



LIFESAVING SOCIETY®

*The Lifeguarding Experts*

# WITHIN ARM'S REACH AND ACTIVE SUPERVISION





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## Caregivers

- Caregivers include parents, grandparents, teachers, coaches, day care supervisors, aides, camp leaders, etc.
- Caregivers play a crucial role in keeping children safe when in, on or around water.
- Active supervision includes being able to touch, see and hear children.
- The absence or lapse of adult supervision is a factor in most child drownings.

## Within Arm's Reach

- **Supervise** – when your child is in, on or around water they are within arm's reach and you are in the water with them giving your undivided attention.
- **Restrict Access** – where possible, there is a barrier between your child and the water, like a fence.
- **Water Awareness** – enroll your child in a water safety program such as Swim to Survive® and have rules in place when around water.
- **Respond** – be prepared to respond in an emergency. Any response is better than nothing.

## Active Supervision

- **Be Prepared** – prepare everything you need before getting into the water such as towels and lifejackets.
- **Be Close** – always be able to see and hear your child.
- **All of Your Attention** – focus all of your attention on your child, get into the water, and talk and play with them.
- **All of the Time** – never leave your child alone in the water or assume others will supervise them.

Complete the survey for a chance to win a free lifejacket! The Lifesaving Society Alberta and Northwest Territories Branch gratefully acknowledges funding support from the Government of Alberta.



[www.Lifesaving.org](http://www.Lifesaving.org)

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