



# SAFETY CHECKLIST

What have you learned about being Safety Smart® in the water?  
Check the rules that you will follow.

## Do I make sure that I...

Wear sunscreen when out in the sun?

Read all posted signs when at the pool or ocean?

Walk, never run, when at the pool?

Have adult supervision when I swim?

Go in the water feet first?

Check water depth before entering the water?

Swim with a buddy?

Leave the pool and use a bathroom if I need to go?

Know how to tread water?

Leave the water and go inside if I see lightning or hear thunder?

Use a life jacket when doing water sports?