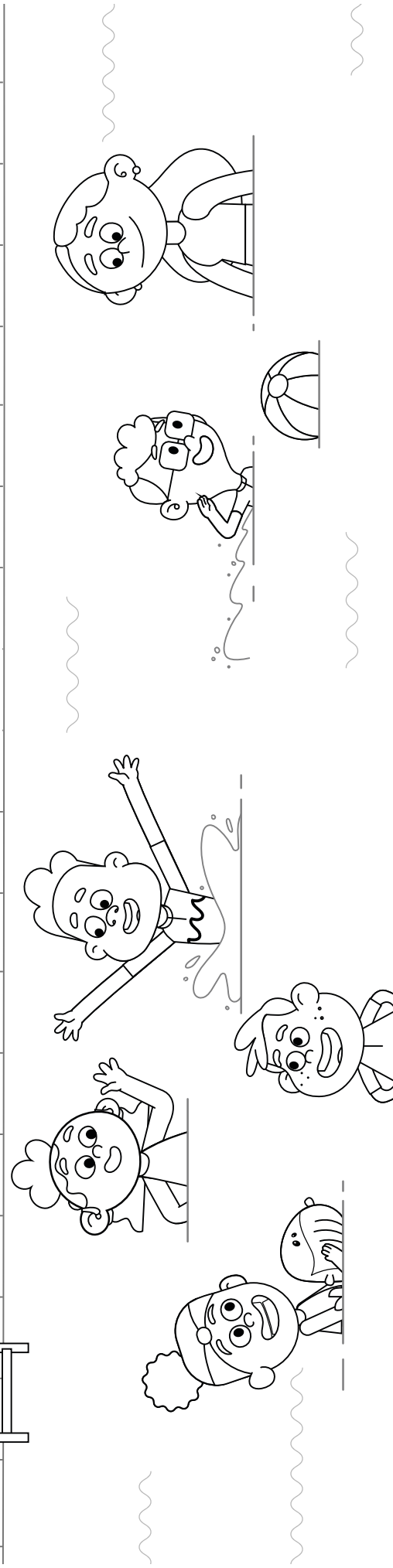
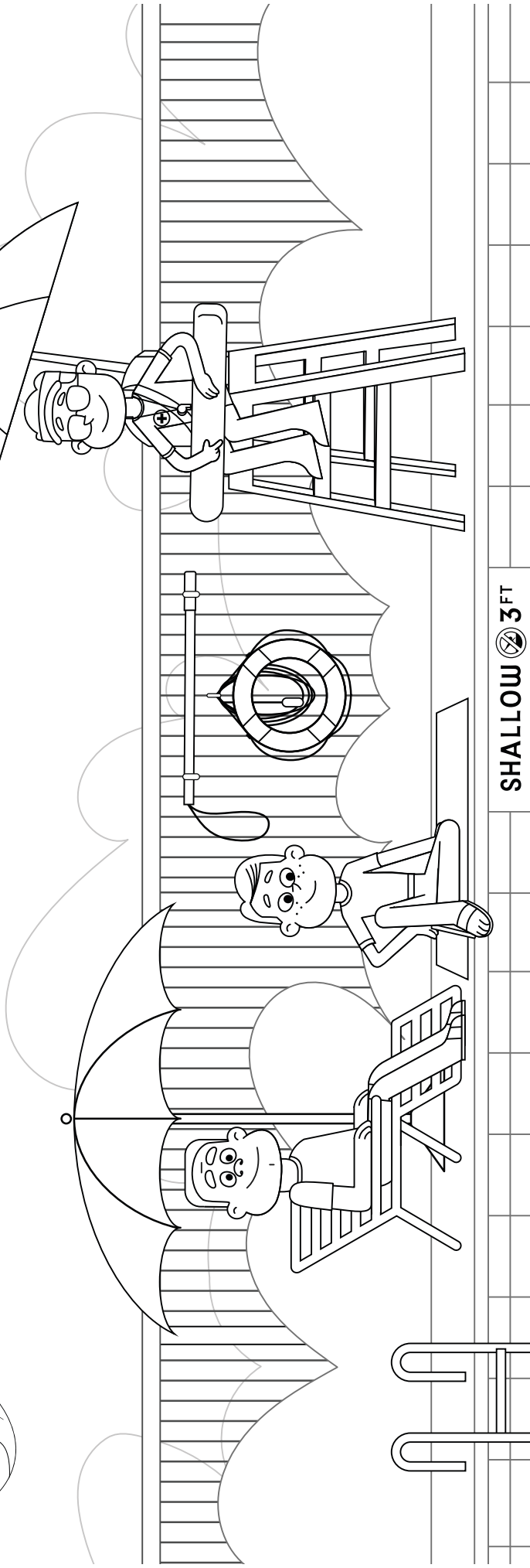
See the answer key, plus learn more at [redcross.org/watersafetyforkids](https://www.redcross.org/watersafetyforkids).



SWIM AS A PAIR WITH A LIFEGUARD THERE



American Red Cross



Name _____

Water safety takes a team, so never swim alone!



Longfellow's WHALE Tales

Water Habits Are Learned Early

Dear Parent/Caregiver,

Today in Longfellow's WHALE Tales Water Safety for Children, your child learned that they should never be in, on or around the water alone—or without the permission and presence of a supervising adult. Instead, they should always “Swim as a Pair with a Lifeguard There.”

They also learned about the ways the adults in their life provide important layers of protection when they are doing water activities. **That's, of course, where you come in!**

- Even if lifeguards are present, it's important that you (or another water-competent adult) keep your eyes on your child and any other child you are responsible for at all times when in, on and around the water. Being water competent means having basic water safety knowledge and swimming skills along with knowing how to more safely help others in a water emergency.
- When there is no lifeguard on duty and in private pool settings without a lifeguard, do not allow children to be unattended in, on or around the water. This also applies during bath time. It only takes a few seconds for something to go wrong, such as a drowning emergency.
- Set a good example. If you're not sure that you meet the definition of water competent above, take a class to boost your skills and knowledge. You can learn more at [redcross.org/watersafety](https://www.redcross.org/watersafety).

The Importance of Designating a Water Watcher

In a group setting, tragedies often occur because people assume someone else is supervising the children in the water. Instead, the safer thing to do is to designate a water watcher whose sole responsibility is to supervise children during any water activity. Each adult can take shifts as needed. The important thing is to be sure there is at least one or more adults who are keeping their eyes on the water at all times.

Learn more about this important role at [redcross.org/watersafety](https://www.redcross.org/watersafety). You can also go to [redcross.org/waterwatchercard](https://www.redcross.org/waterwatchercard) to make a badge that can be used to designate the water watcher at any given time.

Yours in good, safe fun!

Longfellow