



## Designate a water watcher.

In a group setting, tragedies often occur because people assume someone else is supervising the children in the water. Along with close and active supervision by parents or caregivers, designate a water watcher whose **sole responsibility it is to supervise children during any in-water activity** until the next person takes over.

An appropriate water watcher:

- Is at least 16 years of age (adults preferred).
- Has the skills, knowledge and the ability to recognize and rescue someone in distress or can immediately alert someone nearby who does or can.
- Knows CPR or can immediately alert someone nearby who can.
- Has a working phone to call for emergency help, which is typically 9-1-1.
- Has a flotation device and/or reaching object that can be used in a rescue.
- Is **ALERT** and not under the influence of drugs or alcohol, or distracted by texting, telephone, or talking to others or reading.



Make your own water watcher card to ensure that your water watcher is clearly identifiable to all. Rotate water watchers in designated periods of time, such as every 15 minutes. As water watchers rotate, pass the card to the new water watcher.

Go to [redcross.org/waterwatchercard](http://redcross.org/waterwatchercard) to make your own water watcher card.

### Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help

Rescue and remove the person from the water (without putting yourself in danger)

Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS.

Begin rescue breathing and CPR

Use an AED if available and transfer care to advanced life support