

My Pool Safety Rules



Say these six together before every swim.

1

Grown-ups open pool doors and gates.



2

I ask and wait for my grown-up to say yes.



3

I stay with my pool grown-up.



4

I use walking feet and kind hands.



5

I get in and out with my grown-up.



6

If someone needs help, I call a grown-up and stay out of the water.



Grown-ups carry the safety responsibility.

Child phrases help children practice safer behavior. They never replace adult supervision or other safety layers. Grown-up planning checklist on page 2.

Before we swim

Adults carry the responsibility. Plan the layers before pool time.

SUPERVISION

- ☐ Name a responsible adult who can supervise closely and constantly. Arrange an explicit handoff before any break.
- ☐ Stay within arm's reach of young children and weak swimmers. Join young children in the water and take them with you when leaving.
- ☐ Keep phones, reading, alcohol and other distractions out of the supervising adult's watch period.

POOL & EQUIPMENT

- ☐ Check pool access: four-sided fencing, at least 4 feet high, separating pool and house, with a self-closing, self-latching gate.
- ☐ Where a life jacket is needed, check U.S. Coast Guard approval, child size, fit, condition and suitability for the activity.
- ☐ Keep children away from drains. Do not use a pool or spa with a loose, broken or missing drain cover.
- ☐ Know the location, emergency call plan and rescue equipment. Keep adult CPR training current.

AFTER SWIMMING

- ☐ After swimming, secure access again and remove pool toys that may tempt a child to return.

Make it a routine / PRKB routine suggestion

Prepare swimwear and towels first. Name the supervising grown-up before that adult opens pool access. Ask, wait and enter together.

WATER WATCHER / ADULT HANDOFF CARD

My watch is focused supervision. No phone or socializing.
Stay within arm's reach of young children and weak swimmers.
Before a break, directly hand over to the next responsible adult.

If a child is missing, check the water first.

Watcher: _____

Next watcher: _____



Scan for the full pool-safety guide

Sources checked October 7, 2026:

CDC drowning prevention

AAP / HealthyChildren

Red Cross water safety

CPSC Pool Safely

U.S. Coast Guard: fit and approval

Child phrases and rehearsals: PRKB. Not a CPR course or safety certification.

prkb.com/parent-resources/teach-pool-safety-to-preschoolers

PRKB | Safe Splash Pool Safety Pack | Fact-checked October 7, 2026