



# A LITTLE REES SPECHT *For Water Safety*



## COLORING ACTIVITY BOOK

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Houston Swim Club

# Early Educational WATER SAFETY PROGRAMS

Featuring



Campaign

## PURPOSE:

To help educate and teach safer behavior to children, parents, and caregivers about the risks associated with being in, on, or near any water.



## METHOD:

A fun, interactive, animated educational character assembly and or classroom activity

AAP (American Academy of Pediatrics)  
5 evidence-based strategies :  
Barriers, Supervision, Swim Lessons,  
Life Jackets, CPR

## For information on where to find:

- Swimming lessons and swimming instruction
- Infant, Child/Adult CPR, First Aid Training
- Pool companies for proper pool safety equipment
- Stats and facts
- More water safety tips

Visit: [www.StopDrowningNow.org](http://www.StopDrowningNow.org)

Stop Drowning Now supports water safety education. No one agency, organization, curriculum or swim school method is being endorsed.



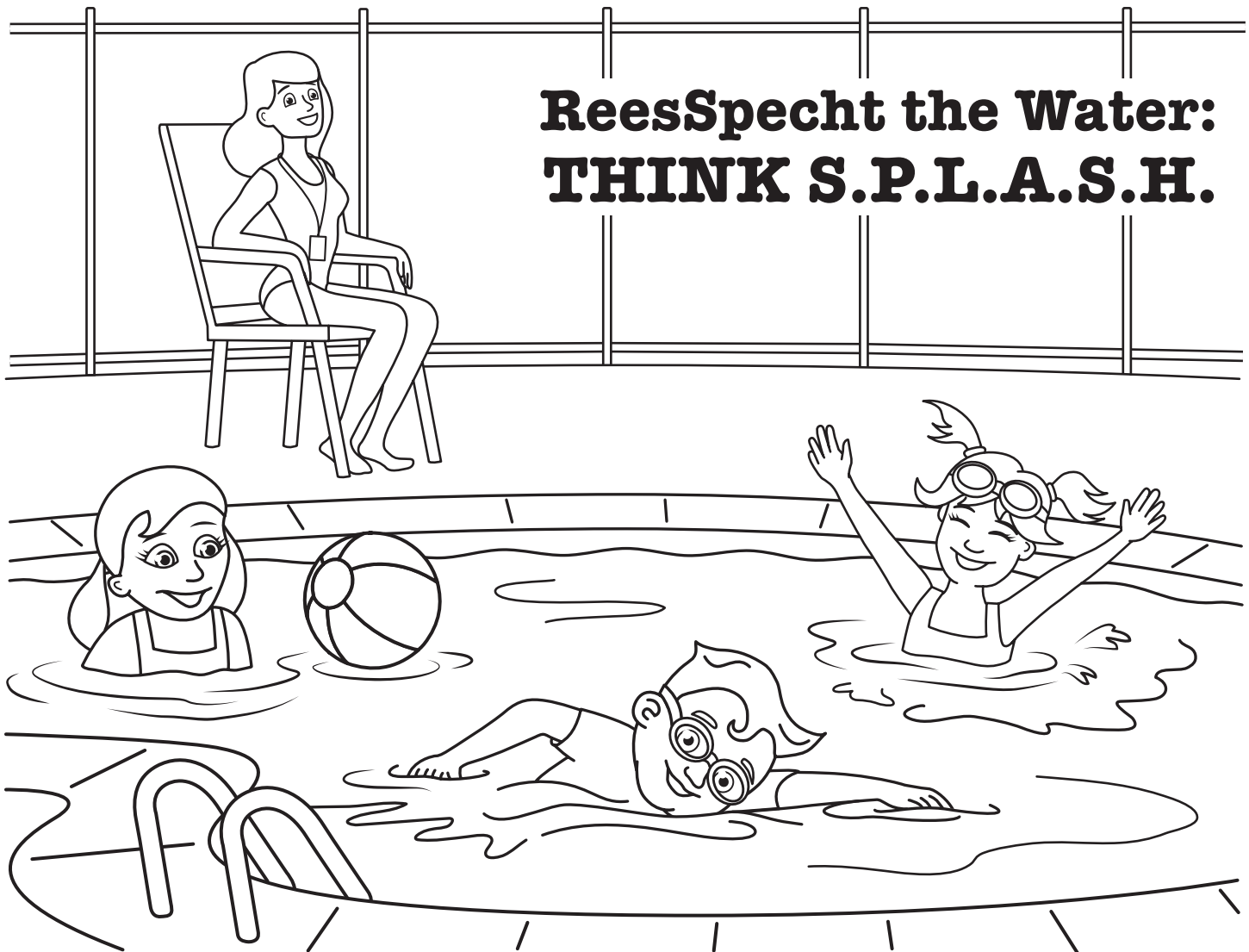
## Message to Parents

# Welcome

This Coloring Book has been developed to support efforts in keeping children safer. Your involvement is the most important factor in helping you prevent, prepare for and cope with water emergencies.

The resources in this guide will provide you with useful tools to help teach your children to respect the water. Drowning is a silent event! Don't assume you will hear a child who is in trouble in the water. Drowning prevention education is designed to help reduce the risk associated with drowning injuries and death. For more information please go to [www.stopdrowningnow.org](http://www.stopdrowningnow.org)

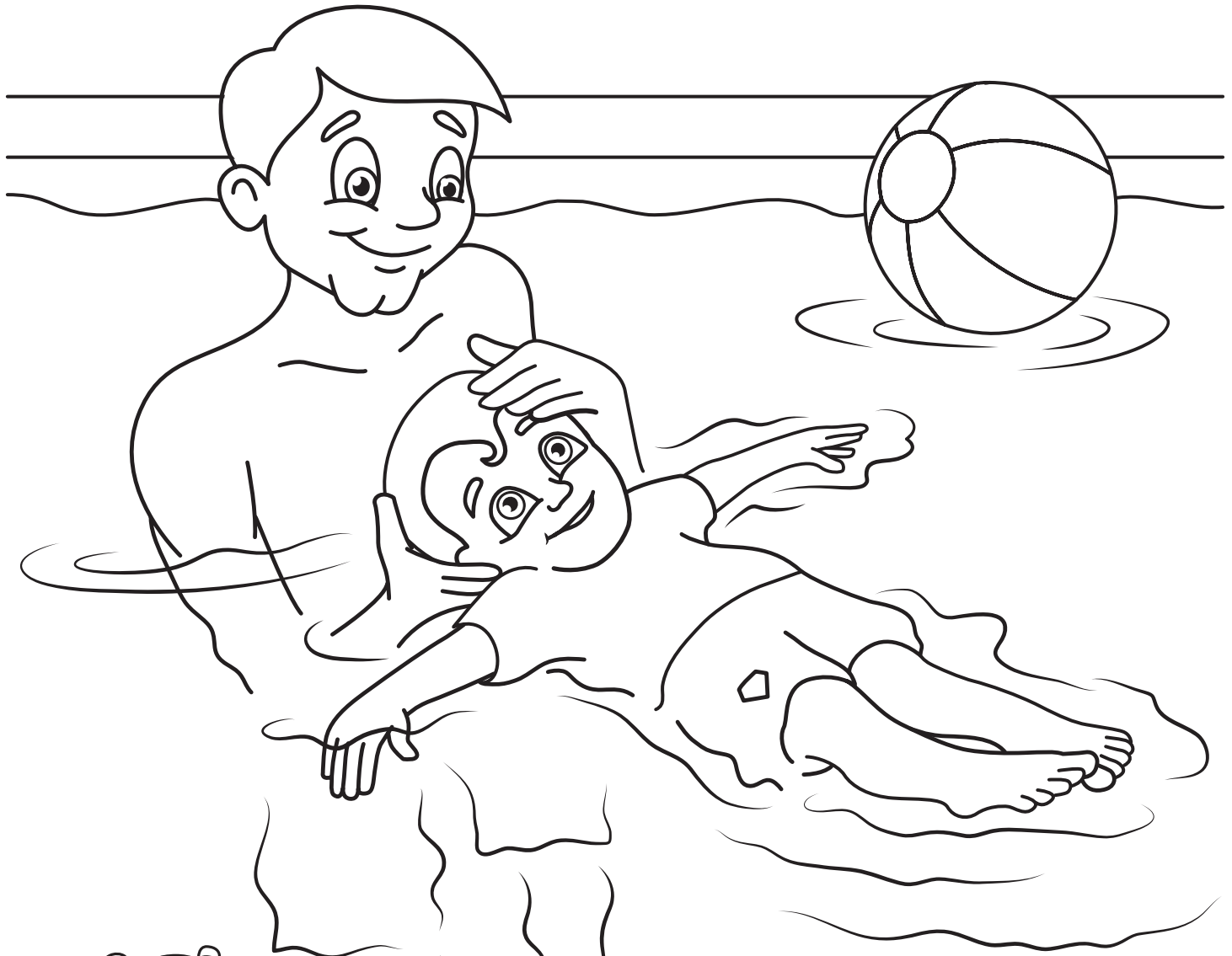
According to the American Academy of Pediatrics water competency is the ability to anticipate, avoid and survive common drowning situations. The components are water safety awareness, basic swim skills and the ability to recognize and respond to a swimmer in trouble. High quality swim lessons provide more experimental training, including swimming in clothes, in life jackets, falling in, and practicing self-rescue. Basic swim skills include: ability to enter the water, surface, turn around, propel oneself for at least 25 yards, float or tread water, then exit the water.



**ReesSpecht the Water:  
THINK S.P.L.A.S.H.**

ReesSpecht the Water: THINK **S**.P.L.A.S.H.

**S** = Swim Lessons



Learn lifesaving  
swimming skills  
year round

ReesSpecht the Water: THINK S.**P**.L.A.S.H.

**P** = Put away toys /  
Put up Ladder



Clear toys to  
deter children from  
entering pool area,  
lock or remove  
ladder for above  
ground pool

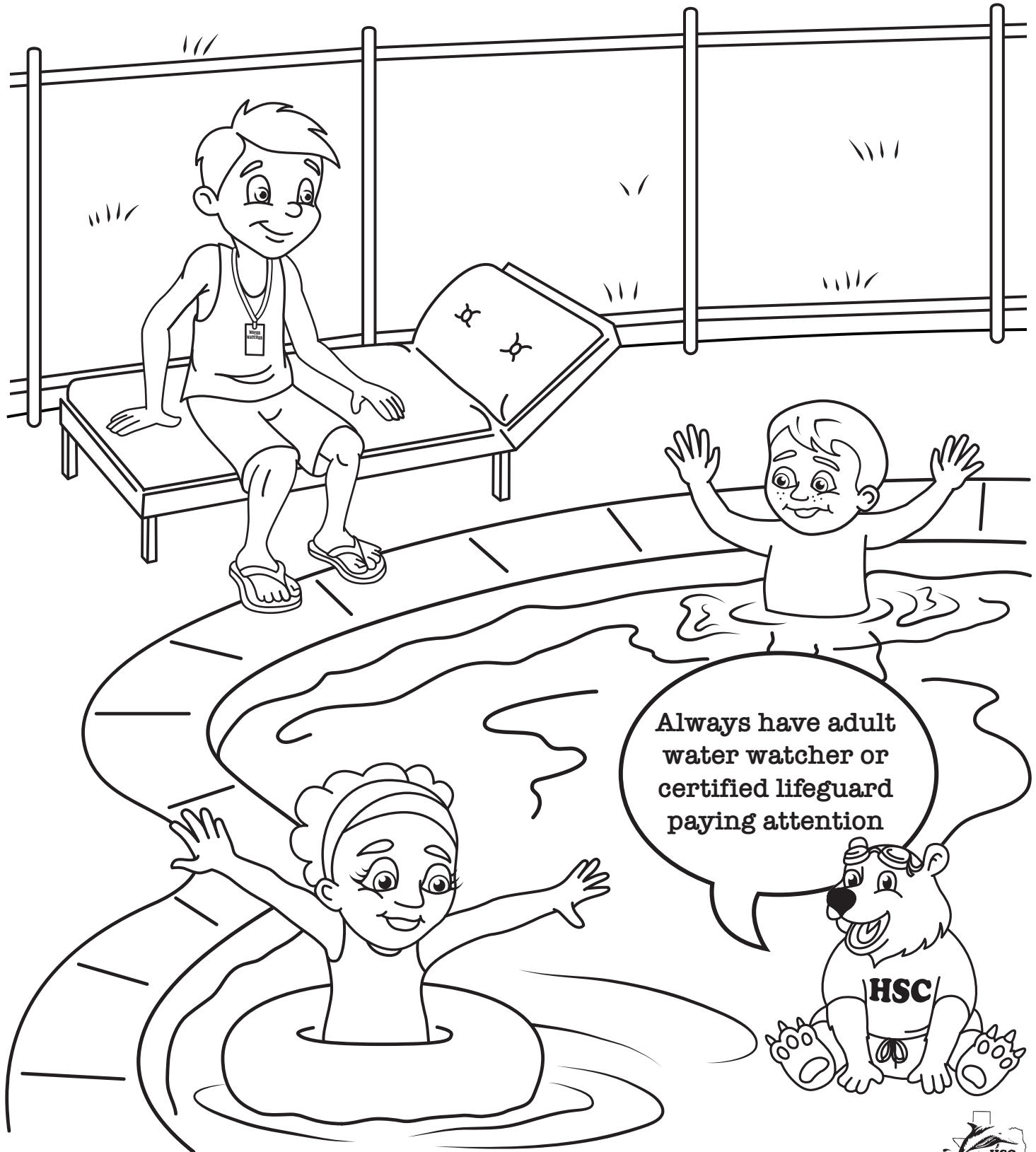
ReesSpecht the Water: THINK S.P.**L**.A.S.H.

# **L** = Life Jackets



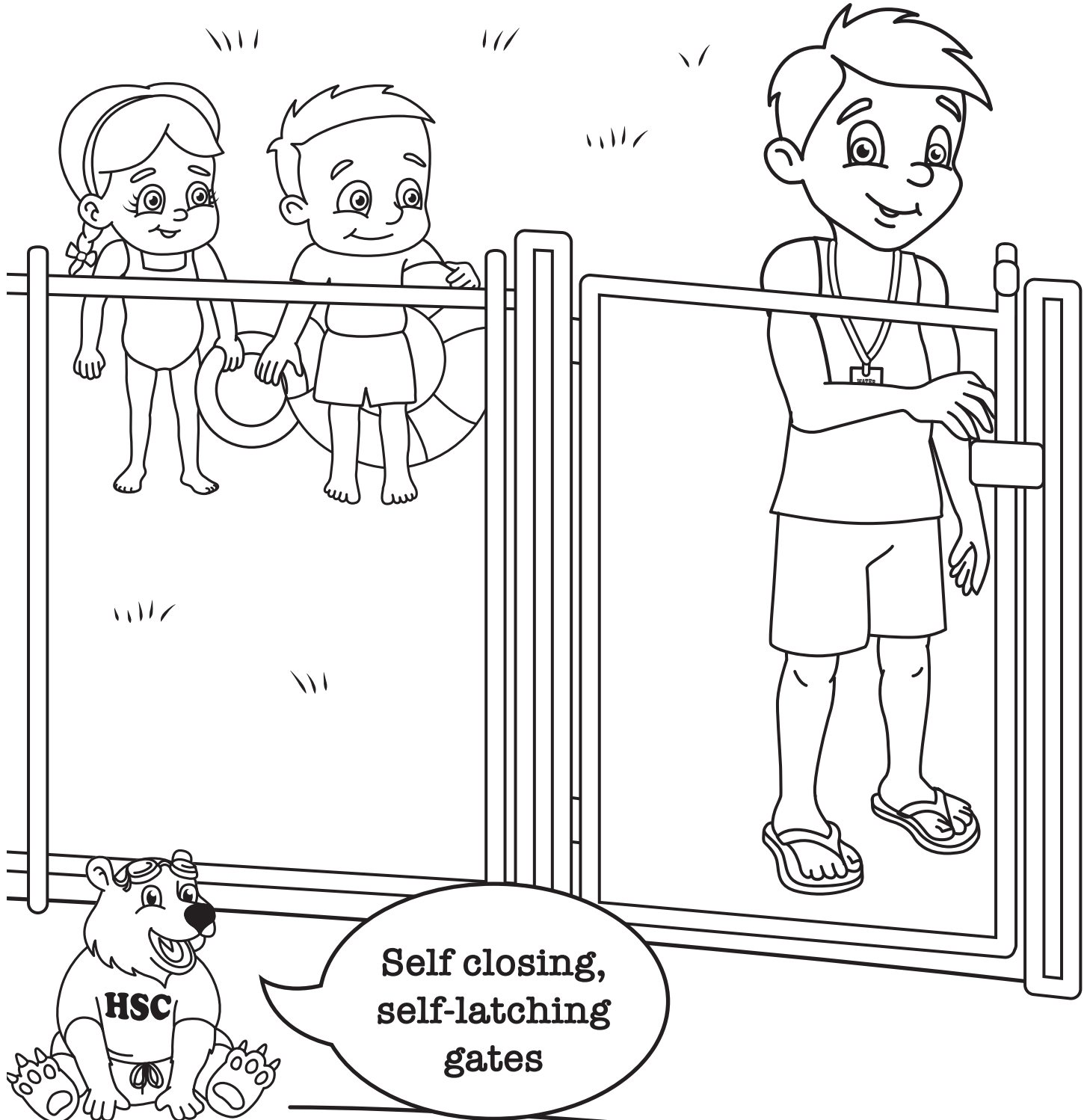
ReesSpecht the Water: THINK S.P.L. **A**.S.H.

# **A** = Adult Always Watching



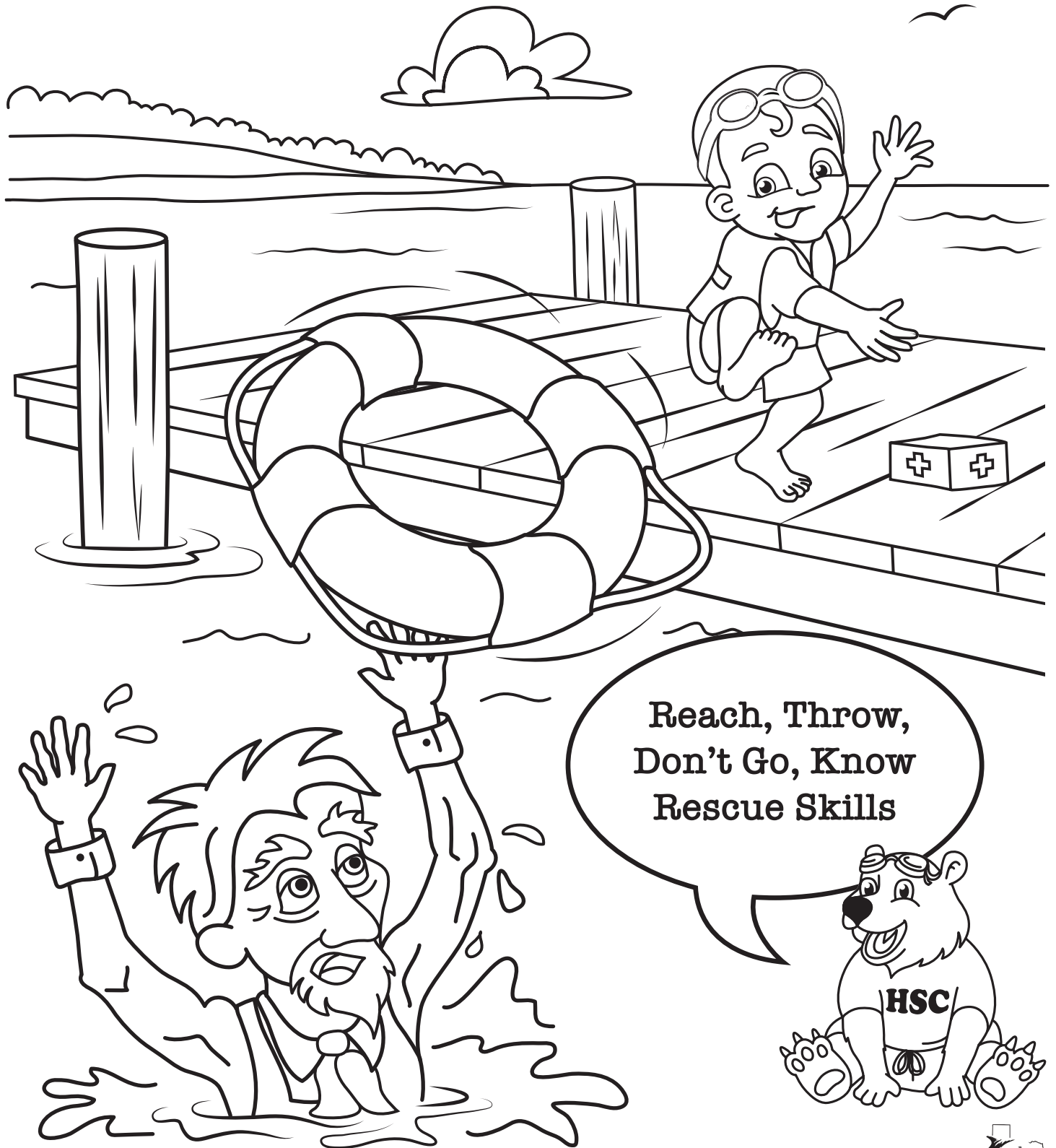
ReesSpecht the Water: THINK S.P.L.A.**S**.H.

# S = Safety Fencing



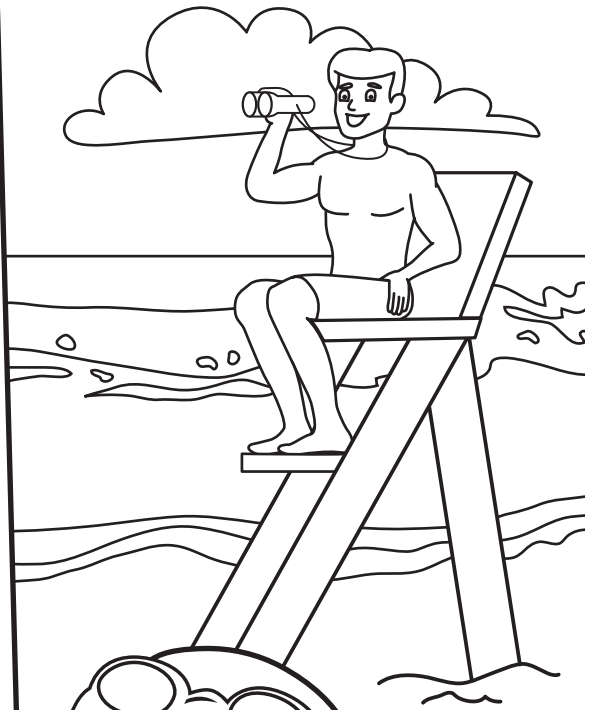
ReesSpecht the Water: THINK S.P.L.A.S.H.

# H = How to Help



# OCEAN SAFETY

- Swim near a lifeguard.
- Do not panic, raise closed fist & try to yell for help!
- Swim parallel to the shore.
- When in doubt, don't go out.
- Ask the lifeguards if it's safe.
- Watch for the surf, rising tides & rogue waves.
- Never turn your back to the ocean.
- Never swim alone in the ocean.
- Don't leave child unattended – Not ever!
- Adults & children should learn how to swim



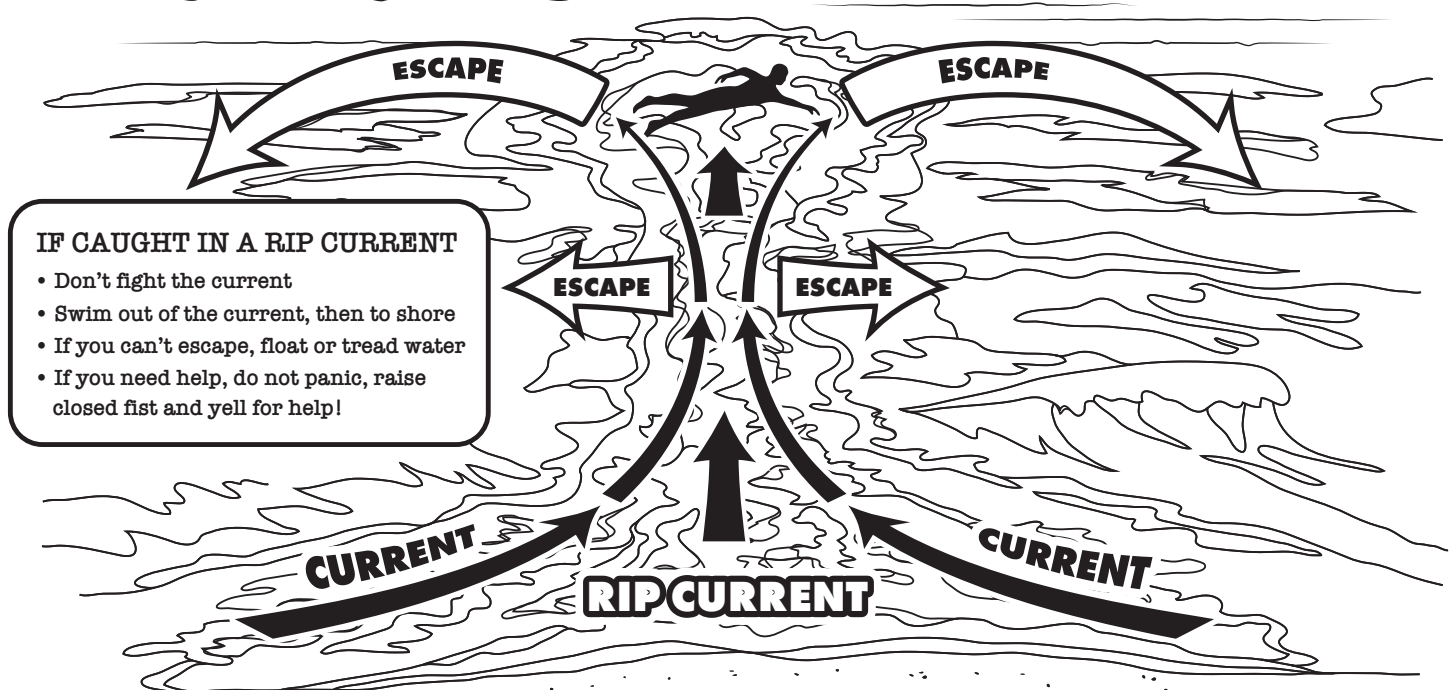
# Rip Current Water Safety

## What is a rip current?

Rip currents are channeled currents of water flowing away from shore at surf beaches. They typically extend from near the shoreline, through the surf zone and past the line of breaking waves. (The surf zone is the area between the high tide level on the beach to the seaward side of breaking waves.)



## RIP CURRENTS Break the Grip of the Rip



### IF CAUGHT IN A RIP CURRENT

- Don't fight the current
- Swim out of the current, then to shore
- If you can't escape, float or tread water
- If you need help, do not panic, raise closed fist and yell for help!

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

If you feel like your being pulled away from shore, don't fight it, swim parallel to the shore.

Visit: [www.StopDrowningNow.org](http://www.StopDrowningNow.org)

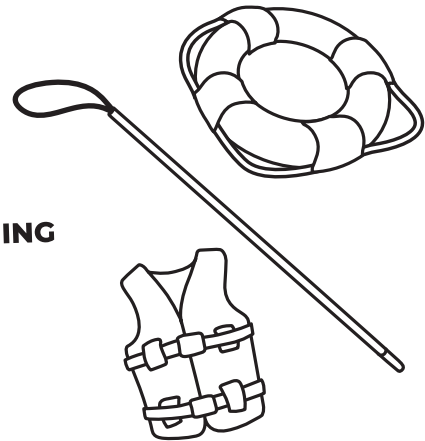


# SPLASH'S CHECKLIST

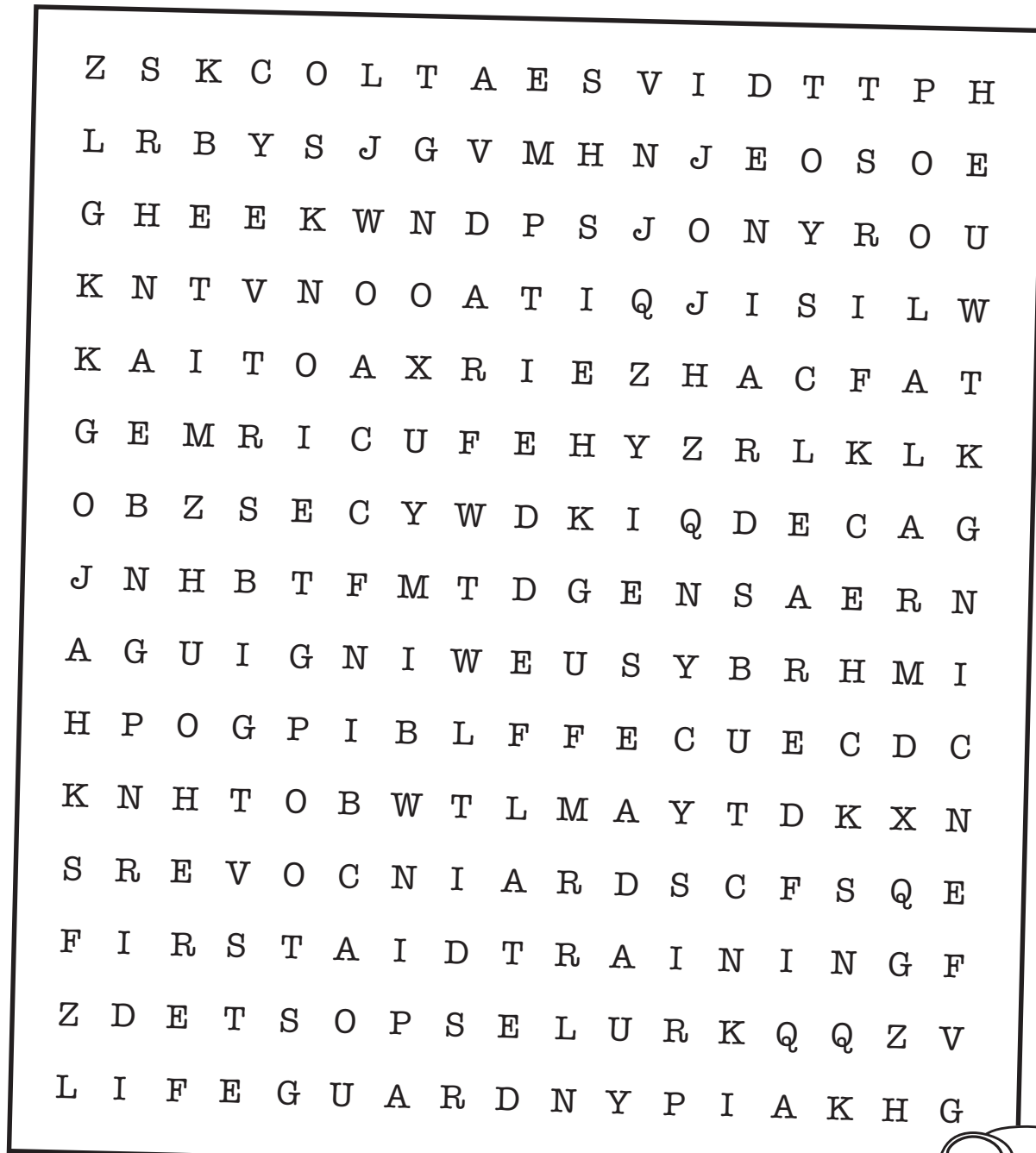
Find the highlighted words or phrases in the word search on the next page!

## Do you have?

- Formal swimming **INSTRUCTION** and water safety skills
- Adult water watcher or certified **LIFEGUARD**
- Proper isolation **FENCING** (even for landscape ponds – they can be a danger as well!)
- A **POOL ALARM**, children's personal alarm, gate alarm, door/window alarm
- Self-closing and self-latching pool **GATES**
- LIFE RING**, PFDs, shepherds hook
- Infant, child/adult CPR & **FIRST AID TRAINING**
- Pool safety **RULES POSTED**
- Toilet **SEAT LOCKS** (infant and toddler)
- SAFETY COVER** for your spa or whirlpool
- Inflatable pools **EMPTIED**/turned over/**DEFLATED** when not in use
- DRAIN** standing water in buckets, wading pools, sinks and tubs
- If a child is missing, **CHECK** the pool **FIRST**
- All **TOYS CLEARED** from the pool area
- Drain **COVERS** free from cracks, missing screws, and which meet VGB standards



# SPLASH'S WORD SEARCH



CHECK FIRST  
 COVERS  
 DRAIN  
 EMPTIED DEFLATED  
 FENCING

FIRST AID TRAINING  
 GATES  
 INSTRUCTION  
 LIFEGUARD  
 LIFE RING

POOL ALARM  
 RULES POSTED  
 SAFETY COVER  
 SEAT LOCKS  
 TOYS CLEARED



# Do You Know THE FACTS?\*



Drowning is a leading cause of unintentional injury or death for children ages 1 – 4; and, the second leading cause of unintentional injury or death for children ages 1 – 14 years.



Most drownings happen in residential pools.



Most infants under the age of 1 drown in a bathtub, toilet, sink or bucket with as little as 2 inches of water.



For every child who drowns, five others are hospitalized for non-fatal submersion injury and as many as three suffer permanent brain damage.



Supervision without distraction is the key to help prevent drownings; swimming skills are also beneficial.



9 out of 10 drowning deaths happen when a caregiver is supervising, but not paying attention.



Complete four-sided isolation fencing could prevent 50-90% of child related drowning events.



There are more than 3,536 drowning fatalities per year and on average 10 people per day.



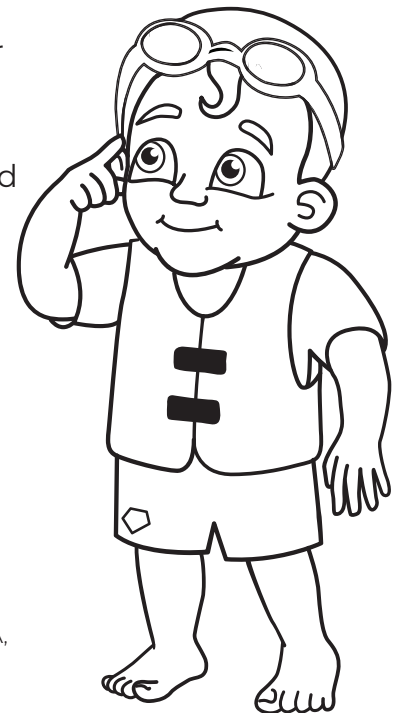
Evidence suggests children that have been introduced to a water safety program stand a much better chance of survival in the event of water incident



Proper adult supervision along with formal swimming lessons have been associated with up to an 88% reduction in the risk of drowning



Males and teen boys are highest risk



\*Source: NY State Department of Health, Centers for Disease Control and Prevention, Safe Kids U.S.A., NDPA, WHO, NIH and CPSC. For more information visit [www.StopDrowningNow.org](http://www.StopDrowningNow.org) facts/stats/links tab.

# ALSO AVAILABLE...

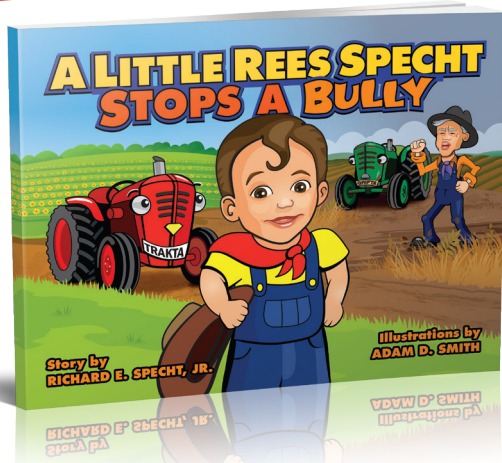


Follow the adventures of a young farmer named Little Rees Specht who discovers that kindness, like a seed, will only grow and spread if one takes the time to cultivate it.

Little Rees Specht is a thoughtful and generous young boy who takes the time to help out a friend in need. Unbeknownst to Little Rees Specht, his kind act plants a “seed of kindness,” that keeps growing as more and more kind acts are performed by other children.

“A Little Rees Specht Cultivates Kindness” is a sweet book with an important message for young children who are learning to look beyond themselves and develop empathy for others. Join the adventure of Little Rees Specht and his friends as they discover how kindness grows in the good deeds we do for each other. In the end, we learn that all it takes to cultivate kindness is a Little Rees Specht.

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For more information and to purchase books visit [www.reesspechtlife.com](http://www.reesspechtlife.com)



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