

# FUN UNDER THE SUN FOR **EVERYONE!**

## 6 Inclusive Water-Safety Tips For Parents



Whether it's bath time, swimming, jumping in puddles or splashing around at the beach, water-play remains a common favorite activity among all kids. Yet, water also comes with serious safety risks. To keep water-time fun and safe for everyone, here are 6 inclusive recommendations for parents called P.A.S.S.E.D. Once these safeguards are in place and you've *passed* the test, get ready make a splash!



### P. Protective Barriers & Gear

Install fencing, self-latching closing gate that locks, and pool and hot-tub covers. On boats, always fit your child with protective gear like a life jacket. For kids with autism and other special needs, alert neighbors about wandering tendencies and the elevated risk of seeking water. Take note of any water sources without barriers, such as ponds, lakes, and fountains. Search these areas first if your child is ever missing.



### A. Alarms & Safeguards

Install gate and pool alarms, and alarms on windows and doors. Remove toys from the pool and empty buckets, baby pools, and tubs after use. For children with autism and other special needs, use alarms along with visual aids like stop signs on doors, windows and pool gates.



### S. Swimming lessons

Enroll your child in swimming lessons as early as possible. Check with your local aquatics center, YMCA, or Red Cross for options. Safe Splash Swim School also has 100+ U.S. locations ([safesplash.com](https://safesplash.com)). For children with autism and other special needs, ask these facilities for lessons specific to their needs. For children with autism, make sure the final lesson is done with clothing and shoes on.



### S. Supervision

Always supervise your child and stay at arm's length at all times without distractions. Remember that more eyes do not equal more protection. Assign one responsible person to watch your child at all times for an agreed-upon period of time. This is especially important during family gatherings, outdoor parties, and times of crowds and commotion.



### E. Education

Continue to educate your children about water safety. Teach them about safety rules, safe areas to swim, how to gauge weather, how to identify and avoid riptides, the importance having lifeguards around, and learning CPR once they get older. For children with autism & other special needs, use social stories to educate them about water safety, and safe areas to swim versus unsafe areas.



### D. Don't Swim Alone

Neither adults nor children should ever swim alone. Model this behavior and make sure your child understands they should always be with a trusted adult before entering water, and as they get older, to buddy up. For children with autism and other special needs, use social stories to educate them about trusted adults and to never enter water alone. You can also use visual schedules to help demonstrate when it's time for water play or swimming.