



## Vos nageurs sauveteurs



### Tips for Parents

Dear Parents

To make sure you and your children can enjoy the contact with water unworriedly and safely, we strongly recommend that you observe the following tips:

- ☀ Enjoy **getting used to water** with your child as early as possible, of course playfully and under guidance and supervision. There are many institutions to support you and your children on the way to getting used to water by providing special offers.
- ☀ Always keep your child under **supervision**. If you wish to relax, agree with someone about who should look after the children.
- ☀ **Learning to swim** at an early age is an ideal strategy to prevent dangerous situations as well.
- ☀ If you can't find your child, **look for him/her in places with water** first (biotope, brook, pond, water barrel, paddling pool etc.). If your child has fallen into the water, then time for help is extremely short (only a few minutes).
- ☀ Even **water only a few centimetres deep can be dangerous** for a small child. If small children, for whatever reason, get with their heads under water and are not used to it, they will not cry or struggle: small children remain silent and motionless in the water and thus might drown.
- ☀ Make sure **biotopes** or private **swimming pools** etc. are suitably protected (e.g. by a fence). Small children are curious and want to explore. The access door must close by itself and be fitted with a spring lock. If it is left open by mistake, it will close by itself and be safe.
- ☀ You can learn **correct behaviour** in an emergency situation in and around water by taking a **course** organized by the Swiss Lifesaving Society **SLRG** (Schweizerische Lebensrettungs-Gesellschaft). You can find out when and where the next courses are taking place as well as other useful information from SLRG's website under [www.slrq.ch](http://www.slrq.ch).

We would like you to take these 7 tips strictly to heart:

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## Pico's water messages



### Sun protection

- I put some sun cream on half an hour before and move into the shade over noon

### Saying where I am

- I tell my contact people where I'm going



### Eating and drinking

- I pay attention to food and drink

### Having a shower

- I go to the toilet before I go into the pool
- I have a shower and cool down before I have a bath



### Belly-deep water

- I stay in belly-deep water until I can swim well
- I take someone with me when I swim longer distances

### Goodbye, toy!

- I stay on the shore, even if my dearest toy falls into the water and swims away



### Rescue equipment

- Rescue equipment is only used in emergencies
- I look where it is

### Crying for help if necessary

- I only cry for help in an emergency



### Looking where I'm jumping

- I only jump into bodies of water (lakes, rivers or the sea) which I know and only if I don't put anyone's life at risk

### Drying oneself

- I get out of the water if I feel cold
- After having a bath I dry myself well

